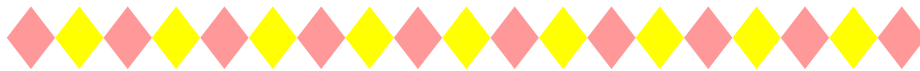


McCready Family Centre



Songs, Rhymes & Finger Plays



Welcome to your booklet

This booklet will provide you with a variety of rhymes, songs and finger action songs. The rhymes have a Q.R. code, which you can use to hear the tune and the words. Point your camera in your phone at the code and click to access the rhyme. Alternatively, type in the web address.

WE HOPE YOU WILL ENJOY THIS BOOKLET

There are 6 stages to songs and rhymes:

Stage 1 Lullabies

Stage 2 Songs and rhymes using your whole hand

Stage 3 Songs and rhymes using your fingers

Stage 4 Songs and rhymes that encourage hand movements across your body

Stage 5 Songs and rhymes that use the whole body

Stage 6 Songs and rhymes that use the whole body with games and movement

DID YOU KNOW?

- Singing can help you to be “in tune “ with your child, which in turn helps you to be connected and build a strong and healthy relationship.
- Saying rhymes can develop your child’s language skills.
- GOOD RHYMERS MAKE GREAT READERS
- Children who can repeat 8 rhymes or more word perfect are likely to be in the top reading group in Primary 3.

At McCready, we practice singing rhymes on a daily basis. We have a rhyme of the week, which you can access on our website and Twitter page.

Website: <https://blogs.glowscotland.org.uk/er/McCready/>



Twitter: [@mccreadyfamily](https://twitter.com/mccreadyfamily)

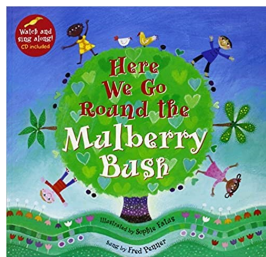
<https://twitter.com/mccreadyfamily>



Sing slowly in order for your child to listen carefully and hear the words. This supports later reading and helps your child to engage.

You can adapt songs and make them more relevant to what your child is experiencing and what they know about, for example:

**Changing your child's nappy
(Tune to Here We Go Round the Mulberry Bush)**



Now is the time to change you nappy (show your child the nappy)

This is the way we kick our legs (gently moving you child's limbs)

This is the way we stand up tall (as the routine comes to an end)

You can adapt to suit your child's needs

<https://www.youtube.com/watch?v=FTgxW32ie5E>

Stage 1 Lullabies

Classic Lullabies



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



<https://www.youtube.com/watch?v=yCjJyiqpAuU>

**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**



<https://www.youtube.com/watchv=MR5XS0djKMA>

Soothing Lullabies

- ◆ Improves memory and concentration
- ◆ Decreases stress and anxiety

Rock-a-bye baby

On the treetop

When the wind blows

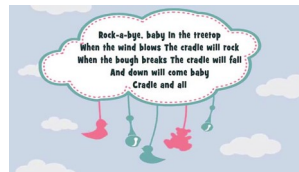
The cradle will rock

When the bough breaks

The cradle will fall

And down will come baby

Cradle and all



<https://www.dailymotion.com/video/x36sg4m>



You are my sunshine, my only sunshine

You make me happy when skies are grey

You'll never know dear, how much I love you

Please don't take my sunshine away

<https://www.youtube.com/watchapp=desktop&v=BtoWht1e-HY>

Hush, little baby don't say a word
Papa's gonna buy you a mocking bird
And if that mocking bird don't sing
Papa's gonna buy you a diamond ring
And if that diamond ring is brass
Papa's gonna buy you a looking glass
And if that looking glass gets broke
Papa's gonna buy you a billy goat
And if that billy goat don't pull
Papa's gonna buy you a cart and bull
And if that cart and bull turn over
Papa's gonna buy you a dog called Rover
And if that dog called Rover don't bark
Papa's gonna buy you a horse and cart
And if that horse and cart turn round
You'll still be the sweetest little baby in town
Still be the sweetest little baby in town
La, la, la, la, la, la
Hush, little baby don't you cry..



<https://www.youtube.com/watch?v=LwdPCWTstBs>

Stage 2 Rhymes/Songs that use the whole hand

DID YOU KNOW?

