

## Letters and Sound Songs

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These songs were written to accompany the Meaningful Movement Mats® by Geo Motion Group. Although they can be used without them, the best results are when using with them.

### ABCs Rap

Let's move our feet and find our ABCs. Let's move our feet and say our ABCs. Here we go!

A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z. The ABCs.

(Repeat the whole song faster 2 more times.)

### Mr. Froggy's Friends ABCs

Mr. Froggy has many friends. Let's sing about them with the ABCs.

We'll hop through Mr. Froggy's Alphabet. Everybody help. Won't you please?

A is for Adam - Adam ate an apple; B is for Bhavana - Bhavana's blue eyes blink

C is for Caitlyn - Caitlyn carries a cat; D is for Deven - Deven drank a drink.

E is for Ethan - Ethan eats an egg; F is for Felipe - Felipe found a frog

G is for Grace - Grace grabbed a grape; H is for Hannah - Hannah has a hog

I is for Israel - Israel is itchy; J is for Jasdeep - Jasdeep jiggles like jam

K is for Karma - Karma kisses Koen; L is for Lucy - Lucy loves her lamb

M is for Manny - Manny makes music; N is for Norah - Norah nibbles noodles

O is for Omar - Omar owns an oboe; P is for Pasquele - Pasquele pets poodles

Q is for Quintella - Quintella quizzes Quincy; R is for Ronan - Ronan reaches for a rose

S is for Sasha - Sasha sips a soda; T is for Timon - Timon touches his toes

U is for Ursula - Ursula uses umbrellas; V is for Victor - Victor views a vase

W is for Walter - Walter walks a walrus; X is for Xavier - Xavier Xs Xrays

Y is for Yoshe - Yoshe yells or yodels; Z is for Zinnia - Zinnia zips to the zoo

We hopped through Mr. Froggy's Alphabet. Everybody helped, even you.

## The Sounds of Our Letters

The sounds of our letters can be lots of fun. We'll move our way through each one.

Oh yeah. Sounds of our letters. Oh yeah.

Move our way through the sounds of our letters.

A	says "a"	Act like an alligator	("a"	Act like an alligator)
B	says "b"	Bounce like a ball	("b"	Bounce like a ball)
C	says "k"	Climb then clap	("k"	Climb then clap)
D	says "d"	Do a dance	("d"	Do a dance)
E	says "e"	Exercise	("e"	Exercise)
F	says "f"	Flop forward	("f"	Flop forward)

Sounds of our letters. Oh yeah. Move our way through the sounds of our letters

G	says "g"	Go to the ground	("g"	Go to the ground)
H	says "h"	Hop up high	("h"	Hop up high)
I	says "ih"	Inch like an inchworm	("ih"	Inch like an inchworm)
J	says "j"	Jump for joy	("j"	Jump for joy)
K	says "k"	Kindly kiss	("k"	Kindly kiss)
L	says "l"	Lift a leg	("l"	Lift a leg)

Sounds of our letters. Oh yeah. Move our way through the sounds of our letters

M	says "m"	March to music	("m"	March to music)
N	says "n"	Nod your noggin	("n"	Nod your noggin)
O	says "ah"	Opposite, on, off	("ah"	Opposite, on, off)
P	says "p"	Push and pull	("p"	Push and pull)
Q	says "kw"	Quack quickly	("kw"	Quack quickly)
R	says "r"	Reach and row	("r"	Reach and row)

Sounds of our letters. Oh yeah. Move our way through the sounds of our letters

S	says "s"	Step and stop	("s"	Step and stop)
T	says "t"	Touch your tummy	("t"	Touch your tummy)
U	says "u"	Under the umbrella	("u"	Under the umbrella)
V	says "v"	Vibrate your voice	("v"	Vibrate your voice)
W	says "w"	Wiggle your waist	("w"	Wiggle your waist)
X	says "ex"	X your arms	("ex"	X your arms)

Sounds of our letters. Oh yeah. Move our way through the sounds of our letters

Y	says "y"	You do yoga	("y"	You do yoga)
Z	says "z"	Zig-zag	("z"	Zig-zag)

### **Musical Movement Alphabet**

Let's do something really neat. A fun way to keep the beat.

These words you will not forget if you do a musical alphabet.

A	-	Arch	-	Arch your back
B	-	Bounce	-	Bounce your body
C	-	Clap	-	Clap your hands
D	-	Dance	-	Dance real cool
E	-	Exercise	-	Exercise
F	-	Flap	-	Flap your arms.
G	-	Grin	-	Grin real wide
H	-	Hop	-	Hop on one foot

There's different ways to move you see. All of them are so easy.

Just find the letter and do the move. Its fun to find the groove.

I	-	Ice skate	-	Ice-skate slowly
J	-	Jump	-	Jump up and down
K	-	Kick	-	Kick your leg
L	-	Lift	-	Lift your arms
M	-	March	-	March. Knees high
N	-	Nod	-	Nod your head
O	-	Open	-	Open and shut your hands
P	-	Point	-	Point in front

We're doing something really neat. A fun way to keep the beat.

These words you will not forget if you do a musical alphabet.

Q	-	Quack	-	Quack like a duck
R	-	Reach	-	Reach up high
S	-	Sway	-	Sway side to side
T	-	Tap	-	Tap your toe
U	-	Unwind-	-	Unwind your body
V	-	Vibrate-	-	Vibrate all over
W	-	Wiggle-	-	Wiggle your fingers
X	-	X arms	-	Make an X with your arms

It's almost over. We're near the end. There are two left my friend.

