



CREATIVE CIRCLE TIME: MUSIC, STORIES & GAMES

ROLY POLY

Roly Poly, Roly Poly (*Make hands into fists and roll over each other in a circular motion*)

Up, Up, Up

Up, Up, Up (*Stretch arms in front, raise a little with each word*)

Roly Roly Poly, Roly Roly Poly (*same as first Roly Poly*)

Down, Down, Down

Down, Down, Down (*Stretch arms in front, lower a little with each word*)

*(Substitute "Up, up, up" and "down, down, down" for
In, in, in, and out, out, out*

Fast, fast, fast and slow, slow, slow

Loud, loud, loud and quiet, quiet, quiet

And move hands according to actions)



Roly Poly

