



# Rhythm, Rhyme and song



This booklet is designed to help children develop a steady beat. Learning rhymes is a great way to develop concentration, memory, build strength in fingers and prepares children to read and write.

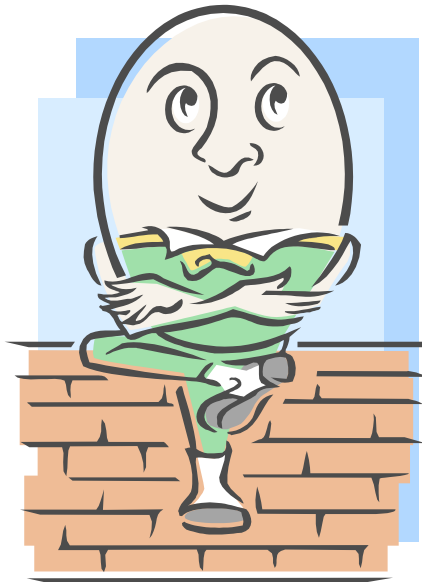
***Enjoy and make the time fun!!***

# Rhymes with a steady beat



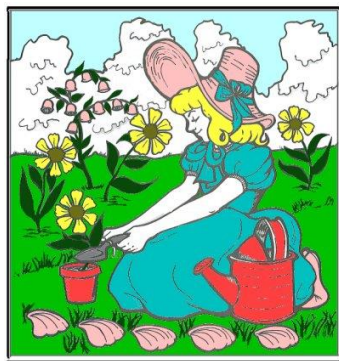
Keeping a steady beat is very important as it prepares children for learning to read and write.

Encourage and support your child to pat their knees as they listen or join in. If your child finds it difficult to follow the beat, hold their hands and pat with them.



### Humpty Dumpty

Humpty Dumpty sat on the wall,  
Humpty Dumpty had a great fall.  
All the King's horses and all the King's men,  
Couldn't put Humpty together again.



### Mary, Mary, quite contrary

Mary, Mary, quite contrary,  
How does your garden grow?  
With silver bells and cockle shells  
And pretty maids all in a row.



### Hey diddle diddle

Hey diddle diddle  
The cat and the fiddle,  
The cow jumped over the moon.  
The little dog laughed  
To see such fun,  
And the dish ran away with the spoon.



### Baa-baa black sheep

Baa-baa black sheep  
Have you any wool?  
Yes sir, yes, sir,  
Three bags full.  
One for the master,  
One for the dame,  
And one for the little boy  
Who lives down the lane.



I hear thunder

I hear thunder,  
I hear thunder,  
Hark, don't you?  
Hark, don't you?  
Pit-a-patter raindrops,  
Pit-a-patter raindrops,  
I'm wet through,  
So are you.

I see blue skies,  
I see blue skies,  
Way up high,  
Way up high.  
Out into the sunshine,  
Out into the sunshine,  
We'll soon dry,  
We'll soon dry.



### Little Miss Muffet

Little Miss Muffet,  
Sat on her tuffet,  
Eating her curds and whey.  
Along came a spider  
Who sat down beside her  
And frightened Miss Muffet away.

### *Other fun ideas....*

Clap out the names of your family and friends

Examples:

Paul = 1 clap

Sa -rah = 2 claps

Chris-to-pher = 3 claps

You could even clap out foods!!!

# Finger Rhymes

Rhymes, Songs and actions that strengthen fingers



These will develop the muscles needed to write as well as helping with counting skills.

Hold the right number of fingers as you say the counting rhymes.



Five Currant Buns in a Bakers Shop.

Five currant buns in the baker's shop,  
Big and round with a cherry on the top.  
Along came..... with a penny one day,  
Bought a currant bun and took it away.

Four currant buns in the baker's shop,  
Big and round with a cherry on the top.  
Along came..... with a penny one day,  
Bought a currant bun and took it away.

Three currant buns in the baker's shop,  
Big and round with a cherry on the top.  
Along came..... with a penny one day,  
Bought a currant bun and took it away.

Two currant buns in the baker's shop,  
Big and round with a cherry on the top.  
Along came..... with a penny one day,  
Bought a currant bun and took it away.

One currant bun in the baker's shop,  
Big and round with a cherry on the top.  
Along came..... with a penny one day,  
Bought a currant bun and took it away.

No currant buns in the baker's shop,  
Nothing big and round with a cherry on the top.  
Along came..... with a penny one day,  
"Sorry" said the baker, "no more currant buns today."





### Ten green Bottles.

Ten green bottles standing on the wall.

Ten green bottles standing on the wall.

And if one green bottle should accidentally fall,  
there'll be nine green bottles standing on the wall.

then:

9,8,7,6,5,4,3,2,1 and finally no green bottles



### Twinkle, Twinkle, Little Star

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.



## Incy Wincy Spider

Incy Wincy Spider climbed up the water spout.  
Down came the rain and washed the spider out!  
Out came the sunshine and dried up all the rain.  
And Incy Wincy Spider climbed up the spout again!

Incy Wincy Spider climbed up the water spout.  
Down came the rain and washed the spider out!  
Out came the sunshine and dried up all the rain.  
And Incy Wincy Spider climbed up the spout again!



1,2,3,4,5 once I caught a fish alive.

1,2,3,4,5 once I caught a fish alive.

6,7,8,9,10 then I let it go again.

"Why did you let it go?"

"Because it bit my finger so."

"Which finger did it bite?"

"This little finger on my right."

Show 5 fingers, let me see.



Show 5 fingers, let me see.  
Show 4 fingers, touch your knee.  
Show 3 fingers, touch your nose.  
Show 2 fingers, touch your toes.  
Show 1 finger, let me see.  
With this finger point at me!

