

Tick tock change the clocks

<https://riverofsong.uk/>

Remembering what happens when the clocks change is not easy; this song should help you. Words by Dany Rosevear. Music traditional.

Hold hands and stand in a circle. Stamp round clockwise. Walk anticlockwise. Skip round. Stop. Move into the circle and then back. Bend knees then stretch up high.

Move as before but walk anticlockwise and then clockwise.



Year	Clocks go forward	Clocks go back
2024	31 March	27 October
2025	30 March	26 October
2026	29 March	25 October

Tick tock, tick tock! Re - mem - ber, re - mem - ber, re - tain and re -

call, The clocks turn back one hour in the Au - tumn or Fall. The

mor - nings are light - er, Late af - ter - noon's dark. RE -

MEM - BER! Spring for - ward, Fall back, Rise up with the lark.

Tick tock, tick tock!

Remember, remember, retain and recall,

The clocks turn back one hour in the Autumn or Fall,

The mornings are lighter, the afternoon's dark,

REMEMBER! Spring forwards, Fall back, Rise up with the lark.

Tick tock, tick tock!

Remember, remember, it's a difficult thing,

The clocks are turned forward one hour in the Spring,

The mornings are darker, the afternoon's light,

REMEMBER! Spring forwards, Fall back, Then you'll get it right.