

Bounces & Lifts

A Bouncing We Will Go

Tune: The Farmer In The Dell

A bouncing we will go,
A bouncing we will go,
Hi-ho, the derry-o!
A bouncing we will go.

bounce on lap or knee

2nd verse: A rocking we will go
3rd verse: A hugging we will go

rock side to side

A Farmer Went Trotting

A farmer went trotting
Upon his gray mare
With his daughter behind him
So rosy and fair
Then a duck cried out, "Quack!"
And they all tumbled down
Off of the horse
And upside down!

Bounce baby on lap, facing you

lift baby up

Plop baby back into your lap

Tip baby gently backwards!

Acka Backa

Acka backa soda cracker, acka backa boo!
Acka backa soda cracker, I love you!
Acka backa soda cracker, acka backa boo!
Acka backa soda cracker, UP goes you!
Acka backa soda cracker, acka backa boo!
Acka backa soda cracker, I love you!

bounce baby

bounce baby, then give a hug

bounce baby

bounce baby, then lift in the air

bounce baby

bounce baby, then give a hug

Apple Tree

Way up high in the apple tree,
Two little apples did I see.
So I shook that tree as hard as I could,
And down came the apples,
Mmm! They were good!

raise baby's arms over head

hold up two fingers

jiggle baby

lower baby between your legs to the ground

Rub baby's tummy and hug

Bumping Up and Down by Raffi

Bumping up and down in my little red wagon

Bumping up and down in my little red wagon
Bumping up and down in my little red wagon
Won't you be my darling

One wheel's off and the axle's broken *lean to one side*
One wheel's off and the axle's broken
One wheel's off and the axle's broken
Won't you be my darling

Bouncy Mouse

Boing, boing, squeak. Boing, boing, squeak
A bouncing mouse is in my house. He's been there for a week.
He came from out of nowhere, and quickly settled in.
I'm thankful that he came alone. I heard he had a twin.
He bounces in the kitchen. He bounces in the den.
He bounces in the living room. Look, there he goes again.
That mouse just keeps on bouncing every minute of the day.
He bouncy, bouncy, bounces But he does not bounce away.

Bumping Up and Down on My Little Blue Sled

Bumping up and down in my little blue sled
Bumping up and down in my little blue sled
Bumping up and down in my little blue sled
Won't you be my darling?

Snow is coming down on my little blue sled
Waving to my friend on my little blue sled

Cheek, Chin

Cheek, chin, cheek, chin, cheek chin, NOSE *touch cheek, chin and nose*
Cheek, chin, cheek, chin, cheek chin, TOES *touch cheek, chin and toes*
Cheek, chin, cheek, chin, cheek chin
UP baby goes! *Lift baby up*

Dickery Dare

Dickery dickery dare *bounce on knees*
The pig flew up in the air *lift child up*
The man in brown soon brought him down *bring down*
Dickery dickery dare *bounce on knees*

Grand Old Duke of York

The grand old Duke of York,
He had ten thousand men.

He marched them up to the top of the hill
And he marched them down again.
And when they were up, they were up.
And when they were down, they were down.
And when they were only half-way up,
They were neither up nor down.

lift baby into the air

lift baby half-way up

Gregory Griggs

Gregory Griggs, Gregory Griggs,
Had forty-seven different wigs.
He wore them up, he wore them down,
To please the people in his town.
He wore them east, he wore them west,
But which one did he love the best.
This one! (hug baby)

lift

lean to one side & then the other

Hey Diddle Diddle

Hey diddle diddle, the cat and the fiddle,
The cow jumped over the moon.
The little dog laughed to see such sport,
And the dish ran away with the spoon

Hop, Hop, Hop

Tune: Row, Row, Row Your Boat

Hop, hop, hop along
Or bounce on someone's knee,
Higher and higher and higher and higher,
Bunny hop with me.

bounce

I Bounce You Here

I bounce you here, I bounce you there
I bounce you, bounce you everywhere.

I tickle you here, I tickle you there
I tickle you, tickly you everywhere.

I hug you here, I hug you there
I hug you, hug you everywhere.

