



## **Movement Song** done to the tune of "If Your Happy And You Know It."

If your happy and you know it, sit down slow.

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If your happy and you know it, then to your therapist show it.

If your happy and you know it, sit down slow.

Move your ankles in 5 circles to the right.

Move your ankles in 5 circles to the right.

Now try it to the left, because that's what we have left.

Move your ankles in small circles to the left.

Raise your right and then your left hand up and down.

Raise your right and then your left hand up and down.

Bring them up and down quite fast, so that your arms will last,

Raise your right and then your left hand up and down.

If you want a challenge, do these while you stand.

If you want a challenge, do these while you stand.

Stand and move your ankles and arms, and use your personal charms,

Stand and move your ankles and arms for happiness.