

# Move around!



Take one step forward,  
One step back,  
Skip to the right,  
But keep on track.

Crouch down low,  
Jump up high,  
Turn to the left,  
Then point to the sky.

Look at what's above you,  
Look at what's below,  
Move beside your neighbour,  
As close as you can go.

Nod to the child  
Standing next to you,  
Hop into the centre,  
There's nothing you can't do!

by Moira Andrew

