

Pat-a-Cake and Beyond!



“Our Favourite Interactive Rhymes,
Finger Wiggles, Bounces and Tickles”

Revised 2009

Dear Educators, Parents and Caregivers:

Pat-a-Cake and Beyond is a collection of transition songs, rhymes, songs and rhymes in French, finger wiggles, action songs, bounces and tickles which promote literacy and numeracy awareness. This collection offers 'favourites' which have been submitted by educators from the Early Years Programs, Childcare Centres and Kindergartens in Parry Sound/Muskoka as well as new suggestions from the Early Literacy Specialists, Dawn Maeck and Sandy Inkster. Our intent is for this document to be utilized in all early learning programs, including Early Years programs, schools, libraries and child care centres across the Parry Sound/Muskoka District. Children can flow from one program to another with greater ease when they have familiar and consistent programming such as Circle songs and rhymes.

Circle time is the most-rich learning environment. From receiving and following directions, to promoting language development, learning rhythm, concepts, mathematical and early literacy skills, as well as participating in physical activities and enhancing the development of social skills; Circle Time has it all! Singing and rhyming also help to shift moods. Children and educators will have fun while experiencing the three different learning styles (visual, auditory and kinesthetic) in their Circles.

Keep Circles interesting and remember to have realistic expectations. Sitting should be alternated with some type of movement activity in order to meet the needs of the different ages of children participating and to keep the activities stimulating and engaging. Circle time provides interest, challenges and laughter for babies, toddlers, preschoolers and school age children to Grade One. Repetition is essential to optimal development for children. Song and say, over and over!

Educators, parents and caregivers are encouraged to sing, rhyme and talk everywhere...during transitions, changing diapers, walks, bath time, car time, meals and playtime. Anytime ...

Enjoy!

Sandy and Dawn





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Transition songs/rhymes...

Words

Actions

<p>Stop Look Listen Eyes on Me (Tune: Twinkle Twinkle Little Star)</p> <p>Stop Look Listen eyes on me Time to end (change/start) the activity All the children look this way I have words I need to say Stop Look Listen eyes on me Time to end the activity</p>	<p>*Sign 'stop', point to eyes, cup hand around ear *Point to self *Sign 'stop', point to eyes, cup hand around ear</p>
<p>Tidy up Song (Tune: You Are My Sunshine)</p> <p>It's time to tidy It's time to tidy It's time to tidy and clean up toys Our snack is ready It's time to tidy Tidy up oh girls and boys.</p>	<p>*Pick up toys *Place toy in proper place *Repeat until all tidied up</p>
<p>Zip-a-Dee-Doo-Dah</p> <p>Zip-a-dee-doo-dah Zip-a-dee-ay All the children need to wash (line up, sit down etc) today Plenty of good food Coming our way Zip-a-dee-doo-dah Zip-a-dee-ay</p>	<p>*Clapping, tapping legs, instruments or marching beat repeated throughout song</p> 

<p>Handwashing Song (Tune: Twinkle, Twinkle)</p> <p>Inside, outside, in between Soap and water scrub hands clean When you're done then rinse them off Rub them, dry them with a cloth Inside, outside, in between Soap and water scrub hands clean.</p>	<p>*Rub hands on inside, outside and between fingers *Repeat</p> 
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<p>Turn Around (Tune: Frère Jacques)</p> <p>Turn around Turn around Touch your toes Touch your toes Do a little jumping Do a little jumping Squat real low Squat real low</p>	 <p>*Turn body around on spot *Repeat *Bend over and touch toes *Repeat *Jump up and down on the spot *Repeat *Bend knees and crouch/squat down *Repeat</p>
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<p>Everyone Come Line Up Now (Tune: London Bridge Words: Sandy Inkster)</p> <p>Everyone come line up now, line up now, line up now Everyone come line up now Let's go wash our hands (play outside, for a walk ...)</p>	<p>*Use exaggerated marching action *Line up/stand still in specific location *Pretend to wash hands, (make hurrah arms up gesture, move arms as if walking)</p>
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Let's Clap our Hands Today

(Tune: Shake My Sillies Out)

Words: Sandy Inkster)

Let's clap, clap, clap our hands today

Clap, clap, clap our hands today

Clap, clap, clap our hands today

And jump up and down on the spot

Variations:

- Caw like crows (and flap our wings up and down)

- Slosh like waves (and lie down calm as can be)

- Drip, drop drip like rain (and splash down on to the floor)

- Blow like the wind (and land on the ground like a leaf)

- Tiptoe just like spiders (and curl up ready to sleep)

*Clap hands

*Jump up and down on the spot

*Caw ... flap arms like wings

*Sway body back and forth ... lie down

*Tap finger of one hand into other hand ... 'drop' body on to floor like a puddle

*Purse lips and blow air out ... float body around like leaf and land on floor

*Tiptoe using feet or fingers on top of other hand/arm ... lie on floor curled up

Tickles...



<p>Round and Round the Garden</p> <p>Round and round the garden, went the teddy bear, One step, two steps, A tickle under there! Round and round the haystack, went the little mouse One step, two steps, In his little house!</p>	<ul style="list-style-type: none">*Circle palm of child's hand with your index finger*Walk your fingers up the child's arm and tickle him under the arm pit*Repeat actions
<p>Pat Your Head</p> <p>Pat your head, Rub your tummy Tickle your toes And hug your Mommy!</p>	<ul style="list-style-type: none">*Gently pat child's head*Rub child's tummy with your hand*Tickle child's toes*Give child a big hug
<p>The Bear and the Bees (Dennis Lee)</p> <p>Wiggle, waggle went the bear Catching bees in his underwear! One bee out And one bee in And one bit him in his big bearskin!</p>	<ul style="list-style-type: none">*Gently wiggle child's bottom*Touch child's underwear or diaper*Pull your fingers away from child and then back to child*Gently pinch the child's bottom



These are Baby's Fingers

These are Kelly's fingers
These are Kelly's toes
This is Kelly's belly button
Round and round it goes!



