

# To and fro

Aim: to provide music to stimulate and accompany smooth rocking and swaying movements.

C

Amin F

We're [rock - ing, rock - ing] to and

G<sup>sus4</sup> G C Amin F

fro, [rock - ing, rock - ing], here we

**G<sup>sus4</sup>      G<sup>7</sup>/F      Emin      Amin      G      F**

go,      so      smooth      and      slow,      We're      [rock - ing,

**Emin      Amin      Dmin      G<sup>7</sup>      C**

rock - ing]      to      and      fro.

This song provides a regular rhythmic scaffold for rocking and swaying movements. Children and young people can engage coactively with adults, or could potentially be supported to work in pairs. Activities could involve gross motor and balance apparatus.