I'm A Little Cuckoo Clock

Tick tock, tick tock

I'm a little cuckoo clock

Tick tock, tick tock

It's one o'clock... CUCKOO!

Tick tock, tick tock

I'm a little cuckoo clock

Tick tock, tick tock

It's two o'clock... CUCKOO! CUCKOO!

I'm Bouncing

I'm bouncing, bouncing everywhere

bounce baby on one knee

I bounce and bounce,

Into the air!

lift into air, landing on other knee

I'm bouncing, bouncing like a ball

bounce on other knee

I bounce and bounce,

Then down I fall!

gently fall into lap

I'm A Little Beetle

I'm a little beetle

bounce

And I wiggle all day

If you get too close to me,

I'll fly away!

lift on the word fly

I'm a little bumblebee...

I'm a little Ladybug...

I Had A Little Mouse

I had a little mouse that never would eat his cheese

bounce

All he ever wanted to do was bounce upon my knees

Bounce upon my knees, bounce upon my knees

All he ever wanted to do was bounce upon my knees

The Insects and Spiders

Tune: the Wheels on the Bus

The pretty butterflies fly up and down,

flap arms like wings

Up and down, up and down

The pretty butterflies fly up and down,
All through the day.

The spiders in the tree all spin a web...
The crickets in the field hop up and down...
The bees in the hive go buzz, buzz, buzz...

roll arms
bounce baby
fly with arms out

Jack Be Nimble

Jack be nimble, Jack be quick!
Jack jump over the candlestick!
Fee Fi Fo Fum!
When will all the kisses come?
Kiss kiss kiss!

lift baby up
bounce baby

give kisses

Jack In The Box Jump Up

Jack in the box, jump up,
Jack in the box, jump down.
Jack in the box goes hop, hop, hop.
And then we twist around.

lift baby into air
lower baby down
lift baby in three short hops
twist baby side to side

Little Duck

I saw a little duck go hop, hop, hop
I told the little duck to stop, stop, stop
I went to the window to say, 'How do you do?'
He wagged his little tail and far away he flew!

bounce
hold up hand for stop
hold out hand for handshake
wave arms

Little Rabbit

I saw a little rabbit go hop, hop, hop
I told that little rabbit to stop, stop, stop
He wiggled his ears and crinkled his nose
And wiggled, wiggled, wiggled right down to his toes.

bounce
stopping hand
touch ears and nose
walk fingers down to toes and tickle

Mama and Papa and Uncle John

Mama and Papa and Uncle John
Went to the market one by one
Mama fell off, Papa fell off
But Uncle John Went on and on

Mama Duck

Here comes the Mama duck-quack
Here comes the mama duck-quack!
Here comes the Mama duck and one little duckling-quack!

Here comes the Mama duck-quack
Here comes the mama duck-quack!
Here comes the Mama duck and two little ducklings-quack quack!

Repeat 5x

The Ocean Song

Oh the ocean is great and the ocean is grand. *Bounce*
There are lots of tall ships and very little land.
And we sleep down deep in a hammock near the floor
And this is what we do when we go out the door:
We ride the waves going up, we ride the waves going down *Lift*
We ride the waves going up, we ride the waves going down
We ride the waves going up, we ride the waves going down
And we turn around.

One I Love You

One I love you, two I love you, three I love you so! *Bounce baby*
Four I love you, five I love you, rock you to and fro! *Rock baby side to side*
Six I love you, seven I love you, eight you love me too! *Bounce baby*
Nine I love you, ten I love you, my bouncing buckaroo! *bounce really quickly!*

Rickety Rickety Rocking Horse

Rickety rickety rocking horse *bounce*
Over the hills we go,
Rickety rickety rocking horse
Giddy-up, giddy-up, whoa! *hug baby*

Ride Away, Ride Away

Ride away, ride away,
Johnny shall ride,
And he shall have pussy-cat
Tied to one side;
And he shall have little dog
Tied to the other,

And Johnny shall ride
To see his grandmother.

Rock the Baby

Rock the baby, rock the baby, 1-2-3
Watch the baby, watch the baby, smile at me
Bounce the baby, bounce the baby, on your lap
Don't forget to teach the baby how to clap: clap, clap, clap, clap!

