

Song and Movement Activities

The End

Animal and Creature Songs

Glub, glub went a little green frog one day.
 Glub, glub went a little green frog.
 Glub, glub went a little green frog one day.
 And they all went glub, glub, glub.

Glub, Glub Went a Little Green Frog

Birdie in the tree top, way up high.
 Birdie in the tree top, way up high.
 Birdie in the tree top, way up high.
 Singing a lullaby.

Birdie in the Tree Top
 (Tune of *Skip to My Lou*)



Soft kitty, gentle kitty, little ball of fur.
 (Sing softly while stroking a kitty)
 Nice kitty, friendly kitty.
 Purr, purr, purr.

Soft Kitty, Gentle Kitty

S - U - N - N - Y

(Tune of *BINGO*)



There was a day we went to school, and sunny was the weather.
 S - U - N - N - Y. S - U - N - N - Y. S - U - N - N - Y.
 And sunny was the weather.

There was a day we went to school, and windy was the weather.
 W - I - N - D - Y. W - I - N - D - Y. W - I - N - D - Y.
 And windy was the weather.



There was a day we went to school, and snowy was the weather.
 S - N - O - W - Y. S - N - O - W - Y. S - N - O - W - Y.
 And snowy was the weather.

There was a day we went to school, and rainy was the weather.
 R - A - I - N - Y. R - A - I - N - Y. R - A - I - N - Y.
 And rainy was the weather.





Written by: Amanda Garrett, Jennifer Bassett
 Aricka Harris, Sandi Cox, and Anna Prince
 (University of Arkansas Child Guidance Students)

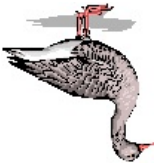


(Add other verses such as "Honk, honk went the big white goose one day . . . as he flapped and flew away.")

Cluck, cluck went the little red hen one day.
 Cluck, cluck went the little red hen.
 Cluck, cluck went the little red hen one day.
 And her feet went scratch, scratch, scratch. (Make scratching movement with feet.)



Oink, oink went the little pink pig one day.
 And his nose went snort, snort, snort. (Make a pig snorting sound.)



Oink, oink, went the little pink pig one day.
 Oink, oink went the little pink pig.



Barnyard Song
 (Tune of Glub, Glub, Went The Little Green Frog)

It's Raining, It's Pouring

It's raining, it's pouring, the old man is snoring.
 He bumped his head when he went to bed,
 And couldn't get up in the morning.
 Rain, rain go away. Come again another day!

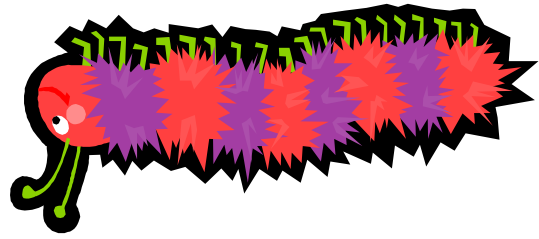
Rain on the Green Grass

Rain on the green grass
 Rain on the trees
 Rain on the roof tops
 But not on me!
 (Or insert child's name.)

Boom, Bang!

Boom, bang, boom, bang! (Beat hands on floor.)
 Rumpety, lumpety, bump!
 Zoom, zam, zoom, zam! (Cut back and forth with alternate hands.)
 Clippety, clapety, clump! (Nod head from side to side in rhythm with words.)
 Rustles and bustles
 And swishes and zings! (Hug shoulders and rock in rhythm.)
 What wonderful noises
 A thunderstorm brings!

There was a fuzzy little caterpillar,
Climbing up a tree.
He wiggled short, he wiggled long,
He wiggled right at me.
(Use index finger, follow words.)
I put him in a covered box,
"Don't go away," I said.
(Cover index finger with other hand.)
But when I looked again,
He was a butterfly instead!
(Hook thumbs together and flutter hands.)
I could never make one, even if I tried.
Only caterpillars turn into butterflies.



The Little Caterpillar

Finger Plays

Weather



Raindrops Falling
(Tune of *Are You Sleeping*)
Raindrops falling, raindrops falling.
On the roof, on the roof.
Hear it pitter patter.
Hear it pitter patter.
Pitter, patter, splat!
Pitter, patter, splat!

