

ACTION SONGS AND RHYMES

Kids have a lot of energy! Singing silly songs and rhymes helps children shake their sillies out as well as develop language skills!

Grand Old Duke of York

The Grand old Duke of York,

March in place

He had ten thousand men.

He marched them to the top of the hill,

Stand up

And marched them down again.

Sit down

And when they were up, they were up;

And when they were down, they were down.

And when they were only halfway up,

Stand half-way up

they were neither up nor down!

He marched them to the left

Turn left

He marched them to the right

Turn right

He marched them round and round again

Spin around

And he marched them out of sight!

Heads and Shoulders

Heads and shoulders,

knees and toes, knees and toes.

Heads and shoulders,

knees and toes, knees and toes.

eyes and ears, and mouth and nose.

I'm a Little Teapot

I'm a little teapot short and stout.

This is my handle,

This is my spout.

When I get all steamed up, then I shout,

"Tip me over, and pour me out."

Hickory Dickory Dock,

Hickory Dickory Dock,

Swing arms like a pendulum

The mouse ran up the clock.

Run one hand up the opposite arm

The clock struck one,

Clap hands once

The mouse ran down!

Run hand back down

Hickory Dickory Dock.

Swing arms again

Two- mouse said boo

Three- mouse goes wee

Four- no more

Inside the Space Ship

Inside the space ship

Stand up, arms pointing above head

Not too much room

Wiggle

Here comes the countdown,

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

On each number crouch down further

Z-Z-o-o-o-m!

Jump up!

Pretty Peacock

There was a pretty peacock

Who lived in the zoo

Flap arms

It had so many feathers it didn't know what to do

Put up hands questioningly

It shook them to the left

Wiggle bottom to left

It shook them to the right

Wiggle bottom to right

It shook and shook and shook them up

Shook with all its might

Shake in a circle

tune: Grand Old Duke of York

Ring Around the Rosie

Ring around the rosie

Hold hands and march in circle

A pocket full of posies

Hush-a hush-a

We all fall down.

Fall on the ground

Picking up the daisies

Beat hands on floor

Picking up the daisies

Atishoo Atishoo

We all jump up.

Jump up