

## **Songs and Rhymes (used at Sing and Rhyme Online Group)**

### **Openers**

#### **Hello Friends Welcome Song**

Hello friends, hello friends (*waving hand*)

Hello friends

It's time to say hello! (*point to watch then wave*)

#### **When Cows Get Up in the Morning - Song**

When cows get up in the morning

They always say "Good day!"

When cows get up in the morning,

They always say, "Good day!"

"Moo, moo, moo, moo"

That is what they say, they say

"Moo, moo, moo, moo"

That is what they say.

*(Do the same with any other animal sounds: chickens, puppies, kittens, ducks, sheep, etc.)*

#### **Wake Up Feet - Song**

Wake up feet, wake up feet (*tapping/tickling baby's feet*)

Wake up feet and wiggle wiggle wiggle (*wiggle their feet*)

Wake up feet, wake up feet

Wake up and wiggle in the morning!

*(Wake up hands, ears, nose - wiggling their body parts)*

#### **Sittin' in My High Chair - Song (use two spoons - one for you and one for baby to bang)**

Sittin' in my highchair, my chair, highchair

Sittin' in my highchair bangin' my spoon (x 2)

Bring on the carrots, bring on the peas

Somebody feed this baby please!

Bring on potatoes, bring on the bread,

Somebody get this baby fed!

Sittin' in my highchair, my chair highchair,

Sittin' in my highchair bangin' my spoon! (x2)

## Lap Songs and Rhymes

### I'm a Little Snowman - Song

I'm a little snowman round and fat (*stroke baby's tummy*)

Here is my carrot nose, here is my hat! (*use hands to act out long pointy nose and hat*)

When the snow comes out I melt away!

Drip drop drip drop drip drop.. (*sway baby side to side*)

Plop! (*gently pop baby down*)

### Head and Shoulders - Song

(*gently caress or tickle each part of baby's body as you sing*)

Head and shoulders,

Knees and toes,

Knees and toes

Knees and toes

Head and shoulders

Knees and toes

Eyes, ears, mouth and nose.

### Pizza Pickle - Rhyme (*bouncing rhyme on lap with tickles*)

Pizza, pickle, pumpernickel, (*bounce baby on knees, baby sitting sideways*)

My little boy (girl) shall have a tickle!

One for his nose, (*tickle nose*)

One for his toes, (*one for his toes*)

And one for his tummy where the sweet potato goes! (*tickle tummy*)

### I'm Toast in the Toaster - Rhyme

(*baby on lap facing you*)

I'm toast in the toaster, (*bouncing baby gently*)

I'm getting pretty hot

Tic toc, tic toc, (*bounce back and forth*)

Up I POP! (*lift baby up into air*)

### Criss Cross Applesauce - Lap Rhyme

(*baby sits sideways on lap*)

Criss cross, applesauce (*draw X on baby's back*)

Spiders crawling up your back! (*creep fingers gently up baby's back*)

One here, one there (*tickle behind each ear*)

Spiders crawling in your hair! (*creep fingers softly up back of baby's head*)

Tight squeeze! (*give baby big tight hug*)

Cool breeze (*blow softly by baby's ear*)

Now you got the shiver – ies! (*rub baby's arms gently up and down, hugging*)

### **I Like to Drive My Car, Car - Song**

*(baby sitting on lap, facing away – parents arms around baby, pretend driving steering wheel)*

I like to drive my car car (3X)

Driving in my car car

*Chorus:* It ...goes...

Aboom chicka chicka chicka boom boom (3X)

Driving in my car car.

vs.2 The wipers on the car go swish swish (3X – *hands move back and forth like wipers*)

Driving in my car car.

*(chorus)*

vs. 3 The horn on the car goes “beep beep” (3 X – *tapping at “horn”*)

Driving in my car car

*(chorus)*

### **The Wheels on the Bus - Song**

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 around the town

The wipers on the bus go swoosh, swoosh, swoosh... (*wave arms from side to side*)

The horn on the bus goes “Beep beep beep” (*mime a horn being beeped*)

The driver on the bus goes “Move on back!” (*make thumbing back motion*)

### **Zoom Zoom Zoom - Song**

Zoom zoom zoom (*slide arms together up and down*)

We're going to the moon

Zoom zoom zoom,

We'll be there very soon

If you want to take a trip

Climb aboard my rocket ship (*mimic climbing a ladder*)

Zoom zoom zoom

We're going to the moon!