Splashin' Up and Down

Splashin' up and down in my little red rowboat *bounce*
Splashin' up and down in my little red rowboat
Splashin' up and down in my little red rowboat
Won't you be my darling?

Lookin' out to sea in my little red rowboat *Shade eyes with your hand*
Wavin' to a whale in my little red rowboat *Wave*
Don't stand up or you might tip over! *Lean baby to right or left*

Smooth Road to London Town

A smooth road to London town,
A smooth road to London town
The road goes up and the road goes down
It's a smooth road to London town

But by and by we came to a wood
And there the roads are not so good
A bumpy road, a bumpy road
A bumpy road to London town.

A smooth road to London town,
A smooth road to London town
The road goes up and the road goes down
It's a smooth road to London town

But by and by we came to the dell
And there the roads are not so swell
A rough road, a rough road
A rough road to London town

It's Raining, It's Pouring

It's raining, it's pouring,
The old man is snoring.
He went to bed, and bumped his head,
And couldn't get up in the morning!

bounce

Merry Go Round Ride

Ride with me on the merry-go-round
Around, around, around, around
Up go the horses, up
Down go the horses, down
You ride a horse that's white
I'll ride a horse that's brown
Up and down, up and down
Around, around, around, around

roll arms

lift baby

lower baby

bounce

Ten Galloping Horses

Ten galloping horses rode through the town
Five were white and five were brown
Five rode up and five rode down
Ten galloping horses rode through the town

This is the Way the Baby Rides

This is the way the baby rides,

*bounce child on knees - with each new verse bounce
child faster*

The baby rides, the baby rides.

This is the way the baby rides,

So early in the morning.

This is the way the farmer rides...

This is the way the jockey rides...

This Is the Way the Farmer Rides

Tune: Here We Go Round the Mulberry Bush

This is the way the farmer rides,

the farmer rides, the farmer rides

This is the way the farmer rides

So early in the morning

lift legs up and down

Daddy

Mommy

lift arms up and down

sway back and forth

Babies

bounce

Trot Trot to Boston

Trot trot to Boston
Trot trot to Lynn
Trot trot to Grammy's house
But don't fall IN!

Bounce baby gentle on your lap

Gently drop baby between your legs!

Trot, trot, to London,
Trot, trot, to Dover,
Look out, honey,
You might fall OVER!

Bounce baby gentle on your lap

tip baby to one side

Up, Up, Up!

Up, up, up in the sky likes this!
Down, down, down for a great big kiss
Up likes this
Down for a kiss,
You're my special baby!

lift baby up
lower baby and give a kiss
lift once more
down once more
give baby a big hug!

Zoom, Zoom, Zoom

Zoom, zoom, zoom.
We're going to the moon.
Zoom, zoom, zoom.
We're going to the moon.
If you want to take a trip
Climb aboard my rocket ship.
Zoom, zoom, zoom.
We're going to the moon.
5, 4, 3, 2, 1 . . . Blast off!

Tickles

All I Want Are Hugs

All I want are hugs from you,
Hugs to last the whole day through.
Hugs just make me feel so good,
So Hug me, hug me, hug me.
Give me lots of hugs today.
Hugs to chase the blues away.
Hugs to last the whole day through,
Just hug me, hug me, hug me.

*hold baby and hug everytime you say
the word hug.*

Good Morning, Toes

Good morning, toes,
Good morning, toes,
And how are you today?
I trust you had a good night's sleep,
And now you're ready to play.

Other verses: knees, tummy, hands, cheeks

Hurry Scurry Little Mouse

Hurry scurry little mouse
Starts down at your toes
Touch baby's toes

tickle each body part

Hurry scurry little mouse
Past your knees he goes
Walk fingers to baby's knees

Hurry scurry little mouse
Past where your tummy is
Tickle baby's tummy

Hurry scurry little mouse
Gives you a mousy kiss
Touch baby's lips then give a kiss!

It Ain't Gonna Rain No More

It ain't gonna rain no more, no more
It ain't gonna rain no more

*Oh no, it's up to my toe
But it ain't gonna rain more.