Y	-	Yawn	-	Yawn real wide
Z	-	Zip	-	Zip your lip

That's the end there are no more. We've reached the end of this musical score.

### **Go Go Vowels - Lyrics**

Go go, go go go vowels. Go go, go go go vowels

We're going to find our vowels with our feet while we say them and keep the beat.

Go go, go go go vowels.

A, E, I, O, U. Say them again. A, E, I, O, U

Now find the Y cause sometimes it's a vowel too.

Go go, go go go vowels. Go go, go go go vowels.

There are 5 vowels plus Y. Let's do them again.

This time we'll go faster my friend.

## Vowel Power

Put your hands in the air and your feet on the ground. We've got vowel power.

Let's make each sound! Vowel Power!

A. Sway on A. Say A A A A A. E. Reach on E. Say E E E E E. I. Slide to I. Say I I I I I.

O. Go to O. Say O O O O O. U. Cruise to U. Say U U U U U. Fly to Y. Sometimes Y is a vowel, too.

Put your hands in the air and your feet on the ground. We've got vowel power;

Let's make short sounds! Vowel Power!

a. Clap on A. Say a a a a a. Eh. Bend on E. Say eh eh eh eh eh. ih. Kick on I. Say ih ih ih ih ih

Ah. Stomp for O, ah, ah ah ah ah. Uh. Run on U. Say uh uh uh uh uh. Fly to Y.

Sometimes Y is a vowel, too.

Put your hands in the air. Say the vowel sounds again.

Stand up tall for long. Down for short you'll bend.

A (high/long - A A A) a (low/short ah ah ah), E (eh), I (ih), O (ah), U (uh)

Put your hands in the air and your feet on the ground. You've got vowel power.

You know each sound for Vowel Power.

## Do the Opposite

Opposites. Opposites. Let's do some opposites.

Opposites. Opposites. Find the first letter. Do that opposite.

High. Go to "H". Reach high. Low. Go to "L". Move down low.

Stop. Go to "S". Stand still. Go. Go to "G". Go! Go!

Fast. Go to "F". Jog fast. Slow. Go to "S". Move slowly.

Yes. Go to "Y". Nod "Yes." No. Go to "N". Shake your head "No".

Up. Go to "U" and point up. Down. Go to "D". Point down.

East. Go to "E" and point East. West. Move to "W". Point West.

Sleepy. Go to "S" and close your eyes. Awake. Go to "A". Have wide eyes.

Loud. Stomp your feet real loudly [on "L"]. Soft. Clap real quietly [on "S"].

Opposites. Opposites. Let's do some opposites.

## Number Letters

We will find our number letters, number letters. We will find our number letters today.

When we find the number letters, we will do as we hear the song say

One begins with "O". Find the letter "O". Stomp once on the "O"

Two begins with "T". Find the letter "T". Stomp twice on the "T".

Three begins with "T". Stay on the letter "T". Stomp three times for me.

Four begins with "F". Find the letter "F". Stomp four times on "F".

Five begins with "F". Stay on the letter "F". Stay on the letter "F". Stomp five times on "F".

Six begins with "S". Find the letter "S". Stomp six times on "S".

Seven begins with "S". Stay on the letter "S". Stomp seven times on "S".

Eight begins with "E". Find the letter "E". Stomp eight times on "E".

Nine begins with "N". Find the letter "N". Stomp nine times on "N".

Zero begins with "Z". Find the letter "Z". Go there but do not stomp.

## Color Letters

Color letters. Color letter

Can you find the letter "R"? Red begins with "R".

"R". Run on "R". Red begins with "R"

Can you find the letter "B"? Blue begins with "B".

"B". Bounce on "B". Blue begins with "B"

Can you find the letter "W"? White begins with "W".

"W". Walk on "W". White begins with "W".

Can you find the letter "G"? Green begins with "G".

"G". Glide on "G". Green begins with "G".

Now we find "Y" for yellow. (2x) Yank on "Y" for yellow. (2x)

Can you find the letter "P"? Pink begins with "P".

"P". Prance on "P". Pink begins with "P"

Color letters. Color letters.

## Change it!

Change the first letter in the rhyme. The word will change every time.

A T's the first rhyme we'll do. The first first letter is C for you.

C A T Cat! Change it. F f-a-t Fat! Change it! R r-a-t rat! Change it M m-a-t Mat

Change the first letter in the rhyme. The word will change every time.

I N G's the next rhyme we'll do. The first letter is S for you. S I N G Sing! Change it D, Z, R

ET's the next rhyme to do. The first letter is G for you. G E T get! L, B P

O K E's the next rhyme we'll do. The first letter is J for you J O K E Joke. Change it! P, W, Y  
Change it!

## Stop When It Doesn't Rhyme

Stand on the first letter of the action word. Do what it means when each rhyming word is heard.

If you hear a word that doesn't rhyme. Stop what you're doing at that time. Find the J and do a jig!

Dance. (Stand on "D" and dance.) Prance. Chance. Swing. Stance.

Hop. (Stand on "H" and hop.) Drop. Look. Bop. Mop.

Sway. (Stand on "S" and sway.) Play. Gray. Tray. Jog.

Stand on the first letter of the action word. Do what it means when each rhyming word is heard.

Bounce. (Stand on "B" and bounce.) Pounce. Walk. Ounce. Trounce.

Flap. (Stand on "F" and flap.) Trap. Cap. Wave. Tap.

Pull. (Stand on "P" and pull.) Swim. Full. Clap. Bull.

You can do this song again at any time. Do the action word and stop when it doesn't rhyme!

Music written by Mar. Harman

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