The Benefits of Action Songs

- Action songs such as “Head Shoulders Knees and Toes”, If you’re Happy and you
  Know It” and “The Hokey Pokey” help children to develop concentration, sequencing,
  and high order thinking skills.

- Circle dances such as “Sally Go Round the Sun: and Here We Go Round The Mulberry
  Bush: when done from left to right indirectly prepare children for reading through
  kinesthetic movement.

The Mulberry Bush

Here we go ’round the mulberry bush,
The mulberry bush, the mulberry bush.
Here we go ’round the mulberry bush,
So early in the morning.
(Hold hands, sing, and walk around in a circle.)

Sally Go Round The Sun

Sally Go Round the Sun, Sally Go Round the moon,
Sally go round the chimney top every afternoon boom!
(Hold hands, sing and walk around in a circle)

If You’re Happy and You Know It

If you’re happy and you know it clap your hands.
If you’re happy and you know it clap your hands.
If you’re happy and you know it then your face will surely show it.
If you’re happy and you know it clap your hands.

If you’re happy and you know it stomp your feet.
If you’re happy and you know it stomp your feet.
If you’re happy and you know it then your face will surely show it.
If you’re happy and you know it stomp your feet.

If you’re happy and you know it shout "Hooray!"
If you’re happy and you know it shout "Hooray!"
If you’re happy and you know it then your face will surely show it.
If you’re happy and you know it shout "Hooray!"

If you’re happy and you know it do all three.
If you’re happy and you know it do all three.
If you’re happy and you know it then your face will surely show it.
If you’re happy and you know it do all three.
*Come On Everybody*

By. Frank Leto

Come on everybody clap your hands, come on everybody clap your hands, come on everybody cause we’re going to have a party, come on everybody clap your hands.

Come on everybody tap your knees. Come on everybody tap your knees. Come on everybody cause we’re gonna have a party come on everybody tap your knees and clap your hands.

Continue verses adding stamp your feet, snap your fingers, click your tongue, blink your eyes, and shout hurray. Always go back to repeating the previous actions.
Our Time Hello
By Claire Clark
1.) It’s our time to sing together, our time to sing together. It’s our time to sing together, sing hello, hello.
2.) It’s our time to wave to everyone….
3.) It’s our time to clap to everyone….
4.) It’s our time to pat to everyone….
5.) It’s our time to swish to everyone….

Learning Benefits: Rituals: “Toddlers and Young pre-school aged children, experience a comforting sense of self-control from being able to anticipate what will happen next.” The adult provides daily rituals and routines which contribute to the stability of the child’s emotional development. In Our Time the Hello and Goodbye songs are important rituals for the opening and closing of class. In singing hello each week, we want to affirm that every child is important and special to our class.

This is the Way Traditional
adapted by Cindy Bousman
Lap Dance Song
This is the way mommy rides, clippety-clop, clippety-clop, clippety, clippety, clippety clop. This is the way Daddy rides, Gallop-a-trot, gallop-a-trot, a gallop, a gallop, a gallop a trot. This is the way I ride, Jiggety jog, Jiggety jog, jiggety, jiggety jog.

Wishy Washy Wee! (American Folk Song adapted)
1.) Oh, we are two sailors come from over the sea, If you want to go away again, come along with me.
2.) Oh, we like to splash and wash up in the tub, if you come right in and join us then, scrub a dub a dub.
Refrain: (After each verse)
Oh, wishy washy, wishy washy, wishy washy wee! If you want to go away again, come a long with me.
Learning Benefits: To become accurate singers, and to extend the small singing range (of about a fifth) that children have at this age, we need to engage in lots of vocal play and exploration!
**Tommy Thumbs**

Form two fists, then stick both thumbs up in the air and wiggle them around. Use an expressive voice and pretend that the thumbs are asleep. Say “Bbddrrring!! There’s the alarm clock. It’s time to wake up, Tommy Thumbs.”

