

Hear Me Sing; Watch Me Dance

Hear me sing; watch me dance;
I do either when I get the chance
Watch my dance or hear my song;
Everyone will follow along
Sing real low with your voice (2x);
Singing high is my choice (2x)
Twist your body, twist around;
Move your body up and down
I make my voice stop and go;
Sing real fast - then sing slow
Get a partner step side to side;
Move your feet; do the slide
Show us something else to do.
Sing or dance; We'll do it, too.
I can sing like Englishmen. (2x)
I sing in Espanol. Que bien. (2x)
I do the Pogo! I can spin. Round & round I go!
I can stamp my feet this way.
I can make my body sway.

Zoo Dee Ay

Let's go zoo dee ay, zoo dee ay zoo dee ay
Let's go zoo dee ay all day long
This a way that a way; This a way that a way
Switch sides now and sing this song.
I look with my eyes and what do I see?
A good friend look back at me
We can dance and sing this way
We can do the zoo dee ay
Jump to the front; jump to the back
Jump to the side, side, side
A fun rendition of a street song.

ZYXs

Z Y X, W, V U T, S R Q, P O N, M L K, J I H, G
F E D C B A. We did the alphabet, backwards.
Get the children to do some step dancing!

I Know a Smart Woman

I know a smart woman, when her day began
She ate cereal that had some bran.
She's a healthy woman
I know a smart woman, who ate some fruit
Like peaches, bananas & berries (they're cute)
She ate the fruit to go with the bran,
That she ate when her day began.
She's a healthy woman.
I know a smart woman who ate some cheese
Oh jeez! She ate some cheese.....
I know a smart woman who drank some milk
Or soy silk, but she drank milk....
I know a smart woman and veggies she ate
The more on her plate,
The more veggies she ate
I know a smart woman
Who ate meat that was lean
And fish and chicken for good protein
I know a smart woman who ate what was good
From each food group as she should....
Variation of the woman who swallowed a fly.

Chicken Dance

Snap your beaks; Flap your wings;
Shake your backsides; Clap hands and sing:
I wanna be a chicken; wouldn't wanna be a duck
Why Quack Quack Quack,
When you can cluck, cluck cluck?
Putting words to this well-loved dance teaches the motions.

Flea Fly

Flea. Flea fly. Flea fly flow. Vistay.
Coomala (3x) vistay. Oh nono nono, no vistay
Eeniebeanie estembeanie oohwah,
Oohwahlem beanie
Estem beanie sahlem beanie ooh wah ooh wah
Beat billie ohtendohten
Bo bopem beatin bottin. Shhh!!

The 12 Months of the Year

The first month of the year is January.
We say "Happy New Year!"
The second month of the year is February.
February's Valentines
And January's Happy New Year
The third month of the year is March.
March begins Spring, February's Valentines.
And January's Happy New Year
The fourth month of the year is April.
April's many showers.....
The fifth month of the year is May
May is Mother's Day (We love ya, mom!)
The sixth month of the year is June.
June buy ties for fathers....
The seventh month of the year is July.
4th of July is fireworks.....
The eighth month of the year is August.
August is beach weather....
The ninth month of the year is September.
September's back to school...
The tenth month of the year is October.
October's Halloween.....
The eleventh month of the year is November
November's Thanksgiving....
The twelfth month of the year is December.
December's Christmas (sometimes Hanukah)

Little Peter Rabbit

Little Peter Rabbit had a fly upon his nose (3x)
He flipped it and he flopped it and it flew away
Hurray. Hurray for Peter Rabbit (3x)
He flipped it and he flopped it and it flew away
Song repeats, leave out a word, put in a motion.

Peanut Butter & Jelly

Peanut, peanut butter (sing) and jelly (whisper)
First you get some peanuts and you crack 'em
Then you squash 'em, squash 'em, squash 'em
Then you spread 'em, spread 'em, spread 'em
(peanut, peanut butter and jelly)
Then you get some grapes and you pick 'em
And you smash 'em, smash 'em, smash 'em
And you smear 'em, smear 'em, smear 'em
(peanut, peanut butter and jelly)
The you get some bread to make a sandwich
And then you bite it. You bite it. Bite it. Bite it.
And then you chew it. Chew it. Chew it. Chew it
(peanut, peanut butter and jelly)

While Eating Lasagna

While eating lasagna, my meatball rolled off
I used too much pepper, and began to cough.
I watched as my meatball
Popped onto the floor
My dog did grab it and run out the door.
She pushed the meatball into a hole
Covered it up and on top, she did roll.
The meatball stayed buried.
There were several showers.
Soon there sprouted beautiful meatballflowers
The meatballs grew heavy,
Then fell to the ground
My dog was so happy with what she had found
So when eating lasagna, I'm begging you please.
Lay off the pepper, and don't cough or sneeze!

