



## SONG

# 'Round the Mountain

*She'll be coming 'round the mountain  
when she comes.*

*Choo-choo!*

*She'll be coming 'round the mountain,  
She'll be coming 'round the mountain,  
She'll be coming 'round the mountain  
when she comes.*

*Choo-choo!*



## POSE

# Mountain

- 1** Stand up tall and straight, keeping feet in line with our hips.
- 2** Rest our arms by our sides with our palms facing forward.
- 3** Take a deep breath of mountain air to fill our chests and bellies.
- 4** Press our feet into the ground and exhale.