1.) Tommy Thumbs up and (two fists, thumb up)
   Tommy Thumbs down, (thumbs down)
   Tommy Thumbs dancing (wiggling thumbs all around…)
   All around the town. (Still wiggling)
2.) Dancing on your shoulders, (wiggling thumbs on shoulders)
   Dancing on your head, (on head)
   Dancing on your knees, now (on knees)
   Tuck them into bed. (tucking thumbs under arms, yawning and snoring)

**Learning Benefits:**
1.) Since much of what children do at this age revolves around gross motor activity, we need to provide lots of opportunities for isolating the fine motor skills, Finger plays are a wonderful way to do this.
2.) Children in this stage of their development are visual, kinesthetic and auditory learners. Movement through Finger plays helps them to learn important concepts, such as language and spatial awareness.

**Ring Around the Rosey**

Ring around the Rosey, a pocket full of posies. Ashes, ashes, we all fall down.
(Chant) Ring around you. (point out) Ring around me. (Point to self)
Everybody jumps up when we count to three. 1, 2, 3!
(Stand and raise arms over head!)

**Learning Benefits:** You’ll see children grow socially over the Kindermusik semester. At first your child may want to only hold your hand (or want to be carried), but activities like these circle dances, will help your child to take notice of others and desire to participate with them. As we do these dances from left to right, the movement also helps to prepare your child for reading!
Our Time Goodbye  by Claire Clark
Goodbye (echo) Goodbye (echo) it’s time to sing goodbye to our friends. Good bye, (echo) Goodbye (echo). It’s time to say goodbye (echo, goodbye).

Learning Benefits: Same as Our Time Hello

If You’re Happy and You Know It

American Singing Game

If you’re happy and you know it clap your hands.
If you’re happy and you know it clap your hands.

If you’re happy and you know it, then your face will surely show it.
If you’re happy and you know it clap your hands.

Vs. 2… wiggle your hands.
Vs. 3 clap your feet.
Vs. 4 wiggle your feet.
Learning Benefits: Fine Motor Development: During the first part of life, gross motor activities dominate the child’s repertoire of movement with the major objective being the mastery of walking. Now the child can focus on activities that encourage the development of fine muscles. Fine motor movements allow the child to increase skills that require finger and hand movements such as putting together a simple puzzle, painting with a paintbrush, turning a page of a book or stringing beads.

I Can Wiggle

I can wiggle my fingers.  (Wiggle fingers)
I can wiggle my toes.  (Wiggle toes)
I can wiggle my shoulders.  (Wiggle shoulders)
I can wiggle my nose.  (Wiggle nose)
I can stop my wiggles.
1- 2- 3-  (Whisper)
And be as still as still can be.  (Freeze)
SH….  (Finger across lips) (Listen to the silence)

Learning Benefits *** This song helps to identify and label body parts and increase self-concept. It also supports language and rhyming development through repetition within the text. Furthermore this song helps to develop anticipation, sound/silence, and spatial awareness concepts.
**Down In The Meadow**

Down in the Meadow Hop a doodle, Hop a doodle.  
Down in the Meadow Hop a doodle doo.  
Down in the Meadow the horse began to prance. The cow began to whistle and the pig began to dance.  

**Learning Benefits:** The most fundamental property of music is **beat** the underlying unchanging, repeating pulse. Feeling and moving to a steady beat develops a sense of time and the ability to organize and coordinate movements within time. (tapping the beat on the knees to Down In the Meadow is a good Steady Beat Development activity!)

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**Johnny Works With One Hammer** Action song Lyrics

Johnny works with one hammer, one hammer one hammer. Johnny works with one hammer now he works with two.  

(Pound one fist on the floor and then pound two fists.) Johnny works with two hammers, two hammers, two hammers, Johnny works with two hammers now he works with three  

(Pound two fists on the floor, tap your foot on the floor when Johnny works with three) Johnny works with three hammers, three hammers, three hammers, Johnny Works with three hammers, now he works with four.  

(Pound both fists and both feet on the floor.) Johnny works with four hammers four hammers four hammers. Johnny works with four hammers now he works with five.  

(Pound both fists and both feet on the floor.) (Shake head forward on five.) Johnny works with five hammers, five hammers, five hammers, Johnny Works with five hammers now he works no more!