Written by:
Vernice Baldwin
University of Arkansas



(Repeat: Four little monkeys...)



(Shake finger)

“No more monkeys jumping on the bed!”

(Pretend to phone.)

Mother called the doctor and the doctor said,



(Put one finger down.)

One fell off and bumped his head.

Five little monkeys jumping on the bed, *(Five fingers jumping)*



Five Little Monkeys

Musical Squares

(This is similar to the popular game of musical chairs; however it's been adapted for younger children.)

Get Ready: Put a carpet square on the floor for each child. *(These are often available free from carpet stores)*

Start the Music: When the music starts, everyone walks around the squares.

Stop the Music: When the music stops, children quickly sit down on a carpet square.

(Everyone has a place to sit. Young children have difficulty understanding the concept of “You’re out!”)

(Sing more verses substituting others animals and colors. Use pictures for each animal.)

Green Frog, Green Frog,
What do you see?
I see a (blue bird), (blue bird)
looking at me.



Brown Cow, Brown Cow,
What do you see?
I see a green frog looking
at me.

Brown Cow, Brown Cow
(Tune of Twinkle, Twinkle Little Star)



(Tuck thumb of right hand under and let other
four fingers run back.)

Sleek and fat.
Four little mice went scampering back.



Out comes a pussy cat,
(Close three middle fingers of left hand and raise
thumb and little finger.)



(Fingers stop once in a while then
gather crumbs along the way.
(Fingers of right hand run forward.)
Five little mice came out to play,



Five Little Mice

Games

Ring Around the Rosie

Ring around the rosie.
(Join hands in a circle and walk to the right.)
A pocket full of posies.
Ashes, ashes, we all fall down.
(Fall to the ground.)



Ring Around the Rocket Ship

(Tune of Ring Around the Rosie)

Ring around the rocket ship.
(Join hands in circle and walk to the right.)
Try to grab a star.
(Drop hands and reach up.)
Stardust, stardust,
Fall where you are.
(Fall to floor.)

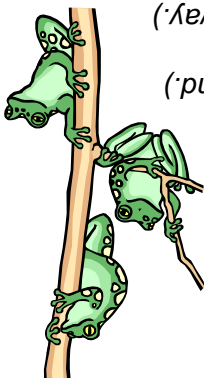


(Used with permission Flint Public Library (1996).
Ring a ring a'roses. Finger plays for preschool
children. Flint, MI.)

Where is Thumbkin? Where is Thumbkin?
 "Here I am, here I am."
 "How are you today, Sir?"
 Very well and thank you."
 Run away, run away.

Where is Thumbkin
 (Tune of *Frère Jacques*)

(Sing continuing with verses
 Where is Pointer?, Where is Tall
 Man?, Where is Ring Man? and
 Where is Small Man?)



Three little frogs,
 (Hold up three fingers of left hand.)
 Asleep in the sun.
 (Fold them over.)
 We'll creep up and wake them.
 (Make creeping motion with fingers of right hand.)
 Then we will run.
 (Hold up three fingers while right hand runs away.)

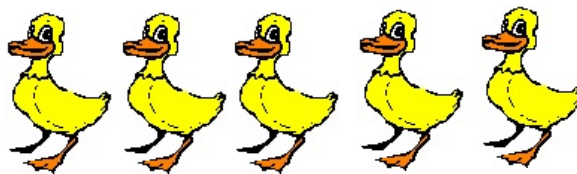
Three Frogs

Five Little Ducks

Five little ducks went out to play.
 Over the hills and far away.
 Mama duck said, "Quack, quack,
 quack!"

(Child's name) go wash your
 hands for snack.

Written by: Tamera Young
 University of Arkansas Nursery School



Special, Special

Special, special (Child's name) is very special.
 I'm glad you came today.

Special, special (Child's name) is very special.
 You may wash your hands.

(Hold up a mirror. After the child sees himself, he
 may wash his hands.)

This is my turtle. (Make fist, extend thumb.)
 He lives in a shell. (Hide thumb in fist.)
 He likes his home very well.
 He pokes his head out when he wants to eat, (Extend thumb.)
 And pulls it back when he wants to sleep. (Hide thumb in fist.)

