

Songs and Action Rhymes

The trick with singing songs for primary children, and especially any songs sung to babies, is to sing slowly enough and with a high enough pitch that children can catch your phrasing.

Welcome and Goodbye Songs

Greeting Song to Students (Hello Everybody) (Track 19)

Sing the Roots of Empathy greeting song to both the class as a whole as well as to the baby each time she visits. The mom, dad, teacher, special guests - anyone can be named in these songs.

Hello Everybody and how are you?
How are you?
How are you?
Hello everybody and how are you?
How are you today?

Greeting Song to Baby

While singing, have the students stand and you or the parent carry the baby around the entire circle of children. This is so the baby has the opportunity to make eye contact with each child and the children feel a moment of intimacy or connection between their baby and themselves. Encourage them to touch the baby's legs or feet, ideally not the hands or the face because parents are worried about germs.

Hello (Baby's Name) and how are you?
How are you?
How are you?
Hello (Baby's Name) and how are you?
How are you today?

Goodbye Song to Baby

The Roots of Empathy goodbye song is sung at the end of the Family Visit to say goodbye to the baby and to express sadness that he has to go. Again, carry the baby around the circle to say goodbye. Verses can be added to say goodbye to all family members. The tune for this version is the same as the greeting song.



Goodbye Song (Track 49)

Goodbye (Baby's Name), see you soon
See you soon
See you soon
Goodbye (Baby's Name), see you soon
See you very soon

Rocking Songs and Lullabies

For thousands of years every culture has used rocking songs to soothe babies. The universal appeal of the motion and the rhythmic sounds of the lullaby work magic to provide the comfort and security that all babies need. If the baby is showing signs of being sleepy or is cranky and crying and the class has determined he needs help falling asleep, here are a series of songs to choose from. If the parent permits, choose one child to sit cross-legged and place the baby gently in the child's lap. Watch the magic happen as the class sings the lullaby and the baby falls asleep.

Sweet-A-Little Baby (Track 33)

Here is one that is short and swift. The children will not be able to sing it immediately but it is lovely for you to sing maybe when you are bringing the baby around to all of the children at the end of session or when rocking the baby and trying to calm her down.

Sweet-a-little baby
Sweet-a-little baby
Sweet-a-little baby belongs to everybody
Sweet-a-little baby
Sweet-a-little baby mine

Rock-A-Bye Baby (Track 38)

Rock-a-bye Baby song is a very soothing song and there is an optional ending we have added here that children seem to like.

Rock-a-bye baby, on the tree top
When the wind blows, the cradle will rock
When the bow breaks, the cradle will fall
And Mom/Dad will catch baby, cradle and all



Hush-A-Bye (Track 46)

This lullaby is a song about horses. Because it is so slow, and there are other verses, you are better off just singing this one verse and repeating if necessary.

*Hush-a-bye, don't you cry
Go to sleep my little baby
When you wake, you shall have
All the pretty little horses
Pintos and bays, ponies and grays
All the pretty little horses*

Hush Little Baby (Track 39)

This song works well after reading the book *Hush* from the Sleep theme. You might want to ask either Mama or Papa if they want to try singing this song to their baby.

*Hush little baby, don't say a word
Mama/Papa's gonna buy you a mocking bird
If the mocking bird don't sing
Mama/Papa's gonna buy you a diamond ring
If that diamond ring is glass
Mama/Papa's gonna buy you a looking glass
If that looking glass gets broke
Mama/Papa's gonna buy you a billy goat
If that billy goat won't pull
Mama/Papa's gonna buy you a cart and bull
If that cart and bull falls down
You'll still be the sweetest little baby in town*

Japanese Lullaby (Track 40)

With nursery rhymes, English is fine but with a lullaby it is particularly powerful when the parent sings in her mother tongue to the baby. It is additional music to the baby's ear.

*Nem, Nem
Go-lo-lee-oh
Bo-ko-lo-lee-oh*



Twinkle, Twinkle Little Star (Track 32)

Twinkle, Twinkle Little Star is a song known to nearly all children and it is easy to learn for those who are new to it. The rhyme and tune are simple and should be sung very high. The children love to make the shape of a star and rock it in the sky as the baby is rocked.