The Pig Song

Hi. This is a pig song
About a pig whose nose is very loooooong.
Wait, Miss Mar. Pig's don't have long noses.
Well, they used to.
And, because he was so proud,
The pig's song was very loud.
He sang "Hi. This is my pig song
About my nose that is very very loooong.
And he trotted on his way
When he saw an anteater and did say
Oh, hi. Who are you? You have a long nose, too
"I'm an anteater, furry and brown.
My long nose eats ants off the ground."
"Your furry brown nose is very fine.
But, it isn't as long as mine coz
This is my pig song
About my nose that is very , very looong"
And he trotted on his way,
When he saw a swordfish and did say
Oh, hi. Who are you? You have a long nose, too.
"I'm a swordfish scaly and blue.
My nose is long and very sharp, too"
"You scaly, blue nose is very fine.
But, it isn't as looong as mine coz
This is my pig song
About my nose that is very, very looong.
And he trotted on his way
When he saw a toucan and did say
Oh, hi. Who are you? You have a long nose, too.
"I'm a Toucan. As you can see.
My nose is colorful as can be"
"Your colorful nose is very fine,
But it isn't as loooooong as mine coz
This is my pig song
About my nose that is very, very looong."

And he walked off so proudly, singing so loudly
He didn't see the "BOINK" tree
Now because of that "Boink",
All a pig can say today is "Oink!"

*The book, "The Long-nosed Pig" by Keith
Faulkner is a great visual aid for this story.*

Miss Mar.'s Farm

Oh Miss Mar. she had a farm E I E I O
And there are so many animals there,
I can't wait to go
There's Mr. Froggy, Bunny Foo Foo, too,
They can't wait to play with you.
Oh Miss Mar. she had a farm E I E I O
To get to Miss Mar.'s farm we drive our car.
Our car, sounds like this, VROOM!
At Miss Mar.'s farm there is a little, white dog.
That dog sounds like this.
At Miss Mar.'s farm there is a long nosed pig.
That pig sounds like this,...
At Miss Mar.'s farm there is a swimming hole
To get in we sound like this - SPLASH
In that swimming hole lives a wide-mouthed
frog. That frog sounds like this ribbit, ribbit
At Miss Mar.'s farm there are noisy kids
Those kids sound like this - AH!
At Miss Mar.'s farm there are tired parents.
Parents sound like this, UH
At Miss Mar.'s farm we go to sleep.
When we sleep, we sound to this, sh

*This song uses several different animal songs
and morphs them into one. Animal songs are
always a favorite with children.*

Hi. My Name is Jo

Hi. My name is Jo. I'm a wife; I have 3 kids.
And, I work in a button factory.
One day, my boss said to me,
"Hey Jo. Are you busy?" I said "No."
He said "Turn that button with your right hand.
Ch Ch Ch Ch Song repeats - Hi. My name is Jo..
Turn with your left hand. Right foot. Left foot.
Push that button with your nose! Last time:
"Hey, Jo. Are you busy?" I said "Yes!"

There are many renditions to this wonderful song. It is a wonderful tool for breaking up a work day with a fun activity.

Head & Shoulders Variations

Head & shoulders, knees & toes; knees & toes;
Eyes and ears and mouth and nose.
Atama, kata, hiza, ashi, hiza ashi.
Me to mimi to kuchi to hana
Let's give it a little swing
Head & shoulders baby 1, 2, 3
Knees & toes baby 1, 2, 3
Eyes and ears, mouth and nose.
Head and shoulders baby 1, 2, 3
Now, let's add some rhythm
Che che koolay; che che kofesa.
Kofesa langa; che che key langa.
Koom a dang day! Hey!

This song uses the many different ways this song is done around the world. Try doing it in other languages.

Goodbye to You

Goodbye to you my little friend.
Goodbye to you. I'll see you again.
It doesn't matter where you're from.
Let's sing goodbye to everyone.
You take your little hand wave bye, bye, bye.
In Spanish, "Adios". In Vietnamese "Chio"(Jow)
In French, "Au Revoir"
In Greek, "Gia Sou" (Ya sue);
In Japanese, "Soyanara"; In Indian, "Al Vida";
In German, "Auf wiedersehen"
In Hebrew, "Lehit Raot";
In Italian, "Arrivederci"
In Arabic, "Maa Essaalama";
In Ibo Nigerian, "Ganu";
In Portuguese, "Ate lago".

For this song, I like to have children get a partner and do some hand jive to the verse. For the part where they say the languages, have them stop the hand jive and repeat the words while waving in different styles.

Many of these songs will be familiar to you; many will be new. Children love when you share what you love. If you have another way you remember one of these songs, share that version as well. What a great way to show children how we all enjoy music and have different and similar ways to do so!

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|----------------------------------|---------------------------------|
| 1. Hear Me Sing; Watch Me Dance! | 8. Little Peter Rabbit |
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| 4. I Know A Smart Woman | 11. The Pig Song |
| 5. Chicken Dance | 12. Miss Mar.'s Farm |
| 6. Flea Fly | 13. Hi. My Name is Jo |
| 7. Twelve Months of the Year | 14. Head & Shoulders Variations |
| 15. Goodbye to You | |

What fun it was putting these songs together! Many of these are traditional songs that I have used over the years, some learned while still a child and carried on into the classroom to use with children. These songs how they evolved as I worked with children. I hope you have as much pleasure with them as I have Mar.

Recommended for ages 5 to 10.

Credits

All songs written and performed by Mar.

Produced by Music with Mar.

Arrangements & instrumentation by Mark Dye

Background vocals by : Mark Dye and....

Kylie & Kaitlin Ready Stefanie & Evan Miller

Caitlyn & Ally Russo Jacob VanLandinham

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