Music and Movement: an Early Language and Literacy Workshop

Movement Songs and Rhymes

**My Thumbs are Starting to Wiggle**
*Tune: The Bear Went Over the Mountain*
My thumbs are starting to wiggle,
My thumbs are starting to wiggle,
My thumbs are starting to wiggle,
And now so are my hands!

Verses:
Repeat with arms/toes/feet/etc.

**A Douglas fir**
*Tune: A Ram Sam Sam*
A Douglas fir, a Douglas fir
A tiny little mushroom and a Douglas fir
A Douglas fir, a Douglas fir
A tiny little mushroom and a Douglas fir

A sword fern! A sword fern!
A tiny little mushroom and a Douglas fir
A sword fern! A sword fern!
A tiny little mushroom and a Douglas fir

Additional Versions:
An orca whale/little sea scallops/Sea otter
A big sea star/little cuddle clam/A puffer fish

**Razzama Tazzama**
Bim bom bim bom razzamatazzama
Tish tosh tish tosh, wally woo woo!
Bim bom bim bom razzamatazzama
Tish tosh tish tosh, wally woo woo!

Verses:
Put your hands in the air, hands in your lap
Get your hands ready with a clap, clap, clap

**Mi Cuerpo Hace Musica**
Mi cuerpo, mi cuerpo hace musica
Mi cuerpo, mi cuerpo hace musica
Mis manos hacen (clap, clap, clap)
Mis pies hacen (stomp, stomp, stomp)
Mi boca hace la la la
Mi cuerpo hace cha, cha, cha

**Zoom, Zoom, Zoom**
Zoom, zoom, zoom, we’re going to the moon
Zoom, zoom, zoom, we’re going to the moon
If you want to take a trip,
Climb aboard my rocket ship
Zoom, zoom, zoom, we’re going to the moon
In 5, 4, 3, 2, 1, Blast Off!

Additional Verses:
Far, far, far, we’re going to the stars
Fun, fun, fun, we’re going to the sun
I'm in the Mood
I'm in the mood for clapping, hey how 'bout you?
I'm in the mood for clapping, hey how 'bout you?
I'm in the mood for clapping,
Clapping along with you,
Hey, hey, what do you say?
I'm in the mood for that today.
Hey, hey, what do you say?
I'm in the mood for that.

Verses:
Repeat with flying, dancing, biking, swimming, etc.

Bananas Unite
Bananas unite!
Peel bananas, peel, peel bananas
Peel bananas, peel, peel bananas
Chop bananas, chop chop bananas
Chop bananas, chop chop bananas
Mash bananas, mash mash bananas
Mash bananas, mash mash bananas
Eat bananas, eat, eat bananas
Eat bananas, eat, eat bananas
Go Bananas, go go bananas!
Go bananas, go go bananas!

I Wake Up My Hands
I wake up my hands with a clap, clap, clap
A clap, clap, clap,
A clap, clap, clap
I wake up my hands with a clap, clap, clap
And I wake up my hands no more

Verses:
Repeat with feet – stomp, head – nod, eyes –
blink, hips – shake, etc.

Put Your Hands Up High
Tune: Do Your Ears Hang Low
Put your hands up high,
Put your hands down low
Put your hands in the middle and wiggle just so
Put your elbows in the front
Put your elbows in the back
Put your elbows to the side and a quack, quack, quack

The Elevator Song
Tune: Do Your Ears Hang Low
Oh the city is great and the city is grand
There are lots of tall buildings on a little piece of land
And we live way up on the 57th floor
And this is what we do when we go out the door.

We take the elevator up and the elevator down,
Take the elevator up, take the elevator down
Take the elevator up and the elevator down
And we turn around.

Additional Versions:
Oh the ocean is great and the ocean is grand.
There are lots of tall ships and very little land.
And we sleep down deep in a hammock near the floor
And this is what we do when we go out the door:

We ride the waves going up,
We ride the waves going down
We ride the waves going up,
We ride the waves going down
We ride the waves going up,
We ride the waves going down
And we turn around.