*Twinkle, Twinkle little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, Twinkle little star
How I wonder what you are*

Foot Rhymes

When the baby is on a roll or lying down and there is not too much happening, work with baby's feet. We know that development starts from head down and feet are quite often ignored.

Shoe the Old Horse (Track 22)

For this rhyme, tap one foot with the palm of your hand and see if the baby likes it. Then try it with both feet and pat the two feet together rubbing against one another.

Shoe the old horse (foot rhyme, baby on roll or lying down)
Shoe the old mare
Let the little colt go bare, bare, bare

Tic Tac Two (Track 23 and 24)

The first time doing this foot rhyme use a very slow measured beat. Then, for fun, try and see if the baby likes it at a very fast beat. But caution the children to watch the baby's expression to see if he likes it or if it might be too fast for him.

Tic tac two (foot rhyme in double-time variation)
Mend the baby's shoe
A white shoe, a white shoe
Tic tac two



Tickling Rhymes

Like the foot rhymes, tickling rhymes are a good way to test what baby likes or does not like. Tickling rhymes work really well when combined with the raising and lowering of your voice. The baby's body and eyes will respond to the modulation of your voice.

Round and Round the Garden (Track 25)

*Round and round the garden
Like a teddy bear
One step, two step
Tickle under there*

Slowly, Slowly Garden Snail (Track 35)

A good rhyme for tickling a baby when changing or for a contemplative mood is a creeping song. Very slowly march fingers on baby's arm. Children can do it on their own arms. The contrast of fast and slow delights the students as well as the baby.

*Slowly, slowly, very slowly
Creeps the garden snail
Slowly, slowly, very slowly
Up the garden rail*

*Quickly, quickly, very quickly runs the garden mouse
Quickly, quickly, very quickly to his little house*

Songs for Finger-Play and Hands

Eensy Weensy Spider or Itsy Bitsy Spider (Track 27)

Primary children love this song and many children grow up with some version of it. A good action song, the students can show the baby what to do and the mother or Instructor can do the finger play on the baby or using the baby's hands. If the baby and children like the normal version, then you can all do The Great Big Spider with low voices and great dramatic gestures.

*The eensy, weensy spider went up the water spout
Down came the rain, and washed the spider out
Out came the sun and dried up all the rain
And the eensy, weensy spider went up the spout again*



Row, Row, Row Your Boat (Track 30)

Row, Row, Row your boat is another song that most children know and if baby is sitting up in between the mother's legs, she can help her row. Very often the baby will sway to the song on her own. As an alternative, have the children think up other boats and actions.

*Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream.*

Two Little Blackbirds

This finger rhyme is also a peek-a-boo game. It is intriguing to babies and also instructional. Through these kinds of games, babies learn about the permanence of people and things.

Two little blackbirds (both hands behind back)
Sitting on a wall

One named Pete (bring out one hand with index finger up)
One named Paul (bring out other hand with index finger up)

Fly away Peter! (hide hand behind back)
Fly away Paul! (hide other hand behind back)

Come back, Peter! (bring back one finger)
Come back, Paul! (bring back the other finger)

Pat-a-Cake (Track 26)

When a baby is able to bring her hands together in front of her body, you are ready for the fun of clapping games. This milestone marks the beginning of being able to coordinate the two sides of the body. This usually falls into place somewhere after six months. The students get very excited when they see the baby clap for the first time.

Pat-a-cake, pat-a-cake (clap your hands or baby's hands)
Baker's man

Bake me a cake

As fast as you can.

Roll it and pat it, (roll baby's hands gently, pat tummy)
And mark it with a "B" (draw letter on baby - use baby's initial)

*And put it in the oven
For baby and me.*



Peas Porridge Hot (Track 43)

Pea Porridge Hot is an example of a nursery rhyme that is very strong rhythmically and when you combine it with clapping, children will have great fun with it.

Peas porridge hot (clap baby's hands together)

Peas porridge cold

Peas porridge in the pot

Nine days old

Some like it hot (repeat actions)

Some like it cold

Some like it in the pot

Nine days old

Lifting

There are different positions for playing lifting games with a baby. Lifting games offer an element of surprise. Babies of six months and older often delight in the thrill of lifts and pretend falls in the security of the parent's arms. Babies learn to anticipate the lift or drop and squeal in advance.

