

Rhymes and Songs to promote Body Awareness

The following rhymes and songs have been selected for you to use when promoting body awareness with young children. It is important to help the children:

- a) To learn the names of different body parts
- b) To know where they are
- c) To develop their proprioceptive skills (understanding where their body is, in relation to things around them)

For ease of use you could print off a rhyme or song and laminate it.

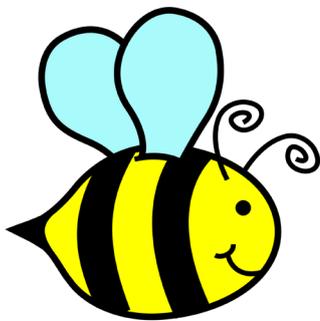
Baby bumble bee
Brush, brush, brush your teeth
Clap your hands
Clap, clap hands
Everybody do this
Hand washing song
Hands on shoulders
Head, shoulders, knees and toes
Here are my ears
Here we go round the mulberry bush
I can....
I have a body
If you're happy
I sit ready
I wiggle my fingers
My hands
My thumbs are starting to wiggle
One finger, one thumb keep moving
One, two, three, four, five
Put your finger on your knee
Rub-a-dub song
Show me five fingers
The hokey Cokey
Ten little fingers
Ten little fingers
These are my eyes
This little piggy
Tommy thumb
Tommy thumb is up
Touch your nose
Two little eyes

BABY BUMBLE BEE

Tune of John Brown's Body

Baby Bumble Bee had a fly upon his nose,
Baby Bumble Bee had a fly upon his nose,
Baby Bumble Bee had a fly upon his nose,
And he flipped it and he flapped it and it flew away.

Powder Puffs and Curly Whiskers,
Powder Puffs and Curly Whiskers,
Powder Puffs and Curly Whiskers,
And he flipped it and he flapped it and it flew away.



BRUSH, BRUSH, BRUSH YOUR TEETH

Tune: Row your boat

Brush, Brush, Brush Your Teeth,

Brush them every day!

Father, Mother, Brother, Sister,

Brush them every day!

Brush, Brush, Brush Your Teeth,

Brush them every day!

Father, Mother, Brother, Sister,

Brush them every day!



CLAP YOUR HANDS

Clap your hands, clap your hands,
Clap them just like me.



Touch your shoulders, touch your shoulders,
Touch them just like me.



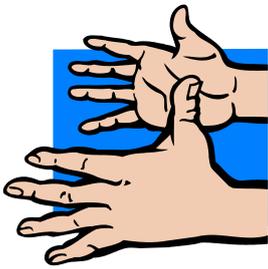
Tap your knees, tap your knees,
Tap them just like me.



Shake your head, shake your head,
Shake it just like me.



Clap your hands, clap your hands,
Then let them quiet be.



Actions:

Verse 1- Clap hands in rhythm

Verse 2- Touch shoulders

Verse 3- Tap knees in rhythm

Verse 4- Shake head in rhythm

Verse 5- Clap hands and on last line put them in lap.

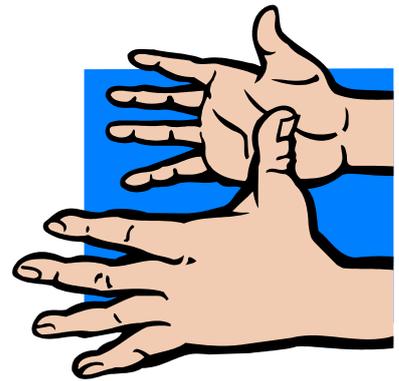
CLAP, CLAP HANDS

Clap, clap hands, one, two, three,

Put your hands upon your knees,

Lift them high to touch the sky,

Clap, clap hands and away they fly.



EVERYBODY DO THIS

Everybody do this, do this, do this,
Everybody do this,
Just like me!

(Each child chooses an action and everyone joins in)

Everybody do this, do this, do this,
Everybody do this,
Just like.....(*child's name*)



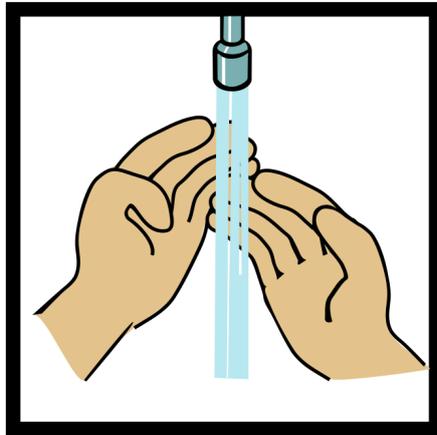
HAND WASHING SONG

Wash hands well each day,

To keep germs away.