*Verses:

Oh gee, it's up to my knee
Oh my, it's up to my thigh
Oh fiddle, it's up to my middle
Oh heck, it's up to my neck
Oh dread, it's up to my head, I'm just going to swim on home.

Little Tiny Baby Mousy

Little tiny baby mousey,
From the barny to the housey,
In the pantry, under the self,
Found some cheese and helped himself!

*start at baby's hand, walk fingers up arm
tickle baby on last line*

Little Spider

See the spider climbing up the wall.
See the little spider stumble and fall.
See the little spider tumble down the street.
See the little spider tickle my feet!

*walk fingers up baby's arms
walk fingers down baby's other arm
walk fingers down baby's legs
tickle*

On My Toe There Is a Flea

On my toe there is a flea.
Now he's climbing up on me.
Past my tummy
Past my toes
On my head where my hair grows.

On my head there is a flea.
Now he's climbing down on me.
Past my tummy
Past my knee
Now take that you flea.

One, Two, Three

One, two, three,
Tickle your knee.
Four, five, six,
Pick up sticks.

*tap on baby's knee
gently tickle baby's knee
tap on baby's tummy
gently tickle baby's tummy*

Seven, eight, nine,
You're all mine!

tap on baby's chin
hug baby

Rain Is Falling Down

Tune: Farmer in the Dell

The rain is falling down, (flutter fingers down) SPLASH (clap once loudly)
The rain is falling down, (flutter fingers down) SPLASH (clap once loudly)
Pitter patter pitter patter (tap legs softly)
The rain is falling down, (flutter fingers down) SPLASH (clap once loudly)

Round and Round the Garden

Round and round the garden goes the teddy bear.
On step, two step, tickle you under there!

Round and round the haystack walks the little mouse.
One step, two step, into his little house.

There Was a Little Mouse

There was a little mouse,
Looking for his house.
Not here,
Not here,
But here, here, here!

gently tickle child
gently tickle child
gently tickle child
gently tickle child
gently tickle tummy

These Are Baby's Fingers

These are baby's fingers,
These are baby's toes,
This is baby's belly button,
Round and Round it goes!

touch baby's fingers
touch baby's toes
touch baby's tummy
Draw circles around baby's belly button

This Little Train

This little train ran up the track
It went Choo Choo!
And then it ran back.

run fingertips up baby's arm
Beep baby's nose
run fingertips back down baby's arm

The other little train ran up the track
It went Choo Choo!
And then it ran back.

run fingertips up baby's other arm
Beep baby's nose
run fingertips back down baby's arm

Tiny Little Babies

Tune: Shortenin' Bread

Tiny little babies love bouncin' bouncin'
Tiny little babies love bouncin', yeah
Tiny little babies love bouncin', bouncin'
Tiny little babies love bouncin' so
Bounce to the left, bounce to the right
Now hug that baby nice and tight!

Two Little Eyes

Two little eyes to look around.
Two little ears to hear each sound.
One little nose to smell what's sweet.
One little mouth that likes to eat.

point to child's features as mentioned

What Do I See?

What do I see? Baby's knee.
Tickly, tickly, tic, tac, tee.
One for a penny, two for a pound,
Tickly, tickly, 'round and 'round

With one finger, draw a circle on baby's knee; ant the end gently tickle baby's knee.

Where is Big Toe?

Where is big toe? Where is big toe?
Here I am! Here I am!
Wiggle, wiggle big toe
Wiggle, wiggle big toe
My big toe, my big toe

*Touch baby's toe
wiggle big toe*

Where is elbow...bendy, bendy elbow
Where is tummy...squishy, squashy tummy
Where are two eyes...winky, blinky two eyes
Where are two hand...happy, clappy two hands

Fingerplays

1-2-3-4-5

1-2-3-4-5! (clap)

I caught a fish alive! (cup hands)

6-7-8-9-10! (clap)

I let it go again! (release hands)

10 Red Apples

Ten red apples growing on a tree

Five for you and five for me

Help me shake the tree just so

And ten red apples will fall below

1, 2, 3, 4, 5, 6, 7, 8, 9, 10!

hold hands high w/ fingers extended

wave one hand, then the other

shake tree

lower hands & wiggle fingers

After My Bath

After my bath...I try, try, try

To rub myself till I'm dry, dry, dry

Hands to dry and fingers and toes

Two wet legs and one shiny nose

Just think how much less time it would take

If I were a dog and could shake, shake, shake!

pretend to rub body with a towel

point to body parts

point to body parts

shake whole body

Big Round Sun

Big round sun in the summer sky

Waved to a cloud that was passing by

The little cloud laughed as it started to rain

And out came the big round sun again.

