

# LEAN FORWARDS

## BRAIN & BODY INTEGRATION



### DESCRIPTION:

A short, fun song that engages the voice, body and mind. Teach the song, and the corresponding actions first. Then, once everyone is comfortable, yell "Switch", at which point they need to reverse their actions (eg: When they sing "lean left" they have to lean right, etc). Hilarity ensues...

### WHY:

Singing together in parts requires us to listen attentively, and activate our brains. This song requires us to do opposite instructions between our brains and bodies, forcing us to listen and respond actively. It's also fun, physical, and adaptable for people with mobility issues.

### VIDEO LINK:



### PRESENTERS:

**Kate Lewis &  
Katie Pomery**

## Lean Forwards

Unknown

Lean for - wards, lean back - wards, to the left, to the right. Hands  
up, hands down, to the left, to the right. Move

### EXTENSIONS / IDEAS:

The original song required people to "stand up, sit down", which you could use if everyone is able and willing. You can speed the song up, change keys, and even play with new instructions if you wish.