

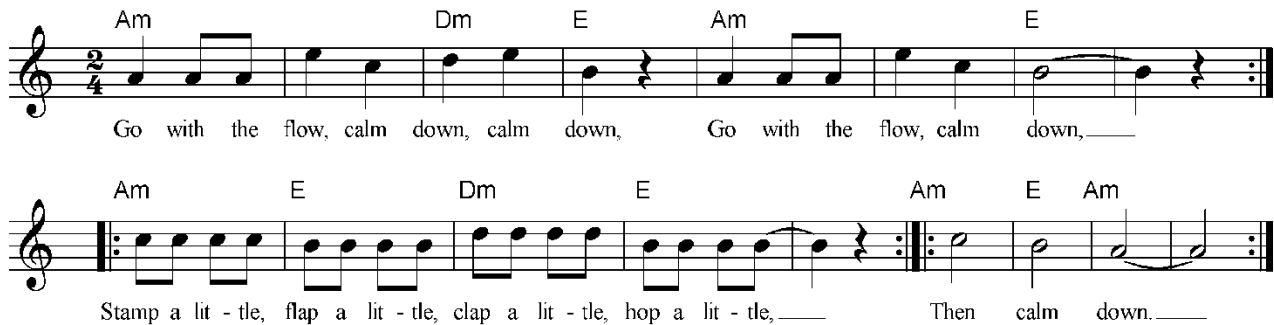
Go with the flow

<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.



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!