Scrub with soap and water,

And be on your way.



HANDS ON SHOULDERS

Hands on shoulders, hands on knees.

Hands behind you, if you please.

Touch your hips, now your nose,

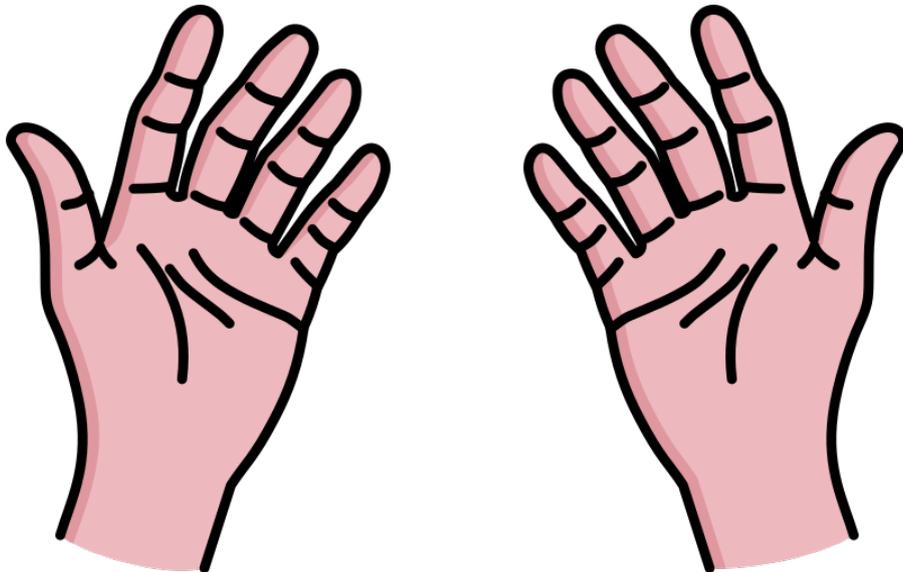
Now your hair and now your toes.

Hands up high, in the air,

Then pull them down and touch your hair.

Clap your hands, one, two three,

Then hands at your sides, like a giant tree.



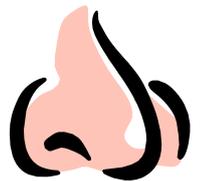
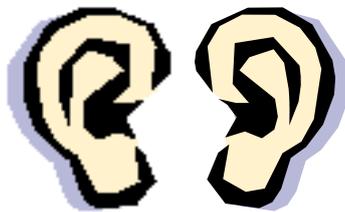
HEAD, SHOULDERS, KNEES AND TOES

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



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

And eyes and ears and mouth and nose



Head, shoulders, knees and toes,
Knees and toes



HERE ARE MY EARS

Model the actions match the words in the rhyme.

Here are my ears (*Child points to ears*)



Here is my nose (*Child points to nose*)

Here are my hands (*Child holds up hands*)

Here are my toes (*Child points to toes*)



Here are my eyes (*Child points to eyes*)

Both opened wide (*Child opens eyes wide*)

Here is my mouth (*Child opens mouth*)



With white teeth inside (*Child smiles showing teeth*)

Here is my tongue (*Child points to tongue*)

That helps me speak

Here is my chin (*Child points to chin*)

And here are my cheeks (*Child points to cheeks*)



Here are my hands (*Child points to hands*)

That help me play... .

Here are my feet (*Child points to feet*)

For moving today.



HERE WE GO ROUND THE MULBERRY BUSH

This is the way we wash our hands,
Wash our hands, wash our hands,
This way we wash our hands,
On cold and frosty morning.



Chorus:

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 wash our face, etc...
Here we go round the mulberry bush, etc...

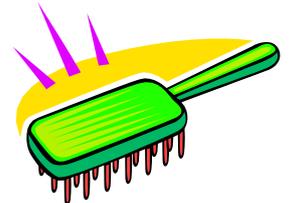
Chorus:

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

Chorus:

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 clean our teeth, etc...
Here we go round the mulberry bush, etc...

Chorus:

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 put on our clothes, etc...
Here we go round the mulberry bush, etc...

Chorus:

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.



I CAN....

