

1. Workout to the Letter Sounds

Topic – Letter sounds, body and brain connections.

Activity – Get ready to move and learn the letter sounds. Follow movements – stretching left to right, touching parts of body and pumping- up like a body builder moves. We make every effort possible to isolate each letter sound and say them clearly. Have some extra fun with your children and put some exercise gear on (ie. Sports hat, shirt or sweatshirt) as you workout.

Chorus

Stretch up high to the sky
Workout, workout
Tap your knees to the beat
Workout, workout
Twist your hips, just like this
Workout, workout
Everybody workout to the letter sounds
Now, stretch to the left for the letter
Stretch in the middle for the sound
Stretch to the right for a word
Everyone workout!
a a alligator
b b baby
c c caterpillar
d d dinosaur
e e elephant
f f family
g g gorilla
h h hippopotamus

Repeat Chorus

Hands on your shoulders for the letter
Hands on your waist for the sound
Hands on your knees for a word
Everyone workout!
i i insect
j j jet

k k kite

l l lion

m m monkey

n n nickle

o o octopus

p p pumpkin

Pump both arms up for the letter

Pump both arms down for the sound

Pump one arm strong for a word

Everyone workout!

q q quarter

r r rainbow

s s snake

t t turtle

u u umbrella

v v violin

w w woodpecker

x x like in a fox

y y yo yo

z z zebra

Repeat Chorus

That was great! I'm feeling good, feeling fine.

Working out to the letter sounds

can help you read & write

high five.

The daddy's on the bus go – high five, all through
the town.

Chorus

The rapper's on the bus go – yo yo yo, yo yo yo,
yo yo yo.

The rapper's on the bus go – yo yo yo, all through
the town

The DJ's on the bus go – everybody dance, everybody
dance, everybody dance

The DJ's on the bus go - everybody dance,
all through the town.

The farmer's on the bus go – soo – wee, soo – wee,
soo – wee

The farmer's on the bus go – soo – wee, all through

the town.
Chorus (2x)

2. Dancing 2's

On the chorus, children can hold up two fingers on each hand, move to the music and sweep the two fingers on the right hand over to the left then back over right. Do the same crossover move with the left hand. Then, on each set of ten follow my dances and count by two's.

Chorus

Let me introduce you to the Dancing 2's
They make you dance right to the groove
It's really cool – just do like I do
And sing and move with the Dancing 2's
Be cool cats – count by 2's

Now let's hip – hop	2, 4, 6, 8, 10
Now disco	12, 14, 16, 18, 20
Do the twist	22, 24, 26, 28, 30
Now monkey	32, 34, 36, 38, 40
Chicken dance	42, 44, 46, 48, 50
Do the cool dance	52, 54, 56, 58, 60
Now boogie	62, 64, 66, 68, 70
Shake it	72, 74, 76, 78, 80
Do the slide	82, 84, 86, 88, 90
Let's jump it	92, 94, 96, 98, 100

Repeat Chorus

3. H u m p t y D u m p t y

Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall
All the king's horses and all the king's men
Couldn't put Humpty together again.

Repeat

They tried to push him up
They tried to pull him up
They tried to patch him up
Couldn't put him back together again.

Repeat

4. Wheels on the Bus Rap

Chorus

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
The driver on the bus goes – come on in, come on
in, come on in.
The driver on the bus goes – come on in, all
through the town
The mommy's on the bus go – here's a hug, here's
a hug, here's a hug.
The mommy's on the bus go – here's a hug, all
through the town
The daddy's on the bus go – high five, high five,
high five.
The daddy's on the bus go – high five, all through
the town.

Chorus

The rapper's on the bus go – yo yo yo, yo yo yo,
yo yo yo.

The rapper's on the bus go – yo yo yo, all through
the town

The DJ's on the bus go – everybody dance, everybody
dance, everybody dance

The DJ's on the bus go - everybody dance,
all through the town.

The farmer's on the bus go – soo – wee, soo – wee,
soo – wee

The farmer's on the bus go – soo – wee, all through
the town.