Oh, the carnival is great and the carnival is grand
There are lots of fun games,
Cotton candy in your hand
Better get your ticket fast
‘Cause you don’t want to be late
This is what we do when we go through the gate

Ride the roller coaster up
Ride the roller coaster down
Ride the roller coaster up
Ride the roller coaster down
Ride the roller coaster up
Ride the roller coaster down
And we turn around.
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Using Props

SCARVES

Popcorn Kernels
*Tune: Frere Jacques*
Popped Kernels, popcorn kernels
In the pot, in the pot
Shake them shake them shake them,
shake them, shake them, shake them
'til they POP! 'til they POP!

Flutter, Flutter Butterfly
*Tune: Twinkle, Twinkle Little Star*
Flutter, flutter butterfly,
Soaring up! Soaring down!
Soaring round and round and round!
Flutter, flutter butterfly.
Soaring up in the sky.

One Bright Scarf
*Tune: One Little, Two Little, Three Little Witches*
One bright scarf waiting for the wind to blow
Wiggle it high, wiggle it low
Shake it fast, shake it slow
(Put it behind your back or other hiding spot)
Where did it go? (bring out empty hands)

The Fish in the Sea
*Tune: The Wheels on the Bus*
The fish in the sea go swish, swish, swish,
Swish, swish, swish, Swish, swish, swish
The fish in the sea go swish, swish, swish
All day long.

Verses:
Dolphins in the sea swim round and round
The sand in the sea drifts down, down, down
The waves on the sea go up and down

Web Resources – Using Scarves:

- Early Literacy Storytime: Scarves and Letters: [http://melissa.depperfamily.net/blog/?p=5432](http://melissa.depperfamily.net/blog/?p=5432)
SHAKERS

Grandma Mose
Grandma Mose was sick in bed
She called for the doctor and the doctor said,
"Grandma Mose, you’re not sick. 
All you need is a cinnamon stick"

Get up, shake, shake, shake, shake
Get down shake, shake, shake, shake
Turn Around shake, shake, shake, shake
Get out of town shake, shake, shake, shake

Verses:
Repeat with other types of sticks, such as
cheese, licorice, hockey, peppermint, etc

Shake Your Shakers Up
* Tune: Tiny Tim/ Going to Kentucky *
Shake your shakers up
Shake your shakers down
Egg shakers dancing
All around the town

Dance them on your shoulders
Dance them on your head
Dance them on your knees
And tuck them into bed.

If You’re Happy and You Know it, Give a Shake!
If you’re happy and you know it give a shake.
If you’re happy and you know it give a shake.
If you’re happy and you know it and you really
want to show it.
If you’re happy and you know it give a shake.

Verses:
...give a clap (Clap shaker against palm.)
...give a tap (Tap shaker on the floor.)
...do all three (Shake, shake, clap, clap, tap, tap)

Milkshake Song
* From the CD “Songs for Wiggleworms” *
You take a little milk...
Pour some milk (spoken)
And you take a little cream...
Pour some cream (spoken)
You stir it all up.
You shake it and you’ll sing...

One, two, three, four (spoken)
Milkshake, milkshake, shake it up, shake it up.
Milkshake, milkshake, shake it all up!
Milkshake, milkshake, shake it up, shake it up.
Milkshake, milkshake, shake it all up!

Web Resources – Using Shakers:

- Libraryland Shakers: http://lisaslibraryland.blogspot.ca/2013/07/shake-shake-shake.html
- Jbrary - Give Your Storytime a Shake: https://jbrary.com/give-storytime-shake/
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RHYTHM STICKS

Tick Tock Goes the Clock
Tick tock, tick tock goes the clock
Waiting for someone to knock, knock, knock
My oh my....
It’s a cat! (hold sticks to face like whiskers)

Verses:
Bunny (hold sticks like ears)
Duck (hold sticks like bill)
Walrus (hold sticks like tusks)
Alien (hold sticks like antenna)

This is the Way
This is the way we tap our sticks,
Tap our sticks, tap our sticks
This is the way we tap our sticks
So early in the morning.

Verses:
Repeat with scrape our sticks, drum our sticks,
wave our sticks, tap the floor, etc.

Bread and Butter
Bread and butter, marmalade and jam
Let’s tap our sticks as quickly as we can!

Verses:
Repeat with slow, quiet, loud, etc.