- *Touch child's fingers
- *Touch child's toes
- *Touch child's belly button
- *Circle child's belly button with your finger

The Moon is Round

The moon is round
As round can be
Two eyes
A nose
And a mouth
Like me!

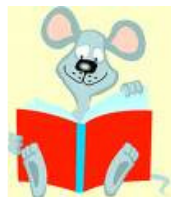
- *Circle child's face with your finger
- *Repeat
- *Gently touch child's eyes
- *Gently touch child's nose
- *Gently touch child's mouth
- *Touch child's chest




Pizza Pickle Pumpnickel (Dennis Lee)

Pizza, pickle, pumpnickel
My little girl shall have a tickle
One for her nose
And one for her toes
And one for her tummy where the hotdog goes!

- *Tickle your fingers in the air
- *Tickle child's nose
- *Tickle child's toes
- *Tickle child's tummy



<p>Mousie Brown</p> <p>Up, up, up the candlestick Went little Mousie Brown She ate a bite of candle, And couldn't get back down!</p> <p>She cried out "Grandma, Grandma!" But Grandma was in town. So she tucked herself into a ball And rolled herself back down!</p>	<ul style="list-style-type: none">*Walk fingers up the child's arm*Pretend to bite off a piece of the child's hand, then shake your head "no"*Call through cupped hands*Shrug shoulders*Make a fist and cover with other hand*Roll hands in a downward motion
<p>Criss Cross Applesauce</p> <p>Criss cross applesauce Spiders crawling up your back! One here, One there. Spiders crawling in your hair! Tight squeeze Cool breeze Now you have the shiveries!</p>	<p>(Child should be facing away from you)</p> <ul style="list-style-type: none">*Draw an "X" on child's back*Crawl fingers up child's back*Gently pinch top of one shoulder*Repeat on the other shoulder*Crawl fingers through child's hair*Hug child*Blow on the back of child's neck*Tickle child 
<p>Here is a Boy (Girl)</p> <p>Here is a boy, Here is his bed. Here is his pillow. Here is his head. Here are his covers. Pull them up tight. Sing him a lullaby, Then kiss him good night!</p>	<ul style="list-style-type: none">*Show index finger of right hand*Show palm of left hand*Bend left thumb towards index finger*Lay right index finger across left thumb*Wiggle fingers then cover right index finger*Keep hands in this position, rock them back and forth, then kiss them

<p>Slice, Slice</p> <p>Slice, slice The bread looks nice. Spread, spread Some butter on the bread. Some jam on top, To make it sweet, Now it's yummy for me to eat.</p>	<p>*Lay open hand, palm down on child's belly (2 times) *Sweep hand across belly (2 times) *Gesture dropping plop of jam (2 times) *Gobble at belly</p>
<p>Knock on the Door</p> <p>Knock on the door, Ring the bell Peek in Lift the latch Walk in Let's go down cellar and eat apples!</p>	<p>*Gently knock on baby's forehead *Twirl baby's hair around your finger *Look closely into baby's eyes *Gently lift end of baby's nose *'Walk' fingers on baby's lips *'Run' fingers down from lips to tummy</p>
<p>Bazoo Bazoo</p> <p>Bazoo, bazoo, Butz. Bazoo, bazoo, Butz. The goat, the goat, Goes bump.</p>	<p>*Nod your head twice to the child's head *Bump foreheads together gently *Nod your head twice to the child's head *Bump foreheads together gently *Nod your head twice to the child's head *Bump foreheads together gently</p>