- ◆ Singing rhymes with simple actions can help your child to learn about his/her world and develop fine and gross motor skills. Use the whole hand to begin with, as this is easier than individual fingers
- ◆ Build a sense of anticipation as you sing. Babies learn quickly about the patterns of language through these songs.



Round and round the garden

Like a teddy bear.

One step, two step,

Tickle you under there. .

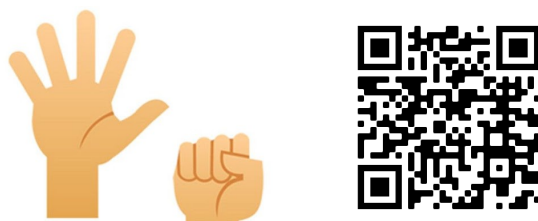
<https://www.youtube.com/watch?v=bdUztxhMFDA>



**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 Wheee all the way home**

<https://www.youtube.com/watch?v=FrjwSD7hWVc>

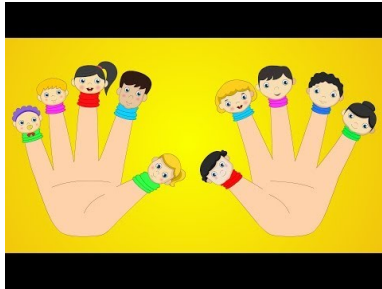
OPEN SHUT THEM



Open shut them – open shut them,
Give a little clap
Open shut them – open shut them,
Lay them in your lap
Open shut them – open shut them,
Give a little shake
Open shut them – open shut them,
Keep them wide awake
Open shut them – open shut them,
Roll them up like this
Open shut them – open shut them,
Blow a little kiss

<https://www.youtube.com/watch?v=yCandwKNV8Y>

I HAVE 10 LITTLE FINGERS



I have ten little fingers and they all belong to me.
I can make them do things, would you like to
see?

I can shut them up tight, I can open them wide.
I can put them together, I can make them hide.

<https://www.youtube.com/watch?v=T39YeUouwgY>

Stage 3 Rhymes/Songs that use fingers

- * Finger songs help to strengthen fingers and because fingers are representing something else, they develop your child's awareness of symbols.
- * Introducing rhymes that represent body parts, enables your child to begin to have a sense of themselves.

Two Little Dicky Birds (represents birds)

Two little dickie birds
Sitting on a wall,
One named Peter,
One named Paul.
Fly away Peter!
Fly away Paul!
Come back Peter!
Come back Paul!



<https://www.youtube.com/watch?v=czwYOEfOrXM>

Tommy thumb (represents characters)

Tommy Thumb, Tommy Thumb

Where are you?

Here I am, here I am

How do you do?



Peter Pointer, Peter Pointer

Where are you?

Here I am, here I am

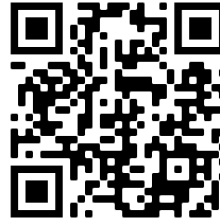
How do you do?

Toby Tall, Toby Tall

Where are you?

Here I am, here I am

How do you do?



Ruby Ring, Ruby Ring

Where are you?

Here I am, here I am

How do you do?

Baby Small, Baby Small

Where are you?

Here I am, here I am

How do you do?

Fingers all, fingers all

Where are you?

Here we are, here we are

How do you do?

<https://www.youtube.com/watch?v=ustdPWKFqaM>



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
So,
Incy Wincy spider went up the water spout again**

<https://www.youtube.com/watch?v=JCF2nFBXbsl>

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.



<https://www.youtube.com/watch?v=JU4dFpCrePQ>

One little finger, one little finger
One little finger, tap-tap-tap
Point your finger up, point your finger down
Put it on your head, head



One little finger, one little finger
One little finger, tap-tap-tap
Point your finger up, point your finger down
Put it on your nose, nose

One little finger, one little finger
One little finger, tap-tap-tap
Point your finger up, point your finger down
Put it on your chin, chin

One little finger, one little finger
One little finger, tap-tap-tap
Point your finger up, point your finger down
Put it on your arm, arm

One little finger, one little finger
One little finger, tap-tap-tap
Point your finger up, point your finger down
Put it on your leg, leg

