



Let's Sing, Dance and Move



'We're going to the moon'

Zoom, zoom, zoom, (march around the room)

We're going to the moon,

Zoom, zoom, zoom,

We'll get there very soon

5,4,3,2,1, (As you count slowly crouch down)

BLAST OFF. (Jump up as you say)



'Marching Along'

March, march march,

Marching along, singing a song,

Marching two by two,

Marching here and marching there, 'til our song is through.

Stop right there,

Crouch down low and this is what we'll do...

Swap marching for other actions, such as - jumping,
tip-toeing, hopping, galloping, skipping etc

'Show me your...!'

Show me your clapping just like this,
Show me your clapping just like this,
Show me your clapping just like this,
Show me your clapping now.



Swap clapping for other actions, such as - jumping,
wiggling,
spinning,
waving,
bending, etc..

'Sleeping Bunnies'

See the little bunnies sleeping,
'til it's nearly noon,
Come and let us wake them with a merry little tune,
Oh how still, are they ill?
Wake up soon...

WAKE UP LITTLE BUNNIES

Hop little bunnies, hop, hop, hop,
Hop little bunnies, hop, hop, hop,
Hop little bunnies, hop, hop, hop,
Hop, hop, stop.



Swap bunnies for other animals, such as - dinosaurs that stomp,
snakes that wiggle, lions that roar,
butterflies that flutter, etc..

'Here we go round the mulberry bush'

Here we go round the mulberry bush,
the mulberry bush,
the mulberry bush.

Here we go round the mulberry bush
On a cold and frosty morning.

This is the way we brush our hair,
brush our hair
brush our hair.

This is the way we brush our hair
On a cold and frosty morning.



Add other verses, such as 'wash our face,' 'brush our teeth', 'put our coat on' etc

'Hokey Cokey'

You put your left arm in,
Your left arm out.
In, out, in, out,
You shake it all about!
You do the Hokey Cokey and you turn around,
That's what it's all about.
Oh the Hokey Cokey, Cokey,
Oh the Hokey Cokey, Cokey,
Oh the Hokey Cokey, Cokey.



Change the left arm for the right arm, then the left leg followed by the right leg and finally your whole self.

'Ring a ring of roses'

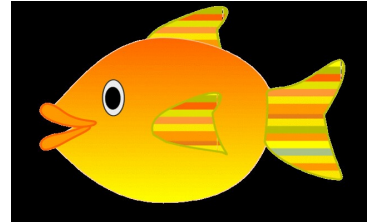
Ring a ring of roses,
A pocket full of posies!
Atishoo, atishoo,
We all fall down.

Cows in the meadow,
Picking buttercups.
Atishoo, atishoo,
We all jump up.

Ring a ring of roses,
A pocket full of posies!
Atishoo, atishoo,
We all fall down.



Down at the bottom of the deep blue sea,
Catching fishes for my tea.
How many fish can you see,
1,2,3.



'Stand up, sit down'

Sit on the floor with both legs stretched out in front of you.

Lift one leg, then lift the other,
Lift one leg high above the ground.
Lift one leg, then lift the other,
Bend both knees, stand up, sit down.

Stay sitting on the floor with both legs out in front of you.

Point your toes, point them to the ceiling,
Point your toes down towards the ground.
Up and down, up and down together
Bend your knees, stand up, sit down.

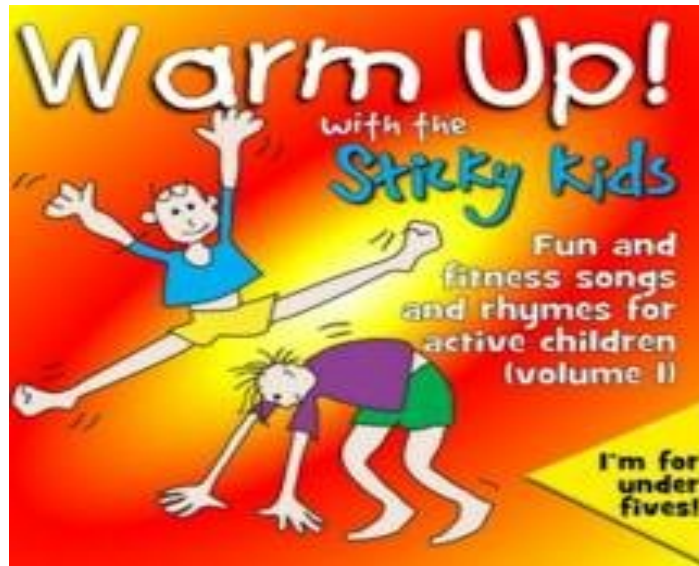
Now bend your knees and put the soles of your feet together.

Bounce your knees, bounce your knees together.
Bounce your knees, bounce them up and down.
Bounce your knees, bounce your knees together,
Stand up, sit down.

Straighten your legs back out in front of you.

Touch your toes, touch your toes together.
Touch your toes and point your head right down.
Touch your toes, touch your toes together,
Stand up..... now sit down.

'Marching Along' and 'Stand up, Sit Down,' are taken from the 'Sticky Kids' C.D.. Children from both Early Learners and Nursery and familiar with these songs as they are regularly used during the children's sessions.



If you have access to You Tube, you will be able to listen to the songs as you and your children carry out the actions.

Don't be frightened, have a go and have lots of fun!!!