<p>Rock Me Easy, Rock Me Slow (Tune: Love Me Tender)</p> <p>Rock me easy, rock me slow Rock me where the robins go Rock the branch and rock the bough Rock the baby robins now. Rock me up and rock me down Rock me off to sleepy town Rock me gently up the stairs To snuggle with my teddy bears Rock me easy, rock me slow Rock me where the robins go.</p>	<p>*Pretend to rock a baby while you sing. *Rock up and down to the words of the lullaby</p>
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<p>A Little Old Man Went Up in Space</p> <p>A little old man went up in space And he got ice cream all over his face So wash him with a washcloth Roll him in a rug And tuck him in a blanket Until he is snug, snug, snug.</p>	<p>*Point index finger up *Rub child's face *Repeat *Make a rolling motion with hands *Place one hand under the opposite arm pit and rock back and forth</p>
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<p>Gingerbread Man</p> <p>Mix and stir and pat in the pan I'm going to make a gingerbread man With a nose so neat And a smile so sweet And gingerbread shoes on his gingerbread feet.</p>	<p>*Pretend to mix in a bowl then pat *Touch child's nose *Outline a smile on child's face *Tickle child's feet</p>
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<p>I Found a Little Ladybug</p> <p>I found a little ladybug Her wings were black and red She flew around the garden then landed on my head! She crawled on to my shoulder She crawled on to my nose She crawled on down my body And tickled all my toes!</p>	<ul style="list-style-type: none">*Make a small circle with thumb and index finger*Fly ladybug around in the air and place on head*Crawl ladybug on to shoulder*Crawl ladybug on to nose*Crawl ladybug down body*Pretend that the ladybug is tickling your toes or someone else's toes
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<p>Singa Songa Sea (Dennis Lee)</p> <p>Singa songa sea I've got you by the knee. Singa songa sand I've got you by the hand. Singa songa snail I've got you by the tail. Singa songa seat Now it's time to eat!</p>	<ul style="list-style-type: none">*Gently pinch child's knee*Gently pinch child's hand*Gently pinch the child's bottom*Rub child's tummy
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<p>Here is a Bunny</p> <p>Here is a bunny Sitting in the sun Along came a dog (make barking sound) Watch that bunny run!</p>	<ul style="list-style-type: none">*Curve index finger and middle finger up*Make a barking sound*Hide finger behind your head, (back, under arm, etc)
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<p>I'm a Caterpillar (Tune: Frère Jacques Words: Sandy Inkster)</p> <p>I'm a caterpillar I'm a caterpillar In a cocoon In a cocoon My body is changing My body is changing Into a butterfly Into a butterfly</p>	<p>Signing action</p> <p>*Creep right index finger along left arm</p> <p>*Both hands open palm facing body, then link thumbs and curl fingers in to palm</p> <p>*Inside wrist against inside wrist, then left hand on top, then switch hands</p> <p>*Both hands open, palm facing body, then link thumbs and flap fingers like wings</p>
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<p>There's a Caterpillar Crawling on the Leaf (Tune: If You're Happy and You Know It)</p> <p>There's a caterpillar crawling on the leaf There's a caterpillar crawling on the leaf There's a caterpillar crawling There's a caterpillar crawling There's a caterpillar crawling on the leaf</p> <p>Now he's spinning a cocoon for a home Now he's spinning a cocoon for a home Now he's spinning a cocoon His body will change real soon Now he's spinning a cocoon for a home</p> <p>Soon he'll be a butterfly and fly away Soon he'll be a butterfly and fly away Soon he'll be a butterfly And he'll fly up in the sky Soon he'll be a butterfly and fly away</p>	 <p>*Crawl index finger on back of other hand then repeat</p> <p>*Both hands open palm facing body, cross hands over, then link thumbs and curl fingers in to palm</p> <p>*Both hands open palm facing body, cross hands over, then link thumbs and flap fingers like wings</p>
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Twinkle, Twinkle Traffic Light

Twinkle, twinkle traffic light
Three different colours oh so bright
Red means stop, green means go
Yellow tells us to move very slow
Twinkle, twinkle traffic light
Three different colours oh so bright

- *Wiggle fingers up in the air
- *Hold up three fingers
- *Hold hand up, palm facing out
- *Wiggle fingers up in the air
- *Hold up three fingers



Bounces...



<p>She Fell into the Bathtub!</p> <p>She fell into the bathtub She fell into the sink She fell into the raspberry jam And came out pink! We put her in the backyard And left her in the rain By half-past suppertime It washed her clean again!</p>	<ul style="list-style-type: none"> *Rock child on knee to left *Repeat to the right *Fall child between your knees *Bounce child on your knee *Wiggle fingers like rain *Bounce child again *Open arms wide and then hug child
<p>Leg Over Leg</p> <p>Leg over leg The dog went to Dover He came to a stile And oops! He went over!</p>	<p>(child lies on his back in front of you)</p> <ul style="list-style-type: none"> *Cross child's legs in a scissor pattern *Repeat *Repeat *Gently lift child's bottom off the floor
<p>Father, Mother and Uncle John</p> <p>Father and Mother and Uncle John Went to town one by one Father fell off, and Mother fell off, But Uncle John went on and on and on ...</p>	<ul style="list-style-type: none"> *Bounce child up and down *Repeat *Lean child to one side then the other *Bounce child faster and faster



Horsey, Horsey, Ride with Me

Horsey, Horsey ride with me
Across the land, across the sea.
Horsey, Horsey ride with me but do not
let me FALL!

- *Bounce child up and down on your knee
- *Gently drop child between your knees

A Trot and a Canter

A trot and a canter
And a gallop over
Out of the saddle
And roll in the clover!

- *Bounce child slowly then quicker
- *Bounce child high on your knee
- *Gently drop child between your knees
- *Tickle child

From Jarvis to Point Dover

While going down a bumpy road
From Jarvis to Point Dover,
My wheel got stuck inside a rut
And I went tumbling over WHOOPS!
Over WHOOPS! Over WHOOPS!
And I went tumbling over WHOOPS!

- *Bounce child on your knee
- *Stop suddenly
- *Lean child one way then the other
- *Repeat



<p>A Smooth Road</p> <p>A smooth road, a smooth road, a smooth road, a smooth road.</p> <p>A bumpy road, a bumpy road, a bumpy road, a bumpy road.</p> <p>A rough road, a rough road, a rough road, a rough road.</p> <p>A HOLE!</p>	<p>*Bounce child gently on knee</p> <p>*Bounce knees in a rough way</p> <p>*Bounce knees a bit harder</p> <p>*Gently drop child between your knees</p>
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<p>From Wibbleton to Wobbleton</p> <p>From Wibbleton to Wobbleton is 15 miles</p> <p>From Wobbleton to Wibbleton is 15 miles</p> <p>From Wibbleton to Wobbleton from Wobbleton to Wibbleton, from Wibbleton to Wobbleton is 15 miles!</p>	<p>*Lean child to right for Wibbleton</p> <p>*Lean child to left for Wobbleton</p> <p>*Bounce child straight up and down 3 times for 15 miles</p>
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<p>Dickery Dean (Dennis Lee)</p> <p>What's the matter with Dickery Dean? He jumped right into the washing machine!</p> <p>Nothing's the matter with Dickery Dean. He went in dirty and came out clean!</p>	<p>*Twist child's body gently back and forth</p> <p>*Gently drop child between your knees</p> <p>*Twist again</p> <p>*Drop child down between your knees and back up quickly</p>
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<p>Rickety Rackety Rocking Horse</p> <p>Rickety, rackety rocking horse Over the fields we go Rickety, rackety rocking horse Giddy Up! WHOA!</p>	<p>*Bounce child up and down repeatedly</p> <p>*Bounce faster</p> <p>*Stop and lean backwards with child</p>
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Finger Wiggles...



