

A squash and a squeeze



<https://riverofsong.uk/>

An action game with a big surprise. Stillness, security and vigorous movement. Staying still is not always easy for the very young. Younger ones might initially like to play this with an adult singing the words as they join in with the 'BOO!' and 'BOING!'s. The presents have been opened and enjoyed but it is often the leftover boxes that intrigue and provide continual fun for the little ones.

Words and music by Dany Rosevear.

1. Crouch down with hands over the head. Cover eyes. Put fingers to lips.
2. Jump up and shout 'BOO!' Stretch tall. Bounce around the room.

It's a squash and a squeeze For my poor lit - tle knees, To fit in a box so

small; I curl up so tight where it's dark as the night, No - one knows that I'm

in here at all! But then I jump out with a great big shout! "BOO!" And I

stretch up ev - er so tall, Then bounce a - way like a ball! "BOING! BOING! BOING!"



It's a squash and a squeeze
For my poor little knees,
To fit in a box so small;
I curl up so tight
Where it's dark as the night,
No-one knows that I'm in here at all.

But then I jump out
With a great big shout! "BOO!"
I stretch up ever so tall,
Then bounce away like a ball!
"BOING! BOING! BOING!"