I can tie my shoe lace,



I can brush my hair,

I can wash my hands and face



And dry myself with care.



I can clean my teeth too,



And make a tower with blocks



I can say 'how do you do'



And pull up both my socks.

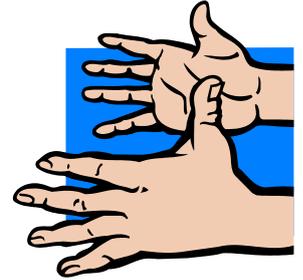


I HAVE A BODY

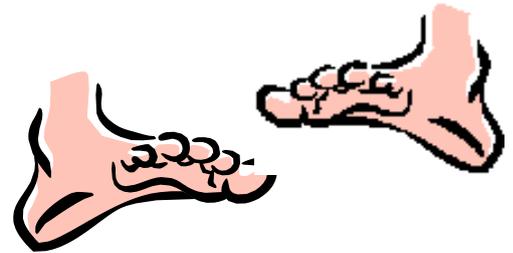
I have a body, a very busy body
And it goes everywhere with me
And on that body I have nose,
And it goes everywhere with me
And I sniff sniff here, sniff sniff there
Sniff sniff sniff sniff everywhere



I have a body, a very busy body
And it goes everywhere with me
And on that body I have some hands
And they go everywhere with me
And I clap clap here
Clap clap clap there
Clap clap clap clap everywhere



I have a body, a very busy body
And it goes everywhere with me
And on that body I have some feet
And they go everywhere with me
And I stamp stamp here
Stamp stamp there
Stamp stamp stamp stamp everywhere

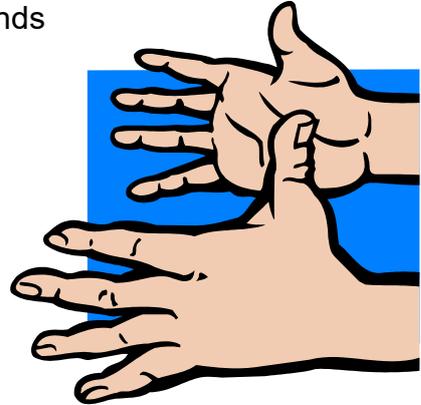


I have a body, a very busy body
And it goes everywhere with me
And on that body I have a nose,
And it goes everywhere with me
And I sniff sniff here, sniff sniff there
Sniff sniff sniff sniff everywhere
Clap clap here clap clap there
Clap clap clap clap everywhere
Stamp stamp here stamp stamp there
Stamp stamp stamp stamp everywhere

I have a body, a very busy body
And it goes everywhere with me

IF YOU'RE HAPPY AND YOU KNOW IT

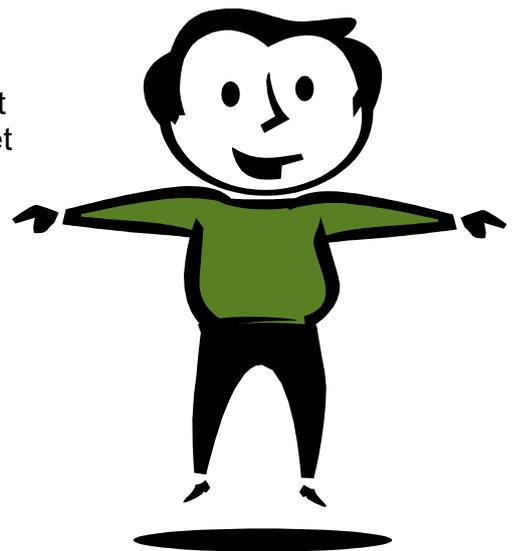
If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it
Then you'll surely want to show it
If you're happy and you know it, clap your hands



If you're happy and you know it, nod your head
If you're happy and you know it, nod your head
If you're happy and you know it
Then you'll surely want to show it
If you're happy and you know it, nod your head



If you're happy and you know it, stamp your feet
If you're happy and you know it, stamp your feet
If you're happy and you know it
Then you'll surely want to show it
If you're happy and you know it, stamp your feet



I SIT READY

To the tune of "I hear thunder"

I sit ready

Repeat

Look at me (*point to self*)

