# **LEAN FORWARDS**

# WITH ONE VOICE

# **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...

#### **VIDEO LINK:**



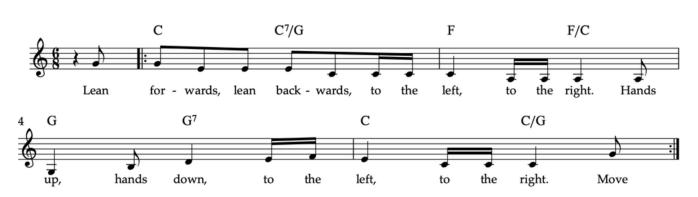
# PRESENTERS: Kate Lewis & Katie Pomery

#### 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.

# **Lean Forwards**

Unknown



### 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.