My Turtle

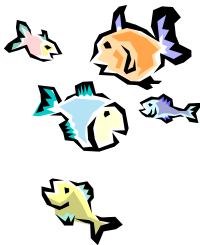
Here's my bunny. (Make fist of right hand.)
 With his nose so funny. (Make right thumb wiggle.)
 And here is his hole in the ground. (Make hole with left finger and thumb.)
 When a noise he hears, (Make ears by putting right little finger and forefinger up.)
 He perks up his ears,
 And runs to his hole the ground. (Jump right hand into hole in left hand.)

Here's Bunny

Fishing Song

(Tune of *Turkey in the Straw*)

Did you ever go a-fishin'
 On a bright and sunny day?
 Did you see the little fishes
 Swimming in and out the bay?



Chorus:

With their hands in their pockets
 And their pockets in their pants,
 And all the little fishes did a
 Hoochy-koochy dance.

Yes, I've been a fishin'
 On a bright and sunny day.
 Yes, I've seen the little fishes
 Swimming in and out the bay.

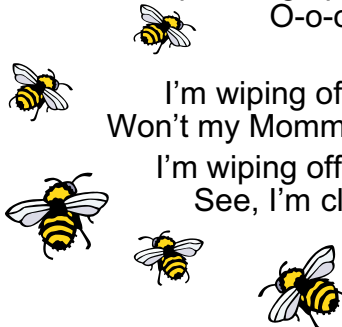
(Repeat Chorus)

Baby Bumblebee

I'm bringing home a baby bumblebee,
 Won't my Mommy be so proud of me?
 I'm bringing home a baby bumblebee,
 Ouch! O-h-h-h! He stung me.

I'm squashing up my baby bumblebee.
 Won't my Mommy be so proud of me?
 I'm squashing up my baby bumblebee.
 O-o-o-o-h...it's all over me.

I'm wiping off my baby bumblebee
 Won't my Mommy be so proud of me?
 I'm wiping off my baby bumblebee.
 See, I'm clean, as clean can be.



(Older children can add verses that would include: eyebrows, eyelashes, nails, wrists, knuckles, etc.)

Ankles, elbows, feet and seat. Feet and seat.
Eyes and ears and mouth and nose.
Ankles, elbows, feet and seat. Feet and seat.
Ankles, elbows, feet and seat. Feet and seat.

Head and shoulders, knees and toes. Knees and toes.
Eyes and ears and mouth and nose.
Head and shoulders, knees and toes. Knees and toes.
Head and shoulders, knees and toes. Knees and toes.

Head and Shoulders, Knees and Toes
(Tune of *There is a Tavern in the Town*)



Body Movement – Songs & Activities

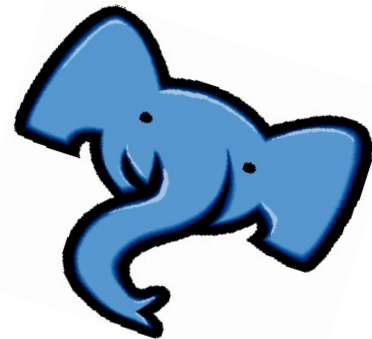
Fun and Silly Songs

Miss Mary Mack

Miss Mary Mack, Mack, Mack,
All dressed in black, black, black.
With silver buttons, buttons, buttons,
Up and down her back, back, back.

She asked her mother, mother, mother,
For fifty cents, cents, cents.
To see the elephant, elephant, elephant,
Jump the fence, fence, fence.

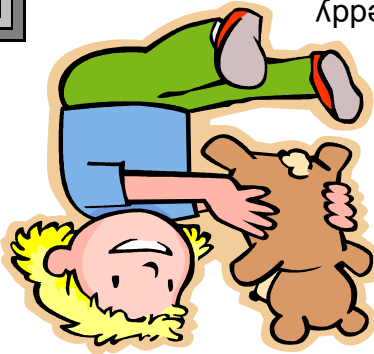
He jumped so high, high, high,
He reached the sky, sky, sky.
And never came down, down, down,
Till the fourth of July, ly, ly!



(Younger children enjoy singing this while elementary-aged children will participate in the singing and hand clapping to the beat with a partner. Alternate slapping thighs, own hands, and each others opposite hand.)