Five, four, three, two, one...Blast Off!!! (*Count off on fingers, then lift baby up high*)

### **Round and Round the Garden - Rhyme**

Round and round the garden (*draw circle on babies tummy or hand*)

Walked the teddy bear

One step, two step (*“walking” fingers up arm or leg*)

Tickle under there! (*tickle baby's ticklish spot!*)

### **Mommy and Daddy and Uncle Shawn – Lap Rhyme**

*(bouncing lap rhyme)*

Mommy and daddy and Uncle Shawn *(bouncing baby on lap)*

Went to the market one by one

Mommy fell off *(sway baby off to right)*

and daddy fell off *(sway baby off to left)*

But Uncle Shawn went on and on and on and on and on! *(bouncing the whole time)*

### **A Smooth Road – Lap Rhyme**

*(baby on lap facing you, swaying knees gently back and forth)*

A smooth road, a smooth road, a smooth road, a smooth road

*(bouncing gently)*

A bumpy road a bumpy road a bumpy road a bumpy road!

*(juggling knees up and down)*

A rough road, a rough road, a rough road, a rough road, a rough road...

A HOLE!

*(opening up knees, gently pop baby down, or lean them back with support)*

### **Other Action Rhymes and Songs**

#### **The Moon is Round - Rhyme**

The moon is round as round, as round can be *(stroke around and around baby's face – use wash cloth if washing baby up)*

Two eyes, a nose and a mouth...like ME!!! *(touch/wipe gently on baby's face)*

#### **These Are Grandma's Glasses - Rhyme**

These are grandma's glasses *(make circles with thumbs and pointer finger to form glasses)*

This is grandma's hat *(form little hat on top of head)*

This is the way she folds her hands and lays them in her lap *(fold hands, lay in lap)*

These are grandpa's glasses *(make big round glasses with hands)*

This is grandpa's hat *(use hands to mimic big hat on top of head)*

And this is the way he folds his arms and takes ...a...nap *(fold arms, drop head, close eyes ...and snore)*

#### **Row Row Row Your Boat - Song – floor exercise with baby**

*(sit on floor with legs straight out, baby between them – use your arms or baby's arms to "row" with the song)*

Row, row, row your boat

Gently down the stream

Merrily, merrily, merrily, merrily

Life is but a dream!

### **Donkey Riding - Song**

*(on chair, cross legs, sit baby on your foot up and down, holding baby's arms)*

Hey ho, away we go!

Donkey riding, donkey riding

Hey ho away we go,

Riding on a donkey!

### **Choo Choo Train - Rhyme**

Here comes the choo choo train *(pump baby's legs individually up and down while on their back)*

Chugging down the track

First he goes forward *(bring legs up to their face)*

Then he goes back *(bring legs back down)*

Now the bell is ringing *(tug on baby's ear)*

Now the whistle blows – TOOT TOOT! *(press gently on baby's nose)*

What a lot of noise he makes *(keep pumping legs)*

Everywhere he goes!

### **Finger Rhymes and Songs**

**Where is Thumbkin?** *(tune of "Frere Jacques" - start with hands behind back)*

Where is thumbkin, where is thumbkin?

Here I am! Here I am! *(bring out thumbs, one at a time)*

How are you today, sir? *(thumbs "talk" to each other)*

Very well I thank you! *(thumb nods back)*

Run away...run away. *(hands "fly" behind back again, one at a time)*

*(Where is: pointer, tall man, ringer, pinky)*

Where is the family, where is the family? *(hands behind back)*

Here we are! *(pull out left hand, wiggling fingers)*

Here we are! *(pull out right hand, wiggling fingers)*

How are you today folks? *(“talking” with right hand fingers)*

Very well. We thank you *(“talking” back with left hand fingers)*

Run away...run away!

