

Roly poly

Roly Poly	<i>(Make continuous circular motion with hands)</i>
Roly Poly	
Up up up	<i>(Hands go up-up-up)</i>
Up up up	
Roly roly poly	<i>(Make continuous circular motion with hands)</i>
Roly roly poly	
Down down down	<i>(Hands go down-down-down)</i>
Down down down	
Roly poly	<i>(Make continuous circular motion with hands)</i>
Out out out	<i>(Hands go out-out-out)</i>
Out out out	
Roly roly poly	<i>(Make continuous circular motion with hands)</i>
Roly roly poly	
In in in	<i>(Hands go in-in-in)</i>
In in in	
Roly poly	<i>(Make continuous circular motion with hands)</i>
Roly poly	
Fast fast fast	<i>(Hands go fast-fast-fast in a circle)</i>
Fast fast fast	

Roly roly poly	<i>(Make continuous circular motion with hands)</i>
Roly roly poly	
Slow slow slow	<i>(Hands go slow-slow-slow in a circle)</i>
Slow slow slow	
Roly poly	<i>(Make continuous circular motion with hands)</i>
Roly poly	
Loud loud loud	<i>(Hands keep making a circular motion, but say the verse LOUD-LOUD-LOUD)</i>
Loud loud loud	
Roly roly poly	<i>(Make continuous circular motion with hands)</i>
Roly roly poly	
Soft soft soft	<i>(Hands keep making circular motion, but say the verse very soft-soft-soft)</i>
Soft soft soft	

Roly poly works in a fun way to teach children about opposites – however, if you would like a nice, fun verse to throw into the song, try ‘roly poly roly poly - hug hug hug, hug hug hug – roly roly poly, roly roly poly - kiss kiss kiss, kiss kiss kiss’



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