

# MOVE WITH ME SONG

## SPINAL MOVEMENTS

I am a teacher who loves to work smarter, not harder. That is why I am super excited to share movement paired with the Move With Me jingle by Genie Morrow and Nigel Rowles from Sputnik the Band.

Neutral (Sit Up Straight)  
Lateral Flexion (Side Bend Right)  
Lateral Flexion (Side Bend Left)  
Extension (Open Chest)  
Flexion (Round Forward)  
Rotation (Twist Right)  
Rotation (Twist Left)

Our spine is our structure and supports our entire body. I often ask my students what their bodies would look like if they didn't have a spine. Some shout out, "a blob," (language learner). Others fold their bodies and melt to the floor, (kinesthetic learner). That one question gives me a clue on how my students learn, BUT I digress...back to why moving the spine is essential. Moving the spine releases tension and sends fresh blood flow and oxygen to the muscles, joints, organs, and brain. When sitting at desks for long periods of time, our spines get compressed, and we block O<sub>2</sub> flow to our lungs when we slouch, so moving our spine in different directions not only helps our spine to be more supple and flexible but also gives us a boost of energy.

In less than two minutes, you can wake up your class, reconnect with your students, smile, and breathe together. This song and movement practice is great for brain breaks in the classroom, sitting at the kitchen table doing dreaded homework, and calming warm-ups for kids' yoga teacher classes!

You can watch, Listen, Breathe, Sing, and Move on our YouTube Channel, and you can also download and listen to it on your favorite music platforms.

YouTube Videos:

<https://www.youtube.com/watch?v=40DezTmznqk>

<https://www.youtube.com/watch?v=ET8bBKTOu8k>

Song on Spotify:

<https://open.spotify.com/track/4WYHqP17eamJXTR7m6ykAE?si=805166a74fad40e1>

Hey there, look and listen (Neutral Spine with one hand on heart and the other belly)  
Hey there, smile and breathe  
And move with me (Reach arms up overhead and place both hands at the heart)  
Yeah, move with me

Hey there, breathe in sunlight (Rotation Right)  
Hey there, look and see  
And move with me (Rotation Left)  
Yeah, move with me (Reach arms up overhead and place both hands at the heart)

[Chorus]  
We can come together (Extension)  
We can change the world  
Just move with me (Flexion)  
Move with me (Reach arms up overhead and place both hands at the heart)

Hey, let's come together (Lateral Flexion Right)  
Hey, let's change the world  
Come move with me (Lateral Flexion Left)  
Move with me.....(Reach arms up overhead and place both hands at the heart)