<p>Five Fat Peas</p> <p>Five fat peas in a peapod pressed One grew, two grew So did all the rest! They grew and grew and they did not stop They grew and grew 'til the peapod popped!</p>	<ul style="list-style-type: none">*Hold up 5 fingers then close hand*Hold up 1 finger, then 2 fingers*Hold up all 5 fingers*Hold hands up in front of body and move apart to show getting bigger *Clap hands
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<p>Acka Backa Soda Cracker</p> <p>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!</p>	<p>(This can also be used as a knee bouncer)</p> <ul style="list-style-type: none">*Clap hands then slap knees*Repeat, hold hands up to mouth and boo*Clap hands and slap knees then point up*Clap hands then slap knees*Repeat, hold hands to mouth and boo*Clap hands and slap knees*Hug yourself
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<p>Here is a Cup</p> <p>Here is a cup And here is a cup And here is a pot of tea Pour a cup And pour a cup And share a cup with me!</p>	<ul style="list-style-type: none"> *Show one fist *Show other fist *Show fist and point thumb up *Pretend to pour with thumb up *Pretend to pour from other fist *Pretend to drink a cup of tea
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<p>There is a Flea (Tune: Doe a Deer)</p> <p>On my foot there is a flea Now he's climbing up on me! Past my belly, past my nose On my head where my hair grows On my head there is a flea! Now he's climbing down you see! Past my belly, past my knee He's on my foot, take THAT you flea!</p>	<ul style="list-style-type: none"> *Point to foot *Climb fingers up leg *Climb past belly and nose *Touch head *Touch head again *Climb fingers down neck *Keep climbing past belly and knees *Touch foot and then slap foot
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<p>Five Little Sparrows</p> <p>Five little sparrows high in a tree The 1st one said "What do you see?" The 2nd one said "I see the street" The 3rd one said "and seeds to eat" The 4th one said "the seeds are wheat" The 5th one said "a sweet wheat tweet!"</p>	<ul style="list-style-type: none"> *Show 5 fingers *Hold up index finger *Hold up middle finger *Hold up ring finger *Hold up baby finger *Hold up all fingers and then rub tummy
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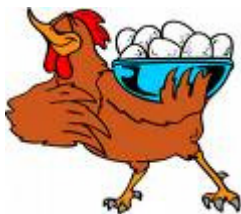
<p>A Little Garden Seed</p> <p>A little garden seed Is lying in it's bed A warm yellow sun is shining overhead Down came the raindrops Dancing to and fro The little seed awakens And it starts to grow!</p>	<ul style="list-style-type: none"> *Close right hand *Place fist on left hand *Make a circle with thumbs and index fingers above head then make fingers wiggle *Pop open closed hand *Point and wiggle index finger up and up
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<p>Can you Hide/Find Your...</p> <p>Can you hide/find your nose? Can you hide/find your nose?</p> <p>Yes you can, you surely can You can hide/find your nose! (ears, toes, elbow, knee, blink eyes, stick out tongue, clap hands...)</p>	<ul style="list-style-type: none"> *Shrug shoulders *Repeat (Wait until child covers/points body part) *smile, nod yes, move arms around *Point to child(ren)
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<p>Little Skunk Song</p> <p>Oh I stuck my head in the little skunk's hole And the little skunk said "Well bless my soul" Take it out, take it out Take it out - remove it!</p>	<ul style="list-style-type: none"> *Make a hole shape with both hands - fingers to fingers and thumbs to thumbs *Put face against hole shape Wiggle pointer finger back and forth *Put fingers and thumb of left hand in circle shape *Place fingers from right hand inside left hand fingers and pull out
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<p>The Chicken Song</p> <p>I had a little chicken and he wouldn't lay an egg So I poured hot water up and down his leg I poured hot water up and down his leg And the silly little chicken laid a hard boiled egg Hard boiled egg, hard boiled egg The silly little chicken laid a hard boiled egg</p> <p>Repeat using: Hot milk ... laid a scrambled egg Hot chocolate ... laid a chocolate egg</p>	<p>*Make a beak with thumb and index finger then nod head no *Pretend to pour and point to leg *Pretend to pour and point to leg *Hands on hips - egg sign</p>
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<p>Two Little Apples</p> <p>Way up high in an apple tree Two little apples smiled at me I shook that tree as hard as I could Down came the apples Mmm, they were good!</p>	<p>*Point towards the sky *Hold up two fingers *Pretend to shake the tree *Point down towards the ground *Rub tummy</p>
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<p>She Sailed Away</p> <p>She sailed away on a warm summers day On the back of a crocodile "You see", said she It's as plain can be I'm going sailing down the Nile The croc winked his eye As she waved good-bye Wearing a happy smile At the end of the ride The lady was inside And the crocodile wore the smile!</p>	<ul style="list-style-type: none">*Place right hand over left hand and move back and forth*Put hands on hips *Wink*Wave good-bye*Smile *Look surprised*Smile
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<p>The Wide-Eyed Owl</p> <p>There is a wide-eyed owl With a pointed nose He has pointed ears And claws for toes He sits in a tree and looks at YOU Then flies away Tu-whit tu-whoo!</p>	<ul style="list-style-type: none">*Make "O" shapes with hands-cover eyes*Put index finger to nose and curl*Place index fingers on sides of head*Make claws out of fingers*Make "O" shapes again and look at child*Flap arms
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<p>This is a Turtle</p> <p>This is a turtle He lives in a shell He likes his home very well He pokes his head out when he wants to eat And pulls it back in when he wants to sleep!</p>	<ul style="list-style-type: none"> *Cover right fist with left hand *Wiggle thumb of right hand *Hug yourself *Make turtle again and pop right thumb out *Pull thumb back under left hand
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<p>The Snapping Turtle</p> <p>There was a snapping turtle He lived in a box He swam in the water And he climbed on the rocks He snapped at a mosquito He snapped at a flea He snapped at a minnow And he snapped at me He caught the mosquito He caught the flea He caught the minnow But, he didn't catch me!</p>	<ul style="list-style-type: none"> *Cover right fist with left hand *Make a square outline with fingers *Pretend to swim *Pretend to climb *Clap hands together *Repeat *Repeat *Repeat *Cup hands together *Repeat *Repeat *Point to chest and shake head no
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<p>The Cherry Tree</p> <p>A shoot grew up and up each day And soon became a tree I picked it's rosy cherries And ate them for my tea!</p>	<ul style="list-style-type: none"> *Point index finger up *Lift finger up, up *Pretend to pick cherries *Rub tummy
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<p>These are Grandma's Glasses</p> <p>These are Grandma's glasses This is Grandma's hat This is the way she holds her hand When she pets her cat! Meow!</p>	<p>*Make circles with thumb and index finger and hold to eyes, touch head *Hold hand out *Pretend to pet a cat</p>
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<p>Going to the Garden to Eat Worms</p> <p>Nobody likes me, everybody hates me I'm going to the garden to eat worms Big fat juicy ones, long slim, slimy ones</p> <p>Itsy, bitsy, fuzzy, wuzzy worms -yum yum</p> <p>The first one was easy, the second was squeazy The third one got caught in my throat Big fat juicy ones, long slim, slimy ones Itsy, bitsy, fuzzy, wuzzy worms-yum yum Up came the first one, up came the second one Up came the third juicy worm Big fat juicy ones, long slim, slimy ones Going to the garden to eat worms</p>	<p>*Frown with hands on hips *Put fingers to mouth *Make a big ball with hands and stretch hands and arms for a part *Pinch thumb and index finger together and rub tummy *Hold index finger up, then 2 fingers up *Cough *Repeat actions above *Run index finger up neck - 3 times *Repeat actions above</p>
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<p>1 Little, 2 Little, 3 Little Witches</p> <p>1 little, 2 little, 3 little witches Flying over haystacks, swooping over ditches Sliding down moonbeams without any hitches Hey-ho Hallowe'en is here</p>	<p>*Count on fingers *Pretend to fly back and forth *Make a downward action with arm</p>
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Peanut on the Railroad Track

