

Step by step



Get up and go – one step is just the first step in all that you do.

This song, however, has a wider remit; walking good for you and is fun, as is any task you put your mind to and complete to your satisfaction.

Discuss tasks that require perseverance: learning a new instrument, knitting, riding a bicycle, not always easy but difficulties can be overcome by practice and persistence.

Words and music by Dany Rosevear.

One step, two steps, three steps, four, Five steps, six steps,
sev - en and more. Each lit - tle step, though it takes a
while, Car - ries you a - long 'til you've walked a mile!

One step, two steps, three steps, four,
Five steps, six steps, seven and more;
Each little step, though it takes a while,
Carries you along, 'til you've walked a mile.

One mile, two miles, three miles, four,
Five miles, six miles, seven and more;
Out and about in the wind, rain or sun,
Keep on walking for walking's fun.

Whatever you do come rain or shine,
Stick at the task and you'll be fine;
Don't give up before you're done,
One step, two steps and off you run!

One step, two steps, three steps, four,
Five steps, six steps, seven and more;
Each little step, whatever you do,
Carries you along, your whole life through!