

Brain Break Song

Young students are kinesthetic beings with short attention spans and they require support to stay focused. This brain break song energises and relaxes students to support wellbeing and engagement. It can be especially useful when students have been sitting as a group for too long.

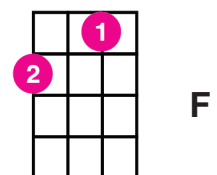
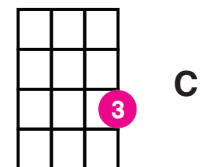
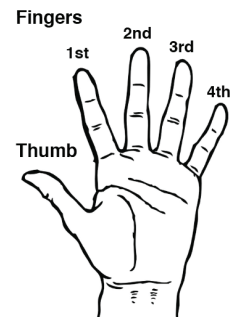
Transition
Songs
for
5-8 yr olds

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Lyrics and chords

F
Shake it up high and shake it down low,
C
shake it around away we go.
F
Wriggle and jiggle it all about,
C **F**
jump up high and then sit down.
F
Wiggle your fingers in the air,
C
tap your shoulders here and there.
F
Take a big breath, and slow right down,
C **F**
now your ready nice and calm.

Ukulele chords



Music tip

This song uses the same melody and the easiest chords for the 'Skip to my Lou' song.

The audio recording is in a different key.

Introduce the concept

What does a stressed body feel like? What does a calm body feel like? What is good about taking a big breath?

Introduce the song

The first verse can be taught with students standing up. Sing the song two lines at a time and have students copy. Extend this into the second verse. Sing the whole song at least three times to build students' confidence and then introduce the actions described in the song.

Adapt

Extend the song by singing each verse multiple times and use different types of voices (such as gruff or posh), dynamics (louder or softer) or different tempos. The song can be used as an introduction to a relaxation session.