(Tune: Polly Wolly Doodle)

A peanut sat
On a railroad track,
His heart was all a-flutter,

Round the bend
Came number ten.
Toot! Toot! Peanut butter!
SQUISH!

- *One thumb in air
- *Two fingers in horizontal position
- *Two fingers from other hand 'hook' over other two
- *Make circling motion with finger
- *Two hands fingers spread open wide
- *Pulling whistle 2 times, squish hands together



Helmets on Before You Ride

(Tune: London Bridge
Words: Sandy Inkster)

Helmets on before you ride
Before you ride
Before you ride
Helmets on before you ride
Keep your head safe!

Steer to the right and pedal your wheels
Pedal your wheels
Pedal your wheels
Steer to the right and pedal your wheels
Keep your head safe!

Put the brakes on before you crash
Before you crash
Before you crash
Put the brakes on before you crash
Keep your head safe!

- *Pretend to put a helmet on
- *Pretend to ride a bicycle
- *Repeat
- *Pretend to put a helmet on
- *Point to head

- *Pretend to turn to the right
- *Pretend to pedal
- *Repeat
- *Pretend to turn to the right
- *Point to head

- *Pretend to put on brakes
- *Cover face with arms
- *Repeat
- *Pretend to put on brakes
- *Point to head



<p>Roll Your Pumpkin</p> <p>Roll, roll, roll your pumpkin Roll it from the store Bring it home and carve a face And put it at your door.</p>	<p>*Roll hands *Pretend to carve *Pretend to set it at on a doorstep</p>
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<p>The More We Get Together</p> <p>The more we get together, together, together The more we get together the happier we'll be 'Cause your friends are my friends and my friends are your friends The more we get together the happier we'll be.</p>	<p>Signing Action</p> <p>*'More' sign and 'together' sign *Repeat above plus 'happy' sign *'Your' sign and 'friend' sign and 'my' sign *'More' sign and 'together' sign and 'happy' sign</p>
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bersama
together

一齐

Happy



kawan (sahabat teman)
friend

朋友

The Key to the Kingdom

This is the key to the kingdom
This is the kingdom.
In the kingdom there is a road
On the road there is a hill
On the hill there is a house
In the house there is a room
In the room there is a bed
On the bed there is a basket
Over the basket there is a blanket
Under the blanket there is a BABY!
Baby under the blanket
Blanket over the basket
Basket on the bed
Bed in the room
Room in the house
House on the hill
Hill on the road
Road in the town
Town in the kingdom
And this is the key to the kingdom!

- *Hold thumb in the air
- *Stretch arms wide
- *Palms of hand face each other
- *Hand above head, palm arched
- *Hands together to form a roof
- *Draw square shape in air with finger
- *Turn left hand over, palm up
- *Cup right hand & place on top of left
- *Place right hands over left palm
- *Put arms together and pretend to rock a baby!

Repeat actions for each line as above



Action Songs and Rhymes...



