



The

**UP AND DOON**

Game



**STAUN UP AND BIRL ROON**  
(stand up and spin around)



**LOWP UP**  
(jump up)



**SIT DOON**  
(sit down)



**LOWP UP**  
(jump up)



**SIT DOON**  
(sit down)





**LOWP UP**  
(jump up)



**SIT DOON**  
(sit down)





**PIT YER HAUNS ON YER HEID**

(put your hands on your head)



**TOUCH YER TAES**  
(touch your toes)



**STAUN UP AND BIRL ROON**  
(stand up and spin around)



**SIT DOON**  
(sit down)



**THAT WIS BRAW!**

**WEEL DONE, EVERYBODY!**

**ARE WE GONNAE DAE IT AGAIN?**