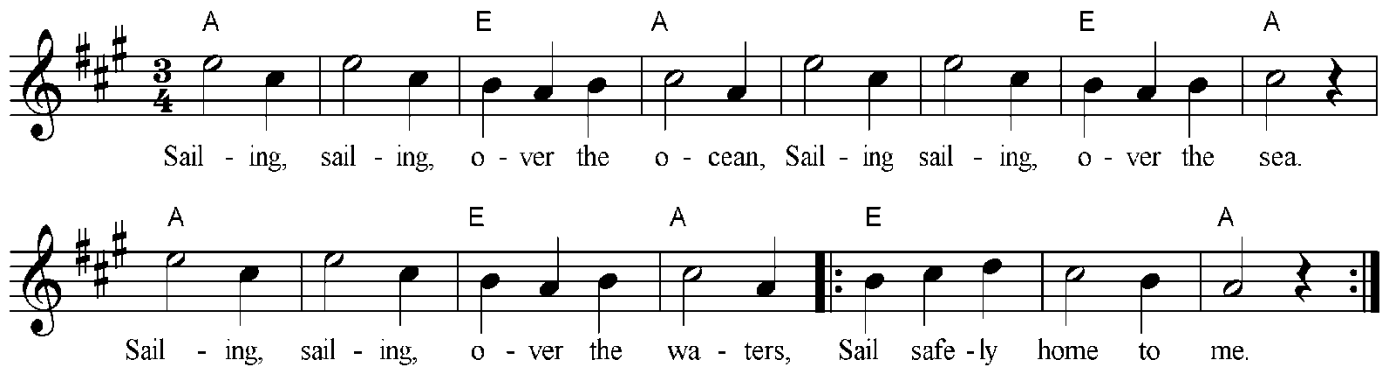
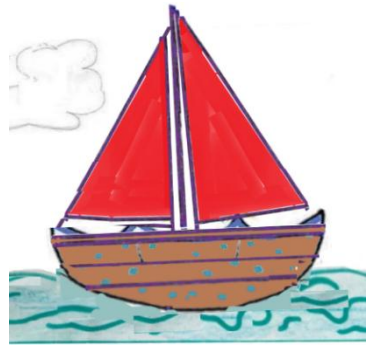


# Sailing, sailing over the ocean

<https://riverofsong.uk/>

*Rock your young child gently to the movement of the waves.  
Alternatively older children can move in pairs as below.*

**Verse 1. Children sit and hold hands with a partner rock gently forward and back. 2. Follow partner in and out their pairs making breaststroke movements with hands. 3. Change leaders and make flying movements. 4. Sit and repeat first verse slowing down towards the end.**



Sailing, sailing over the ocean,  
Sailing, sailing over the sea,  
Sailing, sailing over the waters,  
Sail safely home to me.



Swimming, swimming over the ocean,  
Swimming, swimming over the sea,  
Swimming, swimming over the waters,  
Swim safely home to me.

Flying, flying over the ocean,  
Flying, flying over the sea,  
Flying, flying over the waters,  
Fly safely home to me.