Hold arms in circle over head

Wave!

Wiggle fingers downward for rain

Hold up arms in circle above head again

Chook Chook

Chook, chook, chook, chook, chook,

Good morning, Mrs. Hen. How many chickens have you got?

Madam, I've got ten.

Four of them are yellow.

And four of them are brown.

And two of them are speckled red,

The nicest in the town.

clap

hold up ten fingers

hold up four fingers on left hand

hold up four fingers on right hand

hold up thumbs

hold arms out wide

Falling Leaves

Little leaves falling down

flutter fingers like falling leaves

Red and yellow, orange and brown
Whirling, twirling, round and round
Falling softly to the ground

*twirl hands in circles
flutter fingers to floor*

Family Finger Play

This is a family
Let's count them and see,
How many there are,
And who they can be.

This is the mother who loves everyone.
And this is the father who is lots of fun.
This is my sister, she helps and plays.
And this is the baby, he's growing each day.

*pointer finger
middle finger
ring finger
pinky finger*

But who is this one?
He's out there alone.
Why it's Jackie, the dog,
And he's chewing a bone.

thumb

Good Night

One fluffy quilt on my bed,
Two little pillows on my head,
Three teddy bears to hold tight
Four kisses from Mom for a restful night,
Five hugs from Dad, and off goes my light!
Good night!

*hold up one finger
hold up two fingers
hold up three fingers
hold up four fingers
Hold up five fingers*

Five Little Raindrops

Five little raindrops
Dancing on the walk
Pitter patter, pitter patter, that's the way they talk.
Out comes the yellow sun, shining in the sky
And away goes one raindrop
Bye, bye, bye!

*hold up five fingers
dance hand up and down
pat legs
raise arms up like the sun
hold up one finger
wave goodbye*

Here Is A Bunny

Here is a bunny with ears so funny
And here is a hole in the ground
At the first sound he hears, he pricks up his ear

*hold up index and middle fingers for ears
make a circle with the other hand
extend two fingers*

And hops in the hole in the ground

fingers jump into the hole

Hickory Dickory Dock

Hickory Dickory Dock
The mouse ran up the clock.
The clock struck one.
The mouse ran down.
Hickory Dickory Dock.

Swing arms
Run fingers up body to top of head
Clap
Run fingers down body
Swing arms

Repeat with:

Clock struck two...Mouse said BOO
Clock struck three... Mouse said Wee
Clock struck four...Mouse said no more!

A House for Me

The carpenters hammer
Goes rap, rap, rap
And her saw goes see, saw, see.
She hammers and hammers
And saws and saw
And builds a house for me.

Make hammering motions
Move arm in sawing motion

Make a roof shape over head with arms.

Little Miss Muffet

Little Miss Muffet sat on a tuffet,
Eating her curds and whey.
Along came a spider who sat down beside her,
And frightened Miss Muffet away!

sign for "eat" - fingers to mouth
walk fingers up baby's arm
tickle!

Make A Cake

Mix the batter, stir the batter
Shake some flour in
Mix the batter, stir the batter
Place it in a tin.

Sprinkle in some chocolate chips
Put it in to bake
Then open wide the oven door
And out comes the cake!

The Moon

I look for the moon every night

point to the ceiling

Sometimes it's yellow, orange or white
Sometimes it looks just like a ball.
Sometimes it is not there at all
On some nights, half the moon will hide.
On others, it's a smile tipped on its side.

