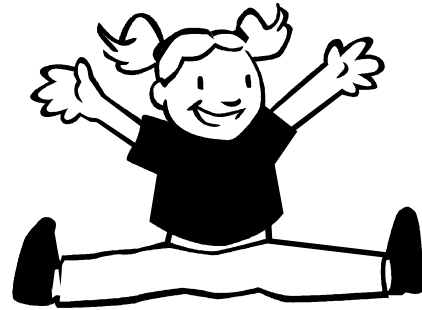


# On the Move

A knee rhyme for babies or a marching rhyme for older children

The grand old Duke of York  
He had ten thousand men  
*(Bounce the child on your knees)*  
He marched them up to the top of the hill  
*(Lift your knees up as you bounce)*  
And he marched them down again.  
*(Lower your knees or let child slide down your legs)*  
When they were up they were up  
When they were down they were down.  
When they were only halfway up  
They were neither up nor down.  
*(Suit the bounce to the words)*



Children learn rhymes more easily when they are combined with movement.

## Use this as an action rhyme.

- Let your child crouch down with his arms over his head and pop up to say, "Yes I will!"
- Or hide your toddler under a light blanket or towel. The fun is staying very still; then quickly popping out when she hears "Yes, I will!"

**Jack in the box**  
**Sit so still**  
**Won't you come out?**  
**Yes, I will!**



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