

# Go with the flow

<https://riverofsong.uk/>

*A mantra and winding down transition song to ready for a new activity. Repetition and different tempos encourage memory and concentration. Once children are familiar with the words and music vary movements to keep them alert and make them smile.*

*Words and music by Dany Rosevear.*

**1. Place palms together, stretch hands slowly upwards, outwards and down. 2. Make hand or body movements. 3. As before.**

2/4 time signature, treble clef. Chords: Am, Dm, E, Am, E. The lyrics are: Go with the flow, calm down, calm down, Go with the flow, calm down, \_\_\_\_\_. Stamp a lit - tle, flap a lit - tle, clap a lit - tle, hop a lit - tle, \_\_\_\_\_. Then calm down, \_\_\_\_\_. The notation consists of two staves of musical notes corresponding to the lyrics.



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Go with the flow, calm down, calm down,  
Go with the flow, calm down,  
Go with the flow, calm down, calm down,  
Go with the flow, calm down.

Stamp a little, flap a little, clap a little, hop a little,  
Stamp a little, flap a little, clap a little, hop a little,  
Then calm down, then calm down!