Eye Winker

Eye Winker, (Point to eyes.)
 Tom Tinker, (Point to ears.)
 Nose Smeller, (Point to nose.)
 Mouth Eater, (Point to mouth.)
 Chin Chopper, (Tap chin.) Chin
 Chopper, Chin Chopper, Chin
 Chopper, Chin.



Teddy bear, teddy bear,
 Turn around; (Turn around.) Teddy
 bear, teddy bear
 Touch the ground. (Touch ground.)
 Teddy bear, teddy bear,
 Show your shoe. (Extend foot.)
 Teddy bear, teddy bear,
 That will do.

Teddy Bear

It's Time To Go Outside
 (Tune of *The Farmer in the Dell*)



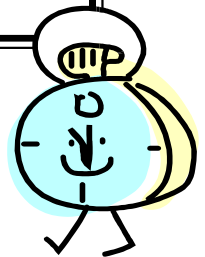
It's time to go inside.
 It's time to go inside.
 Hi ho the Derry-O.
 It's time to go inside!

It's Clean Up Time; It's Clean Up Time

(Tune of *Are You Sleeping*)

It's clean-up time. It's clean up time.
 Let's put our toys away.
 It's clean-up time. It's clean up time.
 A helper I'll be today.

It's Time to Stomp Off Sand
 (Tune of *The Farmer in the Dell*)



It's time to stomp off sand.
 It's time to stomp off sand.
 Hi ho the Derry-O.
 It's time to stomp off sand!

A Helper I Will Be
 (Tune of *The Farmer in the Dell*)

A helper I will be.
 A helper I will be.
 Hi ho the Derry-O.
 A helper I will be.



(Preschoolers will enjoy climbing into a large cardboard box and closing the lid. Waiting is hard, but fun when it is time to jump out. Younger children will not want to be inside a covered box. Try it with the lid off.)

Jack in the box, Jack in the box
Sitting so still.
Won't you come out?
Yes, I will!

Jack in the Box

(Children then choose what will wiggle next..foot, head, hair, ears, nose, mouth, whole body, etc.)

My thumbs are beginning to wiggle.
My thumbs are beginning to wiggle.
My thumbs are beginning to wiggle.
Around, around, around.

My Thumbs Are Beginning to Wiggle

(Tune of Oh He's a Jolly Good Fellow)



If You're Sad and You Know It

(Tune of If You're Happy and You Know It)

If you're sad and you know it, sometimes you cry. (Make a sad face, sniff and pretend to cry.)

If you're sad and you know it, sometimes you cry.

If you're sad and you know it, then your face will surely show it.

If you're sad and you know it, sometimes you cry.



If you're angry and you know it, use your words. (Make an angry face, let it out.)

If you're angry and you know it, use your words.

If you're angry and you know it, then your face will surely show it.

If you're angry and you know it, use your words.

Add other emotions such as happy, excited, frightened, surprised.





Bend down low and touch your toes,
Touch your toes.
Bend down low and touch your toes. Reach down and
Touch your toes.
Stand up tall and touch your nose, touch your nose,
Touch your nose.
Stand up tall and touch your nose. Stand tall and
Touch your nose.
Put your hands upon your hips, on your hips,
On your hips.
Put your hands on your hips, and do a little twist.
Stretch your arms up to the sky, to the sky,
Stretch your arms up to the sky. Reach high and
Touch the sky.

(Tune of *Mary Had a Little Lamb*)

Exercise Song

Use Your Words

(Tune of *Oh My Darling Clementine*)

Use your words.
Use your words.
Use your words each day.
Solving problems without hitting,
Using words is the way.

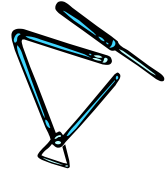
So use your words.
Use your words.
Use your words each day.
Solving problems without hitting,
Using words is the way.

Tell me about your feelings.
Tell me about your feelings.
Tell me about your feelings today.
Don't keep them a secret.
You'll feel better that way.

(If words are still hurting, try singing "Use Your Kind Words".)