Open them, Shut them



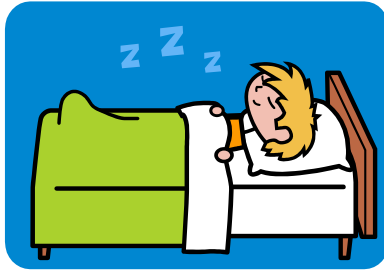
Open them, shut them,  
Open them, shut them,  
Give a little clap.

Open them, shut them,  
Open them, shut them.  
Put them in your lap.

Wave them, wave them,  
Wave the, wave them,  
Give a little kiss.

Creep them, creep them,  
Creep them, creep them,  
Up to your chin.

Open wide your tiny mouth,  
But don't you let them in!

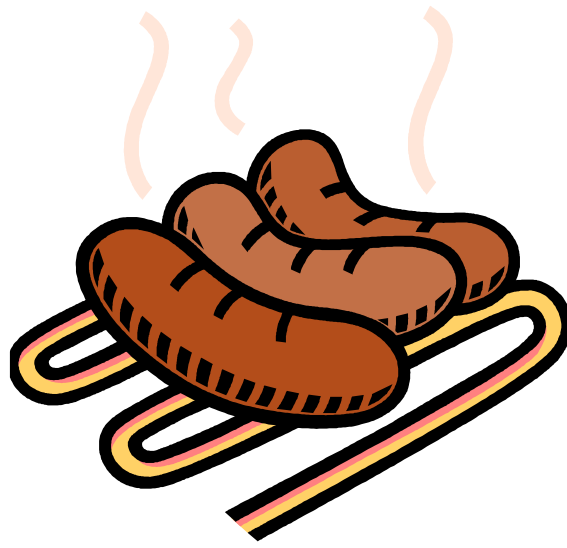


## Ten In A Bed

There were ten in a bed and the little one said,  
"Roll over, roll over." *rolling motion*  
So they all rolled over and one fell out.  
Bumped his head and gave a shout.

There were nine in the bed and the little one said,  
"Roll over, roll over."  
So they all rolled over and one fell out....  
Bumped his head and gave a shout.

*This is repeated until you get to the number one. Each time "roll over" is said, rolling motion is dramatized.*  
There was one in the bed and the little one said,  
"Good night!"



### Five Fat Sausages

Five fat sausages sizzling in a pan,  
One went pop! and the others went bang! (*clap hands*)

Four fat sausages sizzling in a pan,  
One went pop! and the others went bang! (*clap hands*)

Three fat sausages sizzling in a pan,  
One went pop! and the others went bang! (*clap hands*)

Two fat sausages sizzling in a pan,  
One went pop! and the other went bang! (*clap hands*)

One fat sausage sizzling in a pan,  
One went pop! and none went bang! (*clap hands*)

No fat sausages sizzling in a pan

# Action songs and rhymes to get the whole body moving!



These will help your child to develop rhythm and beat  
and get both sides of the brain working together.



### Head, Shoulders, Knees And Toes.

Head and shoulders, knees and toes,  
Knees and toes.

Head and shoulders knees and toes,  
Knees and toes.

Eyes and ears and mouth and nose,  
Head and shoulders, knees and toes,  
Knees and toes.



### Pat-a- cake

Pat-a-cake, pat-a-cake, baker's man,  
Bake me a cake as fast as you can..  
Pat it and prick it and mark it with "B",  
And put it in the oven for baby and me.



### Row, Row, Row Your Boat.

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

Row row row your boat  
Gently doen the river  
If you see a polar bear  
Don't foget to shiver

Rock rock rock your boat  
Gently down the stream  
If you see a crocodile  
Don't forget to scream





### The Dingle-Dangle Scarecrow.

When all the cows were sleeping  
And the sun had gone to bed,  
Up jumped the scarecrow  
And this is what he said:  
"I'm a dingle-dangle scarecrow  
With a flippy-floppy hat.  
I can shake my arms like this,  
I can shake my legs like that."

When all the hens were roosting,  
And the moon, behind a cloud.  
Up jumped the scarecrow,  
And shouted very loud:  
"I'M A DINGLE-DANGLE SCARECROW,  
WITH A FLIPPY-FLOPPY HAT!  
I CAN SHAKE MY ARMS LIKE THIS,  
I CAN SHAKE MY LEGS LIKE THAT!"



### Teddy Bear, Teddy Bear.

Teddy bear, teddy bear, turn around,  
Teddy bear, teddy bear, touch the ground;  
Teddy bear, teddy bear, touch your nose,  
Teddy bear, teddy bear, point to your toes;  
Teddy bear, teddy bear, turn out the light,  
Teddy bear, teddy bear, say goodnight.



### Wind the bobbin up

Wind the bobbin up,  
Wind the bobbin p,  
Pull, pull, clap, clap, clap  
Wind it back again,  
Wind it back again,  
Pull, pull, clap, clap, clap.  
Point to the ceiling,  
Point to the floor,  
Point to the window,  
Point to the door.  
Clap your hands together, one, two, three.  
Put your hands upon your knee.

## **Activities to get both sides of the brain working together**

### **1. Draw a figure of 8**

Draw a figure of 8 sideways in the air, making it as big as possible.

Repeat 5 times, change hands and repeat 5 more times.

*Challenge - try closing your eyes and repeating the exercise.*

### **2. The Body Swing**

Stand up and bend your knees.

Let your head and shoulders hang forward.

Swing your arms slowly, to the left and then to the right.

*See how many you can do!*

### **3. Knock Knees**

Stand with your legs slightly apart and bent.

Put your hands on your knees.

Move your knees together and as they touch, cross your hands to the opposite knees.

As you move your knees apart, uncross your hands to their starting position.

*Repeat 10 times!*