<p>Fly, Fly, Fly Your Plane</p> <p>Fly, fly, fly your plane Fly your plane up high Merrily, merrily, merrily, merrily High up in the sky.</p>	<ul style="list-style-type: none"> *Arms out to sides *Stand up on tiptoes *Move around flying like a plane
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<p>Down by the Banks</p> <p>Down by the banks of the hanky panky Bull frogs jump from bank to banky Jumping oops, ops, belly flops One missed the lily pad - Kerplop!</p>	<ul style="list-style-type: none"> *Crouch down and tap knees to beat *Jump, hop around *Clap hands
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<p>Oh Mr. Sun</p> <p>Oh Mr. Sun, sun, Mr. Golden Sun Hiding behind the tree These little children are asking you Please come out so they can play with you Oh Mr. Sun, sun, Mr. Golden Sun Please shine down on Please shine down on Please shine down on me</p>	<ul style="list-style-type: none"> *Make a circle with hands & hold up high *Cover face with hands *Point to children *Make a circle with hands & hold up high *Point down *Point down *Point down
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<p>Zoom! Zoom! Zoom!</p> <p>Zoom! Zoom! Zoom! We're going to the moon Zoom! Zoom! Zoom! We're going to get there soon 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 zero BLAST-OFF!</p>	<p>(Start in a crouch position)</p> <ul style="list-style-type: none"> *Palms together, weave back and forth *Repeat *Motion to come with hand *Palms together, weave back and forth *Hold up 5 fingers, 4,3,2,1,0 *Palms back together and move over head
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<p>Ring Around the Rocket Ship</p> <p>Ring around the rocket ship Try to grab a star Stardust, stardust Fall where you are!</p>	<ul style="list-style-type: none"> *Join hands in a circle and walk to the right *Raise hands up in the air *Fall to ground
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<p>Bend and Stretch</p> <p>Bend and stretch Reach for the stars Here comes Jupiter There goes Mars Bend and stretch Reach for the sky Stand on tippy toes, oh so high!</p>	<ul style="list-style-type: none"> *Squat then stretch up *Grab out to the left and then the right *Point to the left *Point to the right *Squat then stretch *Arms above head and wiggle fingers *Lift up on toes and reach
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<p>If All the Raindrops (Snowflakes)</p> <p>If all the raindrops were lemon drops and gumdrops Oh what a rain it would be Standing outside with my mouth open wide Ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah ahhhh</p> <p>If all the snowflakes were Hershey bars and milkshakes Oh what a snow it would be Standing outside with my mouth open wide Ah, ah, ah, ah, ah, ah, ah, ah, ah, ah, ah ahhhh</p>	<p>*Tap open palm with pointer finger of other hand</p> <p>*Open mouth wide</p> <p>*Wiggle fingers and move hands down from head</p> <p>*Open mouth wide</p> 
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<p>Squirrel, Squirrel</p> <p>Squirrel, squirrel, shake your bushy tail Squirrel, squirrel, shake your bushy tail Put a nut between your toes Wrinkle up your little nose Squirrel, squirrel, shake your bushy tail.</p>	<p>*Shake your bottom</p> <p>*Repeat</p> <p>*Pretend to place a nut</p> <p>*Wrinkle nose</p> <p>*Shake your bottom</p>
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<p>Autumn Leaves (Tune: London Bridge)</p> <p>Autumn leaves are falling down, falling down, falling down Autumn leaves are falling down To the ground! Rake them up into a pile, into a pile, into a pile Rake them up into a pile Then jump in! Roll around and have some fun, have some fun, have some fun! Roll around and have some fun I love Autumn!</p>	 <p>*Standing up, wiggle fingers in a downward motion</p> <p>*Move towards ground like leaves falling</p> <p>*Pretend to rake leaves</p> <p>*Jump into the imaginary pile of leaves</p> <p>*Roll on floor</p>
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<p>Roly Poly</p> <p>Roly poly, roly poly In, in, in Roly poly, roly poly Out, out, out Roly poly, roly poly Up, up, up Roly poly, roly poly Down, down, down</p>	<ul style="list-style-type: none"> *Make a rolling action with hands *Cup left hand put right hand in left 3 times. Roll hands again *Cup hand pull right hand out of left 3 times. Roll hands again *Point index finger up 3 times *Roll hands *Point index finger down 3 times
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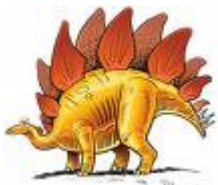
<p>My Little Ponies</p> <p>I had some little ponies I fed them oats and hay I opened up the paddock gate To let them out to play They galloped here they galloped there They galloped everywhere They went clip clop and wouldn't stop Until they heard me say... WHOA PONIES!</p>	<ul style="list-style-type: none"> *Place arms outstretched in front of body, palms together *Open arms wide *Cup hands on side of mouth to yell out and when all the ponies are back sitting down, close hands back together
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<p>I Saw a Snake</p> <p>I saw a snake go by today Driving in his Chevrolet He was long And he was thin But, he didn't have a chin He had no chin But what the heck He had lots and lots and lots of neck!</p>	<ul style="list-style-type: none"> *Place hand over eyes as if looking *Pretend to drive a car *Stretch arms, one up and one down *Hands close together, palms facing each other *Shake head no and point to chin *Shrug shoulders *Point to neck
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<p>Waddley Acha</p> <p>Waddley acha Waddley acha Doodle-e-doo Doodle-e-doo It's the simplest thing There isn't much to it All you have to do is doodle-e do it I like the rest but the part I like best Is the doodle-e, doodle-e doo!</p>	<ul style="list-style-type: none"> *Clap then slap knees *Repeat *Make a rolling motion with hands *Repeat *Clap and slap *Repeat *Repeat then roll hands *Clap and slap *Roll hands
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<p>Great Big Dinosaur</p> <p>There's a great big dinosaur Under my bed! With big floppy ears on the top of his head He has great big arms that can wrap around And his great big feet can stomp up and down And the ROAR he makes is a terrible sound! ROOOAAARRRRR!</p>	<ul style="list-style-type: none"> *Stretch arms wide *Wave hands over top of head *Hug yourself *Stomp feet *Roar loudly
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<p>Tip Toe, Tip Toe Dinosaur (Tune: Twinkle, Twinkle)</p> <p>Tip toe, tip toe dinosaur You're so big you'll break the floor Great big claws and great big feet Do you eat plants or meat? Tip toe, tip toe dinosaur You're so big you'll break the floor!</p>	<ul style="list-style-type: none"> *Walk on tip toes *Make claws out of hands and stomp feet *Shrug shoulders *Walk on tip toes
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Choo Choo Train