Doctor Foster

Doctor Foster went to Gloucester (balance baby on both knees)

In a shower of rain.

He stepped in a puddle (let baby drop through your legs)

Right up to his middle

And never went there

Again!

The 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.

(sitting on floor, pull your knees up
and hold baby on your knees)

(lift baby)

(lower baby)

And when they were up, they were up

And when they were down, they were down

And when they were only halfway up,

They were neither up nor down.

(lift)

(lower)

(lift halfway)

(lift up and lower)



Pop Goes the Weasel (Track 36)

This is a good song for having the baby on your lap and then surprising her by dropping her through your legs. Soon the baby learns to predict and expect the drop and will react either with giggles (which gets the children laughing) or with fear (which motivates the children to stop you).

<i>All around the mulberry bush</i>	(while sitting on chair, cross your
<i>The monkey chased the weasel</i>	legs and balance baby on one leg)
<i>The monkey thought 'twas all in fun</i>	
<i>Pop! Goes the weasel!</i>	(lift the baby at "Pop!" as high as baby likes)
<i>A penny for a pool of thread</i>	(repeat actions)
<i>A penny for a needle</i>	
<i>That's the way the money goes</i>	
<i>Pop! Goes the weasel!</i>	

Humpty Dumpty

<i>Humpty Dumpty sat on a wall</i>	(have baby sit on your knees)
<i>Humpty Dumpty had a great fall</i>	(drop baby between knees)
<i>All the king's horses and all the king's men</i>	
<i>Couldn't put Humpty together again.</i>	

Jack and Jill (Track 37)

Jack and Jill is another well loved rhyme. The children will probably be intrigued with the second verse if they haven't heard it before. They might choose to make up additional verses.

Jack and Jill went up the hill to fetch a pail of water
Jack fell down and broke his crown
And Jill came tumbling after

Up got Jack and home did trot
As fast as he could caper
He went to bed to mend his head
With vinegar and brown paper



Bouncing

Restless babies may be soothed by soft bouncing. Babies under six months usually prefer a gentle approach. Babies over six months often enjoy vigorous bouncing games as they experience gravity and enjoy moving in space.

Ride a Cock Horse

Ride a cock horse to Banbury Cross (bounce baby on your knee)
To see a fine lady upon a white horse
With rings on her fingers and bells on her toes
She shall make music wherever she goes

She Didn't Dance (Track 34)

This song is Irish in origin and a wonderful one for showing children how you can gently bring a baby up into air without frightening him. Make sure you ask the children to watch the baby's expression when you do it. He will either hate it or love it but you will get some kind of reaction.

She didn't dance, dance, dance (bounce baby on your knee)
She didn't dance at all today
She didn't dance, dance, dance
Today or yesterday

Dance her up and up and up and up (hold baby up in the air and bring down)
And up and in the sky
Dance her up and up and up and up (hold baby up again)
And then she'll go bye bye

She was such a lady (repeat actions)
She was such a queen
She was such a lady
Off to the fields of green
Dance her up and up and up and up
And up and in the sky
Dance her up and up and up and up
And then she'll go bye bye



To Market, To Market

*To market, to market, to buy a fat pig
Home again, home again, jiggety jig*

(bounce baby on your knee)

*To market, to market, to buy a fat hog
Home again, home again, jiggety jog*

Little Red Wagon (Track 31)

Another one that is very popular. With this one, bump the baby on your lap and the children bump up and down on their bottoms. You can ask the children for other suggestions for movement.

*Bumpin' up and down in my little red wagon
Bumpin' up and down in my little red wagon
Bumpin' up and down in my little red wagon
Won't you be my darlin'*

Songs from Curriculum

Theme 2: Crying

Sometimes Harry Cries (Track 47)

This song works well in the Pre-Visit of the Crying theme. The students are multi-wiring their brains to think of the social and emotional reasons for why a baby might cry instead of the physical reasons which are easier to understand. Replace your baby's name for Harry and bring in the ways your baby communicates his feelings of loneliness, sad, scared, mad etc.

