

Music – optional activity

Hey, You In The Middle

1234|1234

Hey, you in the middle,
Show what you can do.

Hey, you in the middle,
Show what you can do.

Anything you can do
I can try too.



Words and Music by Mary Green and Julie Stanley © 2012 & 2017 Out of the Ark Ltd, CCLJ Song No. 6129358

Click [here](#) to listen to Hey, you in the middle.



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This song tells you its challenge right there in the lyrics: 'show what you can do'.

Make a socially distanced circle and, taking it in turns, one person runs into the middle of the circle at the beginning of each verse and makes up an action (e.g. jumping, hopping, spinning etc.).

The other children sing and then copy the action during the music between the verses. If you are at home, you can do this with your family.

Have fun making up weird and wacky actions!



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TALK ABOUT

With your friends, family and classmates (if you're back at school) talk about some of the things you can do that you are proud of.

Are there any things that others can do that you'd like to do too?

Make a list of three new things you'd like to have a go at and find some time over the next week to give them a try?



DID YOU KNOW?

The most skips in one minute is 348 and was achieved by Daisuke Mimura (Japan) on 9 September 2013.

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“TODAY YOU ARE
YOU, THAT IS TRUER
THAN TRUE. THERE IS
NO ONE ALIVE THAT
IS YOUER THAN YOU.”

Dr. Seuss



SHARE IT

Draw a picture of yourself doing something you enjoy (swimming, singing, dancing, gardening, laughing).

Cut out the picture and stick it on a postcard, then send the postcard with a short note to someone you're missing during lockdown.

It is sure to make their day!