Here is a choo choo train
Puffing down the track
First it's going forward
Then it's going back
Hear the bell ring
Then the whistle blows
What a lot of noise he makes
Everywhere he goes!

- *Move arms back and forth pretending to be a train
- *Move body forward
- *Move body backwards
- *Pretend to ring a bell
- *Pretend to pull on a whistle/make sound
- *Cover ears with hands
- *Move arms back and forth



Jack-in-the-Box

Jack-in-the-Box
Sits so still
Won't you come out?
YES, I will!

- *Sit crouched down with arms wrapped around knees
- *Jump up to feet




Touch Your Nose

Touch your nose
Touch your chin
This is where our game begins
Touch your eyes
Touch your knees
Now you can pretend to sneeze
Touch your hair
Touch one ear
Touch two lips, right here
Touch your elbows where they bend
That is how our game will end!

- *Actions follow the words of the rhyme



<p>Toe Knee Chest Nut</p> <p>Toe knee chest nut Nose eye love you Toe knee nose Toe knee nose Toe knee chest nut Nose eye love you That's what toe knee nose</p>	<p>*Touch body parts as they are named and cross arms across chest for love</p>
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<p>Dancing Snowflakes (Tune: Frère Jacques)</p> <p>Dancing snowflakes Dancing snowflakes In the air In the air Whirling, twirling snowflakes Whirling, twirling snowflakes Here and there Here and there</p>	 <p>*Wiggle fingers and pretend to dance</p> <p>*Spin around in a circle</p> <p>*Wiggle fingers and pretend to dance</p>
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<p>As I was Walking Down the Street</p> <p>As I was walking down the street, down the street, down the street As I was walking down the street Hi Ho Hi Ho Hi Ho! A happy child I chanced to meet, chanced to meet, chanced to meet A happy child I chanced to meet Hi Ho Hi Ho Hi Ho! A rig-a-jig-jig and away we go, away we go, away we go! A rig-a-jig-jig and away we go Hi Ho Hi Ho Hi Ho!</p>	<p>*Everyone walks together in the same direction</p> <p>*Everyone joins hands with a partner</p> <p>*Skip or twirl together while holding hands</p>
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Counting Songs...

1-2-3

<p>My Bunnies</p> <p>My bunnies must now go to bed The little mother rabbit said But I will count them first to see If they have all come back to me 1 bunny, 2 bunnies, 3 bunnies dear 4 bunnies, 5 bunnies, yes all are here! They are the sweetest things alive My little bunnies 1-2-3-4-5!</p>	<p>*Rest head on hands</p> <p>*Count out the bunnies on your fingers</p>
<p>5 Little Ducks</p> <p>5 little ducks went for a swim The 1st little duck put his head in The 2nd little duck put his head back The 3rd little duck went quack, quack, quack The 4th little duck, with his tiny brother Went for a swim with his father and his mother</p>	<p>*Hold up 5 fingers</p> <p>*Hold up 1 finger</p> <p>*Hold up 2 fingers</p> <p>*Hold up 3 finger</p> <p>*Hold up 4, then 5 fingers</p> <p>*Pretend to swim</p>



<p>Baa Baa Black Sheep</p> <p>Baa baa black sheep Have you any wool? Yes sir, yes sir, 3 bags full 1 for my sweater 1 for my rug 1 for my blanket that keeps me warm and snug Baa baa black sheep Have you any wool? Yes sir, yes sir, 3 bags full</p>	<p>*Shrug shoulders and raise hands up *Nod head yes and hold up 3 fingers *Hold up 1 finger *Hold up a 2nd finger *Hold up a 3rd finger *Hug yourself</p> <p>*Nod head yes and hold up 3 fingers</p>
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<p>A Little Ball</p> <p>A little ball A bigger ball A great big ball I see Now let us count the balls 1-2-3</p>	<p>*Make a small ball shape with hands *Make a bigger ball *Hold hands far apart in ball shape</p> <p>*Count 1-2-3 on fingers</p>
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<p>10 Little Candles</p> <p>10 little candles on a chocolate cake Wh! Wh! Now there are 8 8 little candles, all on candle sticks Wh! Wh! Now there are 6 6 little candles and not 1 more Wh! Wh! Now there are 4 4 little candles, red, green, yellow, blue Wh! Wh! Now there are 2 2 little candles standing up for fun Wh! Wh! Now there are none!</p>	<p>*Hold up 10 fingers *Pretend to blow out candles twice *Hold up 8 fingers *Blow twice *Hold up 6 fingers *Blow twice *Hold up 4 fingers *Blow twice *Hold up 2 fingers *Blow twice then shrug shoulders</p>
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Songs/Rhymes in French...

