

Here we go up, up, up

<https://rivgrofsong.uk/>

This simple nursery rhyme is a lovely way to move a baby in different directions, either in the air or on your knee.

The game below can be played individually or with a partner. It could also be played in a circle changing partners at the end of each time the song is sung. Pairs stand opposite each other holding hands.

Stretch and hold hands up high. Squat down. Jump away from, then towards each other. Holding hands skip round on the spot.



Here we go up, up, up,
Here we go down, down, downy.
Here we go backwards, here we go forwards,
Here we go round and roundy.