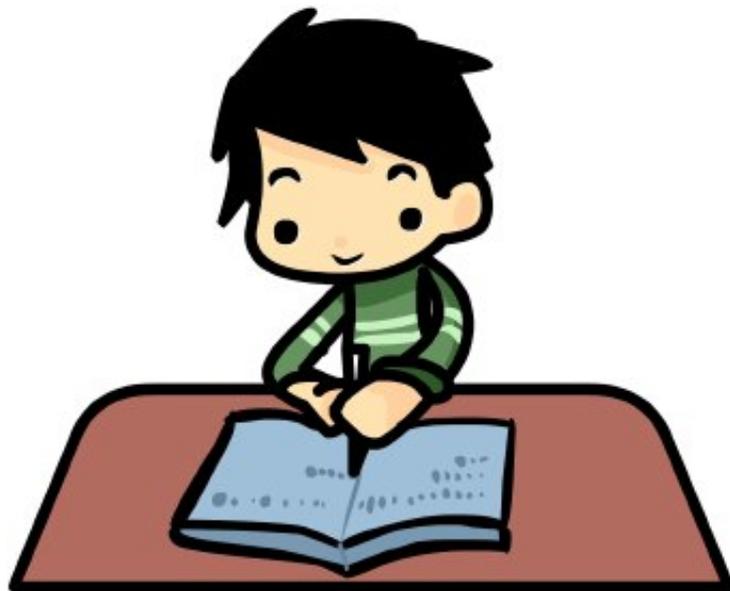
Repeat

Bottom back and feet flat

Repeat

Just like me (*point to self again*)

Repeat



I

WIGGLE MY FINGERS

I wiggle my fingers.

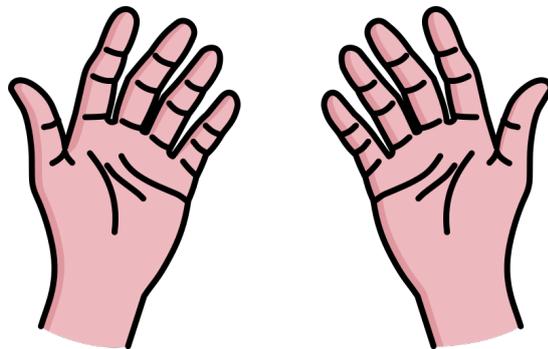
I wiggle my toes.

I wiggle my hands.

I wiggle my nose.

Now the wiggles are out of me.

And I'm as still as I can be!



MY HANDS

My hands upon my head I place,

On my shoulders, on my face;

On my hips I place them - so,

Then I bend down to touch my toe.

Now I raise them up so high,

Make my fingers fairly fly,

Now I clap them, one, two, three.

Then I fold them silently.



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,

Around and around and around.



My hands are starting to wiggle.

My hands are starting to wiggle.

My hands are starting to wiggle,

Around and around and around.

Continue with other body parts.



ONE FINGER, ONE THUMB KEEP MOVING

One finger, one thumb, keep moving!

One finger, one thumb, keep moving!

One finger, one thumb, keep moving!

We'll all be merry and bright.

One finger, one thumb, one arm, keep moving!

One finger, one thumb, one arm, keep moving!

One finger, one thumb, one arm, keep moving!

We'll all be merry and bright.

One finger, one thumb, one arm, one leg, keep moving!

One finger, one thumb, one arm, one leg, keep moving!

One finger, one thumb, one arm, one leg, keep moving!

We'll all be merry and bright.

One finger, one thumb, one arm, one leg, one nod of the head, keep moving!

One finger, one thumb, one arm, one leg, one nod of the head, keep moving!

One finger, one thumb, one arm, one leg, one nod of the head, keep moving!

We'll all be merry and bright.

We'll all be merry and bright.

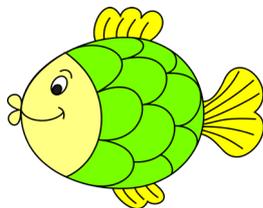


ONE, TWO, THREE, FOUR, FIVE

One, two, three, four, five,
Once I caught a fish alive.
Six, seven, eight, nine, ten,
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 the right.



PUT YOUR FINGER ON YOUR KNEE

Tune: If You're Happy And You Know It

Put your finger on your knee, on your knee.

Put your finger on your knee, on your knee.

Then turn yourself around,

Stamp your feet upon the ground,

Put your finger on your knee, on your knee.

Continue singing and pointing to additional body parts



RUB-A-DUB SONG

Tune: Here We Go 'Round The Mulberry Bush

This is the way we scrub our arms, scrub our arms, scrub our arms.

This is the way we scrub our arms, when we take a bath.

