

# SEE-SAW, SACRA-DOWN

A traditional English rhyme.

## Lyrics

**See-saw, sacra-down, which is the way to London town**

**One foot up and one foot down, this is the way to London town**

Potential new verses

1. **Row up the river and then row down, this is the way to London town**
2. **Go up in a plane and then go down, this is the way to London town**
3. **Wait for a bus and hope it comes soon, &c.**
4. **In Grandad's car, but will it break down? &c**

## Signs

<b>See-saw &amp;c.</b> Mime action of see-saw with arms flexed.	<b>Which?</b> Thumb & little finger extended, move hand from side to side. Can be in direction of choice.	<b>Way</b> Both 2-finger-point hands point downwards; fingers twist up to point forward.
<b>Town</b> Hand like a claw makes small downward movement.	<b>Foot</b> Point to foot.	<b>Up</b> Index pointing finger, palm towards you, makes small upward movement.
<b>Down</b> Index pointing finger makes small downward movement.		

## New verses

<b>Row (boat)</b> Both fists touch at index knuckle; make small circles up, out & back to touching again.	<b>River</b> Both 2-finger-point hands, palms facing, trace course of wiggly river forwards.	<b>Wait</b> Both bent hands, palms facing down, make short movement downwards.
<b>Bus</b> Both hands mime steering movement; thumb moves a little forward (hailing bus).	<b>Hope</b> Both hands 'fingers crossed' make small movement forwards.	<b>Soon</b> Thumb & index touching. Other fingers open, move backwards & forwards x2.
<b>Grandad</b> R fist on top of L fist (G) followed by both 2-finger-point hands, R taps on top of L x2. (F).	<b>Car</b> Both hands mime steering.	<b>Break (down)</b> Both hands in fists with index knuckles touching, palms facing down; twist apart to palms facing.

## Ideas for use in school

There is lots of potential for adding new lyrics and adding signs, or arranging it to include a \*Sam button singer.

This is a good song for getting whole body movements as well as finer hand & finger control.

Learners can experience 'up' and 'down' both spatially and in the music.

I have changed the tune slightly so that 'up' goes up, and 'down' goes down. The traditional notes are the small ones.

You could change the 'London' to be your nearest town e.g. Gloucester town.

You could include different parts of the body, and instead of 'foot' sing knee, shoulder, hand, finger or elbow. A learner could choose which to sing about next, by looking at symbols or signing.

A Sam button singer could sing the first line. The rest of the group could sing the second lines.

Or the Sam button singer could sing any of the repeated lines.

\*Sam (song/speech/sound and music ) button – this is what I call the voice output communication devices like Step by Step, BigMac, 4Talk4 etc.