

Sing Along!

In and Out, Up and Down

We go in and out, we go up and down,
We go in and out, we go up and down,
(Repeat Twice)
And we turn around.

CHORUS

*We jump around and have some fun,
Play and learn with everyone,
We jump around and have some fun,
Play and learn with everyone.*

We stand in front, we stand in back,
We stand in front, we stand in back,
We stand in front, we stand in back,
We stand in front and clap, clap, clap.

We bend down low, we stretch up high,
We bend down low, we stretch up high,
We bend down low, we stretch up high,
We reach our hands up to the sky.

We jump to the left, we jump to the right,
We jump to the left, we jump to the right,
We jump to the left, we jump to the right,
We stomp our feet side by side.

We hop a little, we hop a lot,
We hop a little, we hop a lot,
We hop a little, we hop a lot,
We hop three times right on the spot.

(You can make up other verses for movement and fun.)