Tombez, Tombez (Tune: Twinkle Twinkle)	(Sounds like...) Tawh(n)bay Tawh(n)bay	Actions
Tombez tombez Flocons blancs Tournez dansez gentiment Sur le toit sur les branches Tombe tombe neige blanche Tombez tombez Flocons blancs Tournez dansez gentiment	Tawh(n)bay tawh(n)bay Flawhcon blawh(n) Tournay dahnsay zjahnteemawh(n) Soo-er le twah soo-er lay brahnsch Tawh(n)-b tawh(n)-b nayzsch blawh(n)sche Tawh(n)bay tawh(n)bay Flawhcon blawh(n) Tournay dahnsay zjahnteemah(n)	*Move fingers like falling snow *Turn/twirl, dance and fall gently to the floor

C'est L'Automne (Tune: Frère Jacques)	(Sounds like...) Say Low-ton	It is Autumn	Actions
C'est l'automne C'est l'automne Toutes les feuilles Toutes les feuilles Tombent sur le sol Tombent sur le sol Jaunes et rouges Jaunes et rouges	Say low-ton Say low-ton Toot lay foyee Toot lay foyee Tawhbahn soo-er le suhl Tawhbahn soo-er le suhl Zj,oh,n ay roozsch Zj,oh,n ay roozsch	It is autumn It is autumn All the leaves All the leaves Fall under the sun Fall under the sun Yellow and red Yellow and red	*Sway bodies and arms and fingers like branches and leaves on trees *Gently fall to the ground like leaves falling




Têtes Épaules (Tune: Head and Shoulders)	(Sounds like...) Tet Aypull	
Têtes épaules genoux orteils Genoux orteils Genoux orteils Têtes épaules genoux orteils Yeux nez bouche oreilles	Tet aypull zjuhnoo ortay Zjuhnoo ortay Zjuhnoo ortay Tet aypull zjuhnoo ortay zyuh nay boosch oray	*Touch head, shoulders, knees, toes *Touch knees toes *Touch knees toes *Touch head, shoulders, knees, toes, eyes, ears, mouth and nose



Oldies But Goodies...



<p>Head and Shoulders</p> <p>Head and shoulders Knees and toes Knees and toes Knees and toes Head and shoulders Knees and toes Eyes, ears, mouth and nose</p>	<p>*Touch body parts as they are named</p> 
<p>I'm a Little Teapot</p> <p>I'm a little teapot Short and stout Here is my handle Here is my spout When I get all steamed up Hear me shout Tip me over and pour me out!</p>	<p>*Squat down and open arms wide *Place hand on one hip *Other arm reaches out with hand bent down *Lean body over</p>
<p>Ring Around the Rosie</p> <p>Ring around the rosie A pocket full of posies Hush! Hush! We all fall down! The cows are in the meadow Eating buttercups Thunder lightening We all jump up!</p>	<p>*Join hands and walk in a circle *Squat or fall down *Moo *Pretend to pick and eat flowers *Slap floor with hands *Jump back up to feet</p>

<p>The Itsy Bitsy Spider</p> <p>The itsy, bitsy spider Climbed up the water spout Down came the rain and washed the spider out Out came the sun and dried up all the rain So the itsy bitsy spider climbed up the spout again</p>	<p>*Touch the thumbs of hands to index fingers and 'crawl' up *Wiggle fingers in a downward motion *Make a circle with hands and hold above the head, then raise them up again *Make the spider again</p>
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<p>If You're Happy and You Know It</p> <p>If you're happy and you know it clap your hands If you're happy and you know it clap your hands If you're happy and you know it and you really want to show it If you're happy and you know it clap your hands Sad - ask for a hug Angry - breathe in and out Excited - shout hooray</p>	<p>*Clap hands twice *Clap hands twice *Clap hands twice *Ask person beside you for a hug *Loud breath in and blow it out *Shout hooray and raise arm above head</p>
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<p>Hickory Dickory Dock</p> <p>Hickory dickory dock The mouse ran up the clock The clock struck 1 The mouse ran down Hickory dickory dock</p>	<p>*Make a mouse with the thumb and index finger touching, then move upwards *Hold up index finger *Make the mouse run down</p>
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<p>Pop Goes the Weasel</p> <p>All around the cobbler's bench The monkey chased the weasel The monkey stopped to catch his breath POP! Goes the weasel!</p>	<ul style="list-style-type: none"> *Make a circle motion with index finger *Scratch like a monkey *Make monkey scratch again *Clap hands loudly
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<p>The Grand Old Duke of York</p> <p>The grand old Duke of York He had 10 thousand men He marched them up to the top of the hill Then 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 He marched them to the left He marched them to the right He marched them all around the town He marched them out of sight</p>	<ul style="list-style-type: none"> *Join hands and march in a circle *Walk to center of circle with arms raised *Walked backwards *Walk into circle *Walk backwards *Walk a little way into the center of circle *Walk to the left *Walk to the right *Walk in continuous circle *Bend to crouch position down to ground
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<p>The Wheels on the Bus</p> <p>The wheels on the bus go round and round Round and round, round and round The wheels on the bus go round and round All through the town</p> <p>The wipers on the bus go swish, swish, swish The seats on the bus go squeak, squeak, squeak The horn on the bus goes beep, beep, beep The Grandpa on the bus goes snore, snore, snore</p>	<p>*Roll hands around each other</p> <p>*Make hand motions or sounds as you add new verses</p>
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Other Suggestions...

- Mary Had a Little Lamb
- Sleeping Bunnies
- Hey Diddle, Diddle
- Old MacDonald
- Jack and Jill
- Humpty Dumpty
- Jack be Nimble
- One Two Buckle My Shoe
- Row, Row, Row Your Boat
- This Little Piggy
- Pat-a-Cake
- Teddy Bear, Teddy Bear
- Hokey Pokey
- Finger Family
- Down By the Bay

(If you require words to the above rhymes and songs, please contact Dawn (dmaeck@handstfhn.ca) or Sandy (sinkster@handstfhn.ca).

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