One little finger, one little finger
One little finger, tap-tap-tap
Point your finger up, point your finger down
Put it on your foot, foot
Put it on your leg, leg
Put it on your arm, arm
Put it on your chin, chin
Put it on your nose, nose
Put it on your head, head
Now, let's wave goodbye, goodbye

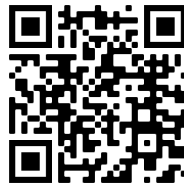
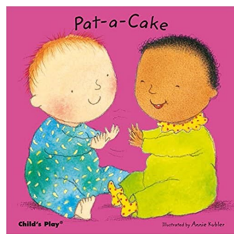


<https://www.youtube.com/watch?v=MwWo6Py201M>

Stage 4 Crossing the mid line (songs that encourage hand movement extending across the body)

DID YOU KNOW?

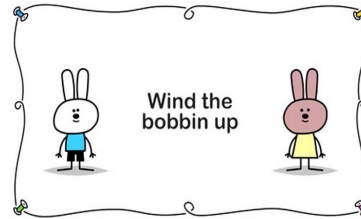
- ◆ Develops hand-eye coordination and body awareness.
- ◆ Encourages social interaction.
- ◆ Helps to celebrate food and community and roles within it
- ◆ Helps with co-coordinating sight, sound and movement
- ◆ Contributes towards future reading and writing
- ◆ Helps to make connections on both sides of the brain.



**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 bake it in the oven for baby and me.**

<https://www.nurseryrhymes.org/pat-a-cake.html>

**Wind the bobbin up,
Wind the bobbin up,
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 - 1, 2, 3,
Lay your hands upon your knees.**



**Repeat rhyme but this time
Wind it back again
Wind it back again**



<https://www.scottishbooktrust.com/songs-and-rhymes/wind-the-bobbin-up>



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 day long

The wipers on the bus go swish, swish, swish
Swish, swish, swish
Swish, swish, swish
The wipers on the bus go swish, swish, swish
All day long

The horn on the bus goes beep, beep, beep
Beep, beep, beep
Beep, beep, beep
The horn on the bus goes beep, beep, beep
All day long

The baby on the bus goes 'whaa whaa whaa'
Whaa whaa whaa
Whaa whaa whaa
The baby on the bus goes 'whaa whaa whaa'
All day long

The parents on the bus go 'shh, shh, shh'
Shh, shh, shh
Shh, shh, shh
The parents on the bus go 'shh, shh, shh'
All day long

<https://www.scottishbooktrust.com/songs-and-rhymes/the-wheels-on-the-bus-makaton>



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

Repeat with:

**Peter Pointer's up,
And Peter Pointer's down.**

**Toby Tall is up,
And Toby Tall is down.**

**Ruby Ring is up,
And Ruby Ring is down.**

**Baby Small is up,
And Baby Small is down.**

**All my finger's up,
And all my finger's down.**

https://www.youtube.com/watch?v=yh_PnBs0URI

Stage 5 Rhymes/Songs that use the whole body

DID YOU KNOW?

- ◆ Action songs encourage creativity and memory.
- ◆ Action songs enable children to be sensitive to others and consider each other's space.
- ◆ Helps to develop gross and fine motor movements through moving the whole body.
- ◆ Enhances language development through the music, dance and drama and helps to build vocabulary.
- ◆ Supports children's understanding in sequencing, predicting and gives children a sense of the beat/rhythm in each song/rhyme.



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

<https://www.youtube.com/watch?v=zv6ybv3YfeM>

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



Row, row, row your boat,
Gently down the stream,
If you see a crocodile,
Don't forget to scream (Aaagh!)



<https://www.youtube.com/watch?v=z1fH-DvkJS4>

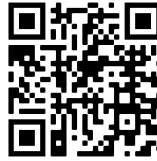
Roly poly, roly poly,
up, up, up, up, up, up (hands up)
Roly roly poly, roly roly, poly,
down, down, down, down, down, down
Roly poly, roly poly,
in, in, in, in, in, in (hands outwards)
Roly roly, poly, roly, roly, poly,
out, out, out (hands outwards)
(teaches opposites)