Make a circle with your hands

Cover half of face

Make a C shape with fingers

Monkeys and the Crocodile

Five little monkeys sitting in a tree,
Teasing Mr. Crocodile,
"You can't catch me!"
Along came Mr. Crocodile, silently

And snap!

hold up five fingers

thumbs in ears, waving fingers

hold hands, palms together, weaving back and forth

clap hands once together

My Family

This is mama, kind a dear
This is papa, standing near.
This is brother, see how tall!
This is sister, not so tall.
This is baby, sweet and small.
This is the family, one and all!

point to thumb

point to pointer finger

point to middle finger

point to ring finger

point to pinky finger

wiggle all fingers

My House

I'm going to build a little house
With windows big and bright
With chimney tall and curling smoke
Drifting out of sight.
In winter when the snowflakes fall,
Or when I hear a storm
I'll go sit in my little house
Where I'll be snug and warm.

Finger form roof

Two index fingers and thumb

Raise arms up in air

Hands flutter down

Hand cupped to ear.

Sit in lap

Hug baby

Open, Shut Them

Open, shut them. Open, shut them.
Give a little clap, clap, clap.
Open, shut them. Open, shut them.
Put them in your lap, lap, lap.

Big and small. Big and small.
Big, big, big, big. Small, small, small.

Big and small. Big and small.
Big, big, big, big. Small, small, small.

Pitter, Patter, Raindrops

Pitter, patter, raindrops, falling all around
Pitter, patter, raindrops, falling on the ground
Pitter patter raindrops, falling from the sky
Pitter patter raindrops, I'm wet through
And so are you!

gently drum baby's head
drum baby's toes
drum baby's shoulder
drum baby's other shoulder
hug baby

Rub-A-Dub-Dub

Rub-a-dub-dub, one child in the tub
Tell me what you see.
One foot with toes,
A hand, a nose,
As clean as they can be.

hold up one finger
point to eyes
point to body parts

rub hands together

Rub-a-dub-dub, one child in the tub
Tell me what you see.
Leg, and arms
So clean and warm,
Do they have a hug for me?

hold up one finger
point to eyes
shake legs and arms

hug yourself

Santa is Back

Two merry blue eyes
A cute little nose
A long snowy beard
Two cheeks like a rose
A round chubby tummy
A big bulging sack
Hurray for old Santa!
We're glad that he's back

point to eyes
point to nose
stroke chin
rub cheeks
rub tummy
touch shoulders and back
Clap hands

Santa and His Reindeer

Here is old Santa
And here is his sleigh
These are his reindeer, which he drives away
Dasher, Dancer, Prancer, Vixen,
Comet, Cupid, Donner, Blitzen
Away they all go

left thumb
right thumb
hold up eight fingers
point to each finger in turn

fly fingers away

Sun

Over there the sun goes up
And marches all the day
At noon, it stands right overhead
At night, it goes away

extend baby's arm out to side
raise baby's arm up
baby arm straight up
lower baby's arm

repeat with other arm

Ten Plump Peas

Ten plump peas in a peapod pressed
One grew, two grew, so did all the rest
They grew and grew and did not stop
Until one day the pod went POP!

show ten fingers
put up fingers

Clap hands

This Is Big

This is big, big, big
This is small, small, small
This is short, short, short
This is tall, tall, tall
This is fast, fast, fast
This is slow, slow, slow
This is yes, yes, yes
This is no, no, no

stretch hands far to sides
cup hands together
hold palms close vertically
hold palms far apart vertically
roll hands quickly
roll hands slowly
nod head
shake head

The Family

This is the Daddy who bakes the bread,
This is the Mother who tucks us in bed.
This is the sister who cuddles the doll,
This is the brother who bounces the ball.
This is the baby, the last one of all.
Oh! How we love them all!

This Little Piggy

This little piggy went to market
This little piggy stayed home
This little piggy had roast beef
This little piggy had none
This little piggy cried "wee wee wee!" all the way home

This Little Squirrel

This little squirrel said, "Let's run and play!"

This little squirrel said, "Let's hunt nuts today!"

This little squirrel said, "Yes, nuts are good."

This little squirrel said, "Yes, my favorite food."

This little squirrel said, "Come climb this tree."

And crack these nuts: one, two, three!