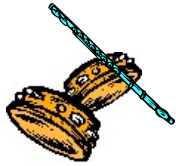
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(Used with permission Flint Public Library (1996).
Ring a ring a roses. Finger plays for preschool children. Flint, MI.)

(Make appropriate motions for each instrument.
Actions can be varied by having entire group do all.
The girls play violins, boys the flute.
All join in playing the horn.)



Mother plays the violin,
Father plays the flute,
Little brother plays the horn.
Toot-toot-toot-toot-toot.



Music At Our House

If You're Ready For Group

(Tune of *If Your Happy and You Know It*)

If you're ready for group stomp your feet. (*Stomp twice.*)
If you're ready for group stomp your feet. (*Stomp twice.*)
If you're ready for group, if you're ready for group,
If you're ready for group stomp your feet. (*Stomp twice.*)

If you're ready for group, clap your hands. (*Clap your hands twice.*)
If you're ready for group, clap your hands. (*Clap your hands twice.*)
If you're ready for group, if you're ready for group,
If you're ready for group, clap your hands. (*Clap your hands twice.*)

If you're ready for group, pat your head.
(*Touch your nose, etc. Continue to do actions that will automatically reduce the noise level to a whisper. You will be ready for group without saying, "Everyone be quiet."*)

Written by: Vernoice Baldwin
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(Used with permission, Bill Stinson, *Calming and Reassuring the Young Child*.)

the body parts.)
•“You have until the count of five to find a new partner, Busy Bee.” (Call out
•“Pretend to walk in Jell-O to a new partner, Busy Bee.” (Call out body parts.)
Other cues to help preschoolers transition to a new partner:

Children will need a partner and must have room to move around for this activity. Explain that you will be calling out body parts. Children touch that body part to a corresponding body part on their partner. When the words “Busy Bee” are called out, children change partners. Say “Tip toe to a new partner, Busy Bee. It’s time to change partners.” (Call out body parts: Elbow to elbow, shoulder to shoulder, back to back, foot to foot, and so on.)

Busy Bee

Cross cross applesauce. (With pointer finger make a cross on the child’s back from shoulder to opposite waist.)
Gentle squeezes. (Squeeze the shoulder.)
Warm breezes. (Blow on the back of the neck.)
Tickles up and down the spine. (Run fingers up and down the spine.)

Cross Cross Applesauce

Everyone Sit on the Floor

(Tune of *Shortenin’ Bread*)

Everyone come and sit, come and sit, come and sit.
Everyone come and sit on the floor.
Not on the ceiling, not on the door.
Everyone please sit on the floor.
Everyone come and sit, come and sit, come and sit.
Everyone come and sit on the floor.
Everyone’s gonna sit on the floor.



I Shake My Hands

I shake my hands,
I stretch my feet.
I dream of something good to eat!



Put Your Bottom on the Rug
 (Tune of *If You're Happy and You Know It*)

Put your bottom on the rug,
 On the rug. (Clap twice.)
 Put your bottom on the rug,
 On the rug. (Clap twice.)
 Put your bottom on the rug,
 On the rug. (Clap twice.)
 Put your bottom on the rug,
 On the rug. (Clap twice.)
 Put your bottom on the rug,
 and give yourself a hug.
 (Hug)
 Put your bottom on the rug,
 On the rug. (Clap twice.)

Written by: Vernice Baldwin
 University of Arkansas

Radhika's Riding Her Bike Around
 (Tune of *Michael Rowed the Boat Ashore*)

Radhika's riding her bike around.
 She's having fun.
 Radhika's riding her bike around.
 Having so much fun.
 Karla's swinging on the swing.
 She's having fun.
 Karla's swinging on the swing.
 Having so much fun.
 Anthony's playing in the sand.
 He's having fun.
 Anthony's playing in the sand.
 Having so much fun.
 Radhika's riding her bike around.
 She's having fun.
 Radhika's riding her bike around.
 Having so much fun.

Songs for Transitions and Guiding Behavior

(Transition songs help direct children through their daily routines and activities.)

I'm Glad You Came

I'm glad you came,
 I'm glad you came,
 I'm glad you came today.
 I'm very, very glad you came.
 I'm glad you came today.

I Am Happy

I am happy, I am happy
(Child's name) came today.
 I am happy, I am happy
(Child's name) came to play.