Roly Poly

Roly poly, roly poly
Up, up, up, up, up
Roly roly poly, roly roly poly
Down, down, down, down, down, down
Roly poly, roly poly
out, out, out, out, out, out
Roly roly poly, roly roly poly
in, in, in, in, in, in
Roly poly, roly poly
Fast, fast, fast, fast, fast, fast
Roly roly poly, roly roly poly
Slow, slow, slow, slow, slow, slow



<https://www.youtube.com/watch?v=oexBMxMKNFU>



Pop a little pancake into a pan (alternate clapping hands)
Pop a little pancake into a pan
Pop a little pancake into a pan
That's for my dinner today, (rub tummy)

Squeeze in the lemon with a squeeze, squeeze, squeeze
(give yourself or your child a tight squeeze)
Squeeze in the lemon with a squeeze, squeeze, squeeze
Squeeze in the lemon with a squeeze, squeeze, squeeze
That's for my dinner today, yum, yum

Shake in the sugar with a shake, shake, shake (wiggle
body)
Shake in the sugar with a shake, shake, shake
Shake in the sugar with a shake, shake, shake
That's for my dinner today, yum yum

Toss a little pancake up in the air... (pretend to toss)
Toss a little pancake up in the air...
Toss a little pancake up in the air...
That's for my dinner today, yum,yum

Eat it all up with a yum, yum, yum (rub tummy)
Eat it all up with a yum, yum, yum
Eat it all up with a yum, yum, yum
That's for my dinner today , yum, yum

https://www.youtube.com/watch?v=MdLaQ_yqTGQ

**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 floppy floppy hat
I can shake my hands like this
And shake my feet like that**

**When all the hens were roosting
And the moon behind the cloud
Up jumped the scarecrow
And shouted very loud**



**I'm a dingle, dangle scarecrow
With a floppy floppy hat
I can shake my hands like this
And shake my feet like that**

<https://www.youtube.com/watch?v=Cttjr9pWr0o>

Stage 6 Rhymes/Songs that use the whole body and introduce games/movement

- ◆ When children move to music, they are getting so much more than just exercise. They are also developing their coordination, balance, concentration and cognitive abilities.
- ◆ Children can learn and practice how to jump, bounce, skip and hop.
- ◆ When children move their whole body, they develop parts of the brain that help them to speak, read, write and play instruments.
- ◆ Children can learn from each other as they practice more complex moves and actions, thus developing social skills. Children can also feel part of a group.
- ◆ Expands a child's imagination.



**Ring-a-ring-a-rosies (hold hands
and move round in a circle)
A pocket full of posies
A tissue, a tissue
We all fall down**



**Down at the bottom of the deep blue sea
(crouch down)
Catching fishes for my tea
1.....2.....3... (jump up)**

<https://www.youtube.com/watch?v=l2tY8qrr5r4>

(you can change songs to make them more interesting and add different characters to give more depth and actions)

See the bunnies sleeping
Till it's nearly noon
Shall we wake them
With a merry tune?
They're so still, Are they ill?
Wake up bunnies. Hop little bunnies hop, hop, hop.
Hop little bunnies hop, hop, hop
Hop little bunnies hop, hop, hop
Hop, hop, hop.



See the monkeys sleeping
Till it's nearly noon
Shall we wake them
With a merry tune?
They're so still,
Are they ill?
Wake up monkeys.
Jump little monkeys, jump, jump, jump
Jump little monkeys, jump, jump, jump
Jump little monkeys, jump, jump, jump
Jump, jump, jump.

See the ponies sleeping
Till it's nearly noon
Shall we wake them
With a merry tune?
They're so still,
Are they ill? Wake up ponies.
Trot little ponies, trot, trot, trot
Trot little ponies trot, trot, trot
Trot little ponies trot, trot, trot
Trot, trot, trot (neigh)



<https://www.scottishbooktrust.com/songs-and-rhymes/sleeping-bunnies-toddler>



**I'm a little teapot
Short and stout
Here is my handle
(one hand on hip)
Here is my spout
(other arm out straight)
When I get all steamed up
Hear me shout
"Tip me over
and pour me out!"
(lean over toward spout)
I'm a clever teapot,**

**Yes it's true
Here let me show you
What I can do
I can change my handle
And my spout
(switch arm positions)
Just tip me over and pour me out!
(lean over toward spout)**