This is the way we scrub our legs, scrub our legs, scrub our legs.

This is the way we scrub our legs, when we take a bath.

This is the way we scrub our stomachs, scrub our stomachs, scrub our stomachs,

This is the way we scrub our stomachs, when we take a bath.

Continue singing about scrubbing additional body parts.



SHOW ME FIVE FINGERS

Show me five fingers,

Let me see.

Show me four fingers,

Touch your knee.

Show me three fingers,

Touch your nose.

Show me two fingers,

Touch your toes.

Show me one finger,

Let me see.

With this finger,

Point to me.



THE HOKEY COKEY



You put your right arm in
Your arm right out
Your right arm in
And you shake it all about
You do the Hokey Cokey
And you turn around
That's what it's all about

Chorus:

Oh, do the Hokey Cokey!
Oh, do the Hokey Cokey!
Oh, do the Hokey Cokey!
Knees bent
Arms stretched
Ra! Ra! Ra!

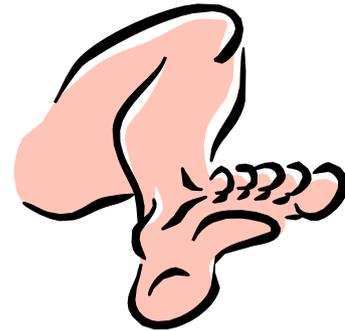


You put your left arm in, etc...
Oh, do the Hokey Cokey! etc...



You put your right leg in, etc...
Oh, do the Hokey Cokey! etc...

You put your left leg in, etc...
Oh, do the Hokey Cokey! etc...



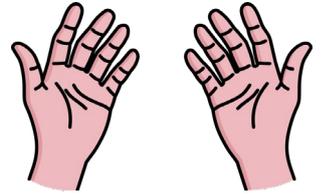
You put your whole self in, etc...
Oh, do the Hokey Cokey! etc...

You could make up your own verses, e.g. "You put your right hip in"? or knees, toes, etc



TEN LITTLE FINGERS

Ten little fingers, ten little toes,
Two little ears and one little nose
Two little eyes that shine so bright
And one little mouth to kiss goodnight.



Ten little fingers, ten little toes,
Two little ears and one little nose
Two little eyes that shine so bright
And one little mouth to kiss goodnight.



TEN LITTLE FINGERS

I have ten little fingers (*Hold up ten fingers*)

And they all belong to me.

I can make them do things

Would you like to see?

I can shut them up tight (*Make fists*)

I can open them up wide (*Open fingers*)

I can put them all together (*Put palms together*)

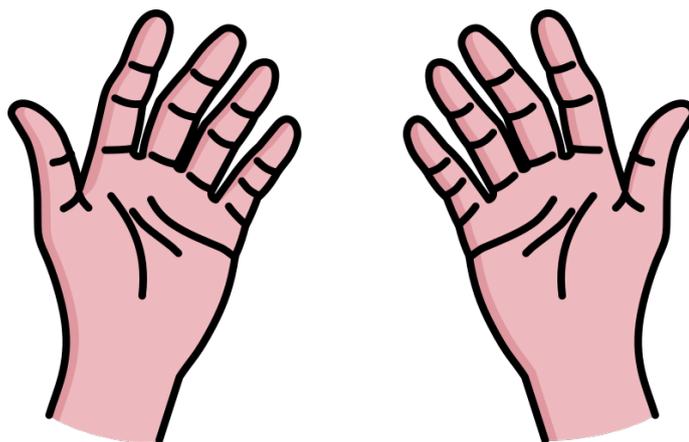
I can make them all hide (*Place behind back*)

I can put them up high (*Raise hands over head*)

I can put them down low (*Put hands down as low as you can*)

I can fold them quietly (*Fold hands*)

And hold them all just so (*Place in lap*)

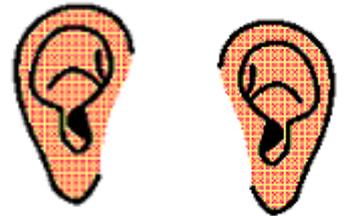


THESE ARE MY EYES

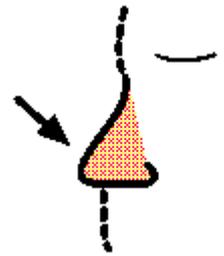
These are my eyes
These are my eyes
These are my eyes - so I can see!