### **Five Green and Speckled Frogs – Song**

Five green and speckled frogs *(hold up 5 fingers)*

Sat on a speckled log *(“sit” fingers, dangling “legs” on other hand pointer finger)*

Eating some most delicious bugs - yum, yum! *(eating motion, then rubbing tummy)*

One jumped into the pool *(motion diving into pool)*

Where it was nice and cool *(breast-stroke motions)*

Now there are four green speckled frogs – Oh dear! *(hold up 4 fingers, then motion for oh dear)*

*(repeat, counting down to NO green and speckled frogs)*

### **Two Little Blackbirds - Rhyme**

Two little blackbirds sitting on a hill *(hold two pointer fingers up bouncing)*

One named Jack, *(wiggle one)* And one named Jill *(wiggle other one)*

Fly away Jack! *(wave fingers and put behind back)*

Fly away Jill! *(wave fingers and put behind back)*

Come back Jack! *(“fly” back one hand)*

Come back Jill! *(“fly” back the other hand)*

Two little blackbirds sitting on the wall *(two pointer fingers up bouncing)*

One named Peter, *(wiggle one)* one named Paul *(wiggle the other one)*

Fly away Peter! Fly away Paul! *(“fly” behind back)*

Come back Peter! Come back Paul! *(“fly” hand back)*

### **Up Up in the Sky - Song**

*(waving hands up in air like birds)*

Up up in the sky, the little birds fly

Down down in their nest the little birds rest *(lay head against hands to “sleep”)*

With a wing on the left *(wave left “wing”)*

And a wing on the right *(wave right “wing”)*

The dear little birdies sleep all the long night. *(lay head on hands to “sleep”)*

### **Johnny Johnny Rhyme)**

*(hold hand open, fingers spread, starting with pinky, touch each finger with opposite pointer)*

Johnny Johnny Johnny Johnny

WOOPS Johnny WOOPS Johnny *(“slide” finger between thumb and pointer finger)*

Johnny Johnny Johnny Johnny! *(touch each finger on the way back)*

### **Bedtime Lullabies and Rhymes**

#### **Twinkle, Twinkle – lullaby**

Twinkle, twinkle, time for bed

Time to rest your sleepy head

Such a busy day is done

Friends and games were so much fun

A bedtime story feels just right

One more kiss sleep tight..

Goodnight!

### **All Thru the Night - lullaby**

All thru the night, all thru the night  
All little ones are sleeping

In a hole down underground  
Little rabbits can be found  
- All thru the night, all thru the night  
All little ones are sleeping.

Sparrow sleeps up in a tree  
My warm bed is best for me  
- All thru the night, all thru the night  
All little ones are sleeping.

### **Rock Me Gently - lullaby**

*(tune of "Love Me Tender")*

Rock me gently, rock me slow  
Rock me where the robins go  
Rock the branch and rock the bow  
Rock the baby robins now  
Rock me up and rock me down  
Rock me off to sleepy-town  
Rock me gently off to bed  
To rest my little sleepy head.

### **Here's the Little Girl – finger rhyme**

Here's the little girl (or boy) *(hold up finger)*  
Here is her bed *(hold other palm flat)*  
Here is her pillow *(wiggle thumb)*  
Here goes her head *(lay pointer onto "pillow")*  
These are her cover *(wiggle fingers on side of "bed")*  
Pull them up tight *(wrap them over pointer finger)*  
Sing her a lullaby *(rock "bed" gently)*  
And kiss her Goodnight! *(kiss top of pointer "child")*

## **Closing Exercises**

### **Breathing**

Smell the flowers *(hold little pretend bouquet of flowers, big breathe in to smell)*  
Blow out the birthday candle! *(blow on pointer (candle) of other hand)*  
- Repeat 3 X

### **Stretch and Hug**

*Stretch out your arms wide to the side, then bring them in for a big hug!*

**Goodbye Song** (*wave and clap to the words*)

We wave goodbye like this

We wave goodbye like this

We clap our hands for all our friends

And wave goodbye like this!