*Sometimes Harry cries because he's sad
Sometimes Harry cries because he's sad
Sometimes Harry cries
The tears roll from his eyes
Sometimes Harry cries because he's sad*

*Sometimes Harry cries because he's lonely
Sometimes Harry cries because he's lonely
Sometimes Harry cries
The tears roll from his eyes
Sometimes Harry cries because he's lonely*



Sometimes I Cry (Track 48)

In the Post-Visit of the Crying theme, we change the focus from the baby crying to why the child is crying. This time you want to get the children to reflect on their negative feelings and to eventually reach out and have empathy and understanding for the feelings of others.

*Sometimes I cry because I'm mad
Sometimes I cry because I'm mad
Sometimes I cry
The tears roll from my eyes
Sometimes I cry because I'm mad*

Theme 5: Sleep

Sleeping Bunnies (Track 44)

In the kindergarten curriculum, Sleeping Bunnies is a wonderful way to help the children pretend. They love waiting to do the "hop hop hop" so give them three chances to really get into it. To ensure success, mention to the children that they are a bunny and they have to keep their fur off all the other bunnies. That way they will keep their own space and you will avoid altercations.

*See the bunnies sleeping until it's nearly noon
Come let us wake them with a merry tune
Oh so still
Are they ill?
Wake up little bunnies
Hop, hop, hop
Wake up little bunnies
Hop, hop, hop
Wake up little bunnies hop and stop*



Songs for Students

Two Fat Sausages (Track 45)

This little rhyme is a good way to focus children's attention rather than telling them to listen up, pay attention or look this way. If you do this you will absolutely engage their attention. The idea is to repeat it twice and the third time everyone will be in with you for the pop and the bang.

Two fat sausages (hold up two fingers)
Sizzling in the pan
One went POP! (clap hands on "POP" and "BAM")
And one went BAM!

Open Them, Shut Them (Track 28)

This rhyme is good for gathering the children's attention back if they start to drift. It works well if you go through it once and then the second time through, using hushed tones on the last verse which will really encourage the children to attend and follow your hand movements.

Open them, shut them (hold up hands and do actions)
Open them, shut them
Open them, shut them, give a little clap

Open them, shut them
Open them, shut them
Open them, shut them, put them in your lap

Miss Mary Mack (Track 41)

Clapping rhymes present a wonderful way for engaging children from Grade 4 and up in a collaboration of two. It is absolutely captivating for the baby to hear the rhyme and the contagious grins and giggles from the children. Start by having them practice the rhythms in their laps and then with a partner. To make sure no child is left out, you can be the partner of the extra child. It is really fun to start off slowly and gradually build up speed. It is a wonderful way for a pair of youngsters to learn to be in sync. The children come together and it becomes a dance.

Miss Mary Mack, Mack, Mack
All dressed in black, black, black
Has silver buttons, buttons, buttons
All down her back, back, back



*She asked her mother, mother, mother
For fifty cents, cents, cents
To see the elephant, elephant, elephant
Climb the fence, fence, fence*

Humpty Dumpty Rap (Track 42)

Children in the older grades love writing singing raps for their baby. This is a way to teach them nursery rhymes they can use when they baby-sit or with their baby brothers and sisters or with their own children later on in life. What we are trying to do is lay down a repertoire of skills for building language and relationships with babies. This is a compilation using Humpty Dumpty as the chorus and various other rhymes as the verses. You can go on as long as the children like and ideally they will make up their own verses and the language teacher will be ecstatic.

*Hump-ty dum, Hum-hump-ty dumpty dumpty
Hump-ty dum, Hum-hump-ty dumpty dumpty*

*Jack and Jill went up the hill
To fetch a pail of water
Jack fell down and broke his crown
And Jill came tumbling after*

*Hump-ty dum, Hum-hump-ty dumpty dumpty
Hump-ty dum, Hum-hump-ty dumpty dumpty*

*Mary had a little lamb
Whose fleece was white as snow
And everywhere that Mary went
The lamb was sure to go*

*Hump-ty dum, Hum-hump-ty dumpty dumpty
Hump-ty dum, Hum-hump-ty dumpty dumpty*