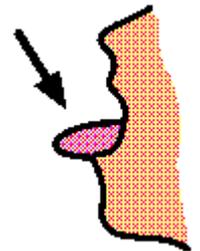
These are my ears
These are my ears
These are my ears - so I can hear!



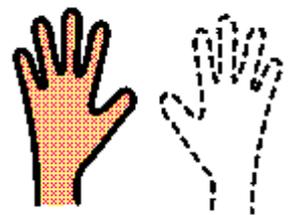
This is my nose
This is my nose
This is my nose - so I can smell!



This is my tongue
This is my tongue
This is my tongue - so I can taste!



These are my hands
These are my hands
These are my hands- so I can feel!



THIS LITTLE PIGGY

This little piggy went to market

This little piggy stayed at home

This little piggy had roast beef

This little piggy had none

And this little piggy went "Wee, Wee, Wee" all the way home!

Note: "roast beef" can be changed if required

"This Little Piggy" fingerplay:

This little piggy went to market - *Wiggle the child's big toe*

This little piggy stayed at home - *Wiggle the child's long toe*

This little piggy had roast beef – *Wiggle the child's middle toe*

This little piggy had none – *Wiggle the child's smallest toe*

This little piggy went "Wee, Wee, Wee" all the way home! - *Wiggle the child's small (baby) toe and tickle the bottom of the child's foot.*



TOMMY THUMB

Tommy Thumb, Tommy Thumb,

Where are you?

Here I am, here I am,

How do you do? or How are you?

Peter Pointer,
Peter Pointer,
Where are you?

Here I am,
Here I am,

How do you do? (or How are you?)

Toby Tall,
Toby Tall,
Where are you?

Here I am,
Here I am,

How do you do? (or How are you?)

Ruby Ring,
Ruby Ring,
Where are you?

Here I am,
Here I am,

How do you do? (or How are you?)

Baby Small,
Baby Small,
Where are you?

Here I am,
Here I am,

How do you do? (or How are you?)

Fingers all, fingers all,

Where are you?

Here we are, here we are,

How do you do?



TOMMY THUMB IS UP

Tommy Thumb is up,
And Tommy Thumb is down.
Tommy Thumb is dancing,
All around the town.
Dancing on your shoulders,
Dancing on your head,
Dancing on your knees,
Then tuck him into bed.



>

Peter Pointer's up,
And Peter Pointer's down.
Peter Pointer's dancing,
All around the town.
Dancing on your shoulders,
Dancing on your head,
Dancing on your knees,
Then tuck him into bed.



>

Middle Man is up,
And Middle Man is down.
Middle Man is dancing,
All around the town.
Dancing on your shoulders,
Dancing on your head,
Dancing on your knees,
Then tuck him into bed.



>

Ruby Ring is up,
And Ruby Ring is down.
Ruby Ring is dancing,
All around the town.
Dancing on your shoulders,
Dancing on your head,
Dancing on your knees,
Then tuck him into bed.



>

Baby Finger's up,
And Baby Finger's down.
Baby Finger's dancing,
All around the town.
Dancing on your shoulders,
Dancing on your head,
Dancing on your knees,
Then tuck him into bed.



Finger Family's up,
And Finger Family's down.

Finger Family's dancing,
All around the town.
Dancing on your shoulders,
Dancing on your head,
Dancing on your knees,
Then tuck them into bed.

Movements:

While singing Tommy Thumb is Up, you can do these movements:

"Up": *Point finger up.*

"Down": *Point finger down.*

"Dancing": *Dance finger(s) around.*

"Shoulders": *Put a finger on your shoulder(s).*

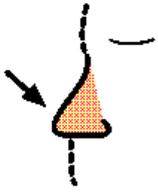
"Head": *Put a finger on your head.*

"Knee": *Put a finger on your knee.*

"Tuck him into bed": *Put both hands together and put your head on your hands.
pretend you are sleeping.*



TOUCH YOUR NOSE



Touch your nose, touch your chin.

That's the way this game begins.



Touch your eyes, touch your knees;

Now pretend, you have to freeze.



Touch your hair, touch your lips,

Touch your ear on the tip.



Touch your elbows, where they bend.



That's the way this touch game ends.



TWO LITTLE EYES

Two little eyes that open and close. (Point to eyes)



Two little ears, and one little nose. (Point to ears and nose)



Two little cheeks and one little chin. (Point to cheeks and chin)



Two little lips with the teeth closed in. (Point to lips, then show teeth with big grin)