When I Was One
When I was one, one, one
I tapped my thumb, thumb, thumb
When I was two, two, two
I tapped my shoe, shoe shoe
When I was three, three, three,
I tapped my knee, knee, knee
When I was four, four, four
I tapped the floor, floor, floor
When I was five, five, five,
I did the jive, jive, jive
When I was six, six, six
I tapped my sticks, sticks, sticks

Wheels on the Bus
The wheels on the bus go round and round
Round and round
Round and round
The wheels on the bus go round and round
All through the town.

Verses:
Money on the bus goes clink, clink, clink (tap sticks)
Wipers on the bus go swish, swish, swish (wave sticks)
Driver on the bus says “move on back” (point sticks behind)
People on the bus go up and down (move sticks up and down)
Babies on the bus go waa, waa, waa (tap sticks)
Parents on the bus go shh, shh, shh (hold sticks up to mouth instead of finger)

Web Resources – Using Rhythm Sticks:

- Kaplan – Rhythm Sticks in the Classroom:
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Buying Props

Check out these local music shops for shakers, rhythm sticks, and other simple instruments for young children. Look for movement (or juggling) scarves and parachutes at toy stores and online retailers such as Amazon.

**Bone Rattle Music**  
2012 Commercial Dr, 604.251.2663

**Tom Lee Music**  
[http://tomleemusic.ca/](http://tomleemusic.ca/)  
728 Granville St, 604.685.8471

**Long & McQuade**  
[https://www.long-mcquade.com/](https://www.long-mcquade.com/)  
368 Terminal Ave, 604.734.4886

Borrowing Instruments and Props

**Sun Life Financial Musical Instrument Lending Library @ VPL**  
[https://www.vpl.ca/instruments](https://www.vpl.ca/instruments)  
Central Library, 350 W Georgia St, 604.665.3010  
A collection of musical instruments you may borrow using your Vancouver Public Library card.

**Westcoast Early Learning Library (WELL)**  
2772 East Broadway, 604.709.5661  
Borrow musical instruments, felt stories, books, and more with a $20 annual membership fee.

Making Props

**Rhythm Sticks:**  
Use chopsticks, paper towel rolls, or plain wooden dowels from a craft store.

**Scarves:**  
Use old scarves or fabric cut into squares. You can buy colourful nylon fabric from a craft or fabric store such as Dressew (337 W. Hastings, 604. 682.6196). Nylon is the best fabric because it doesn't need to be hemmed.

**Egg Shakers:**  
Look for plastic eggs at a dollar store and fill one half with rice or dry beans. You can seal them shut with a hot glue gun. You can also fill a recycled household container such as a plastic bottle with beans or rice.
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Additional Resources

VPL Resources

Here is a selection of some of the resources available to help you learn additional music and movement activities to use with children:

- *Music and Movement* by Linda Carol Edwards - 780.7 E26m
- *Wiggle, Giggle & Shake: 200 Ways to Move and Learn* by Pica Rae - J372.86 P58w
- *Dance, Turn, Hop, Learn!* by Connie Bergstein Dow - J372.86 D74d
- *Books in Motion* by Julie Dietzel-Blair - J027.625 D56b
- Storytime Kit: Music and Dance – J STORYTIME KIT – M

Check out our “Resource Collection” in the Children’s Library on the lower level of the Central Branch. This collection features materials and information for Early Childhood Educators including stories, rhymes, songs, felt patterns and much more.

The VPL website has a very useful subject guide for ECEs which includes links to amazing sites for program ideas, rhymes, songs, and patterns: guides.vpl.ca/earlychildhoodeducation

Need ideas, extra help, encouragement, or support? Ask your local Children’s Librarian at VPL. We are always glad to help. Many times one of us can be heard singing a song over the phone to someone who has forgotten the words or the tune.

Web Resources

Jbrary
https://jbrary.com/
Be sure to check out Jbrary’s extensive Youtube channel which includes a “Movement and Dancing Storytime Songs” playlist.

Storytime Katie
https://storytimekatie.com/
Have a look at her “Shake, Shimmy, & Dance” series for ideas for encouraging dance and movement with recorded music.

Storytime Ukulele
https://storytimeukulele.wordpress.com/
Ukulele chords to all your favourite storytime songs.

Sing Books with Emily, the blog
https://singbookswithemily.wordpress.com/
Explores the wonderful world of singable picture books.
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Notes