*run fingers up other arm, quickly
clap hands three times*

Two Little Blackbirds

Two little blackbirds sitting on a wall.

One named Peter, one named Paul

Fly away Peter! Fly away Paul!

Come back Peter! Come back Paul!

Two Little Blackbird flying in the sky.

One named Low and one name High...

Two little blackbirds sitting on a pole.

One named Fast and One named Slow...

Two Little Squirrels

Two little squirrels sitting on a hill

One named Jack, the other named Jill

Run away Jack, run away Jill

Come back Jack, come back Jill

Cloud/quiet & loud

Pole/fast & slow;

Sky/Low & High

Two Mother Pigs

Two mother pigs lived in a pen

Each had four babies, and that made ten

These four babies were black as night

These four babies were black and white

All eight babies loved to play

And they rolled and rolled in the mud all day.

At night, with their mother, they curled up in a heap,

And squealed and wiggled till they fell asleep.

show thumbs

show fingers and thumbs

hold up 4 fingers

hold up 4 fingers of other hand

wiggle 8 fingers

roll hands

make fists, palms up

wiggle 8 fingers, then stop

Wash

tune: Head Shoulders, Knees and Toes

Wash your head, and shoulders, knees and toes, knees and toes.
Wash your head, and shoulders, knees and toes, knees and toes.
Eyes and ears and mouth and nose -
Wash your head, and shoulders, knees and toes, knees and toes.

Where is Family

Where is Mommy? Where is Mommy?
Here I am! Here I am!
How are you today, ma'am?
Very well I thank you.
Run away, run away.

Daddy, Brother, Sister, Baby, Family

Movement Games

Apple Tree

Way up high in the apple tree,
Two little apples did I see.
So I shook that tree as hard as I could,
And d-o-w-n came the apples,
Mmm! They were good!

raise baby's arms over head
hold up two fingers
jiggle baby
lower baby between your legs to the ground
Rub baby's tummy and hug

Go In and Out the Window

Tune: Drunken Sailor

Go in and out the window
Go in and out the window
Go in and out the window
As we have done before.

Swing baby in a out

Turn and face your partner
Turn and face your partner
Turn and face your partner
As we have done before

Turn baby to the side

Climb up and down the ladder
Climb up and down the ladder
Climb up and down the ladder
As we have done before.

Lift baby up and down

Head, Shoulders, Knees and Toes

Head, shoulders, knees, and toes, knees and toes
Head, shoulders, knees, and toes, knees and toes
Two eyes, two ears, a mouth and a nose
Head, shoulders, knees, and toes, knees and toes

Leprechaun, Leprechaun

Leprechaun, Leprechaun, Reach up high.
Leprechaun, Leprechaun, Touch the sky.
Leprechaun, Leprechaun, Turn around.
Leprechaun, Leprechaun, Touch the ground.
Leprechaun, Leprechaun, Show your shoe.
Leprechaun, Leprechaun, That will do.

reach up with right arm
reach up with left arm
turn baby
touch the ground
point to foot
bounce

Monkey See-Monkey Do

Oh, when you clap, clap, clap your hands *clap*
The monkey clap, clap, claps his hands
Monkey see, monkey do.
The monkey does the same as you

stamp feet... *stamp or wave feet*
jump high... *jump or bounce*
make a funny face... *raise eyebrows and stick tongue out*
turn yourself about. *twist side to side*

Let's Tap our Feet Together

Tune: "The More We Get Together"

Let's tap our feet together, together, together,
Let's tap our feet together, because it's fun to do.
Let's clap our hands....
Let's touch our nose...
Let's touch our ears...

One Arm Goes Up

One arm goes up, *sitting down, move arms and legs as the rhyme says*
One arm goes down.
One arm goes up and down.

Two arms go up,
Two arms go down.
Two arms go up and down.

One leg goes up,
One leg goes down.
One leg goes up and down.

Two legs go up,
Two legs go down.
Two legs go up and down.

Roll, Roll, Sugar Babies

Roll roll sugar babies *roll hands*
Roll roll sugar babies
Push *push hands outward and lean forward*

Pull
Clap clap clap

pull hands back and lean backward
Clap!

Up and down
Left and right