<https://www.youtube.com/watch?v=w1UcMPUfzYI>



Miss Polly had a dolly who was sick, sick, sick
So she called for the doctor to come quick,
quick, quick
The doctor came with his bag and his hat
And he knocked at the door with a rat-a-tat-tat

He looked at the dolly and he shook his head
And he said, "Miss Polly, put her straight to
bed"
He wrote on a paper for a pill, pill, pill
I'll be back in the morning yes I will, will, will

<https://www.youtube.com/watch?v=vAbMi7DY1eo>

Other possible songs:

**Hokey, Cokey,
Here we go Looby Loo
In and Out the Dusty Bluebells**

Lyrics to songs can be easily accessed online



BOOKBUG



For further songs and rhymes, you can access the Bookbug App.

<https://www.scottishbooktrust.com/reading-and-stories/bookbug/bookbug-app>

Please access the link below to listen to a nursery rhyme Rap. This is an excellent way of making rhymes even more fun and interesting.

Sprog Rock - Nursery Rhyme Rap



<https://www.youtube.com/watch?v=9Lx3ArsOPhM>

GOOD RHYMERS MAKE GREAT READERS!!!!

Repeating a simple rhyme can help your child to understand how rhyme words work

Can you touch your nose?
And touch your toes?
Nose and toes, nose and toes
Nose and toes are rhyming words!

Can you touch your head
And pretend to go to bed
Head and bed, head and bed
Head and bed are rhyming words

Can you touch your knee
And pretend to be a tree
Knee and tree, knee and tree
Knee and tree are rhyming words

Children will start to make up their own rhyming words with practice. They can use silly words to begin with and progress to rhyming more than two words, for example frog, bog, log.

Did you know?

- ◆ **Singing create joyfulness, a sense of community and develops communication, language and literacy.**
- ◆ **Singing can be an important way to facilitate everyday routines, as a singing voice is more likely to attract your child's attention.**
- ◆ **Singing routines such as "Now it's Time to Tidy Up" will support your child's understanding of routines. You can change words to familiar tunes.**

To recap:

- ◆ **Children who are exposed to musical experiences perform better in areas such as language development, speech, listening and reading.**
- ◆ **Enhances all senses.**
- ◆ **Builds self-confidence**
- ◆ **Improves listening skills**
- ◆ **Promotes creativity**
- ◆ **Develops fine and gross motor skills**

YOU CAN MAKE YOUR MUSICAL EXPERIENCES MORE INTERESTING BY MAKING SOME
HOMEMADE INSTRUMENTS

TIN DRUMS



HOW TO:

You will need:

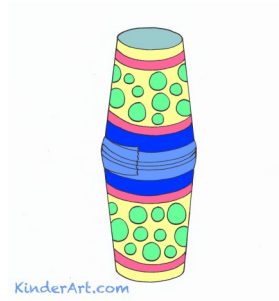
- ♥ Some empty, clean tin cans
- ♥ Rice/lentils
- ♥ Balloons
- ♥ Elastic bands
- ♥ Chopsticks/sticks

1. Begin by putting a small handful of rice or lentils into an empty tin can. PLEASE make sure the tin can has smooth edges (you can buy tin openers that open tins without leaving a sharp edge).

2. Cut the end off the balloon and simply stretch over the end of the tin.

3. Secure the balloon with an elastic band.

SHAKERS



WHAT YOU NEED:

- 2 plastic cups or yogurt containers — the same size — clean and dry
- 1/2 cup of coffee beans or dried peas or macaroni, rice or beads.
- Masking tape.
- Paint (acrylic paint is the best for this type of material but you can also use poster paint or tempera with glue added to it to make it stick to the plastic.)

1 WHAT YOU DO:

1. Put the beans or peas into one of the cups or containers
2. Wrap masking tape around the rims of the pots
3. Paint the shaker with bright colours and glue on fabric pieces too if you wish.

MUSICAL STRAWS



Did you know if you cut drinking straws into different lengths, they will make different sounds when you blow into them? Just try it! And when you put them together, there might even be music

- Arrange straws in a line and cut them at varying lengths, with the longest straws on the left down to the shortest straws on the right.
- Tape the straws together with an elastic band.

We hope that you find this booklet useful and are able to join in with the songs and rhymes.

Thank you