Chorus (2x)

5. The Silly Pirate Song

*Topic - Sequencing, auditory memory comprehension and
brain/body connections*

*Activity – I wrote this song in Nov. 04 to give children a song to
really have fun with as they develop important listening,
comprehension and movement skills.*

*On parts, once there was a pirate...and yo,ho,ho, ho, hee...make
fists with both hands, elbows out to the sides & swing arms back &
forth – like a pirate!*

For surfer – both arms out balancing like your on a surf board.

For shark – both arms straight out front and chomp/clap two times.

For helicopter – one arm high above head & swing around.

For octopus – both hands out front and wiggle fingers.

For submarine – shoot one arm up like a periscope.

*For singing mermaid – both arms spread out like a star singer and
sing la, la, la.*

*For police boat – one arm out front hand open with palm out like a
traffic policeman stopping traffic.*

*On a pirates life is...touch your head like your thinking & then
shake pointer finger like your saying no and then finally both arms
hands up in frustration on “there are too many interruptions.”*

Get a pirate eye patch & hat to add fun!

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*Children can retell story, characters & sequence.
Draw some pirate pictures too. Enjoy lots of giggles & fun!*

Chorus line

Once there was a pirate who sang a pirate song
Then interrupting the pirate, a surfer came along
You'd hear... Yo, ho, ho, hee, hee, hee

Hey dude, surfs up
A pirates life for me
Yo, ho, ho, hee, hee, hee

Hey dude surfs up
A pirate's life for me

Repeat Chorus Line

A big shark came along
You'd hear... Yo, ho, ho ho, hee, hee, hee
Chomp, chomp, hey dude, surfs up

A pirates life for me
Yo, ho, ho, hee, hee, hee

Repeat Movements

Repeat Chorus Line

A helicopter came along
You'd hear... Yo, ho, ho, hee, hee, hee
Swoosh, swoosh, chomp, chomp, hey,
dude surfs up

A pirates life for me

Repeat

Repeat chorus Line

An octopus came along
You'd hear... Yo, ho, ho, hee, hee, hee
Wiggle wiggle, swoosh, swoosh, chomp, chomp,

Hey dude, surfs up
A pirates life for me
Yo, ho, ho, hee, hee, hee

Repeat Movements

Repeat Chorus Line

A submarine came along
You'd hear...
Yo, ho, ho, hee, hee, hee

Up periscope, wiggle, wiggle, swoosh,
Swoosh, chomp, chomp, hey dude, surf up
A pirates life for me
Yo, ho, ho, hee, hee, hee
Repeat Movements
Repeat Chorus Line
A singing mermaid came along
You'd hear... Yo, ho, ho, hee, hee, hee
La, La, la, up periscope
Wiggle, wiggle, swoosh, swoosh chomp, chomp
hey dude, surfs up
A pirates life for me
Yo, ho, ho, hee, hee, hee
Repeat Movements
Repeat Chorus Line
A police boat came along
You'd hear... Yo, ho, ho, hee, hee, hee
Stop-freeze, la, la, la, up periscope
Wiggle, wiggle, swoosh, swoosh,
Chomp, chomp, he dude surfs up
A pirates life for me
Yo, ho, ho, ho, hee hee, hee
Repeat Movements
A pirates life for me
A pirates life is...not for me
There are too many interruptions

6. Hip-Hop Tooty Ta

Topic – Listening, following directions, phonemic awareness, body movement.

Activity – Lift spirits and stimulate some fun with my new hip-hop version of this favorite song. Use for an upbeat transition or as a reward. Also, develop phonemic awareness with (open) version by substituting beginning sound (t) with another letter sound (ie. w-wooty wa or s – sooty sa)

Hip-Hop Tooty-Ta, Hip-Hop, Hip Hot Tooty Ta
Let's do it

Chorus Line

A tooty-ta, a tooty-ta, a tooty-ta-ta
(children repeat)
Children repeat all lines and move
Thumbs up Thumbs up
Repeat a Tooty Ta
Thumbs up Thumbs up
Elbows back Elbows back
Repeat A Tooty Ta
Thumbs up Thumbs up
Elbows back Elbows back
Feet apart Feet apart
Repeat A Tooty Ta
Thumbs up Thumbs up
Elbows back Elbows back
Feet apart Feet apart
Knees together Knees together

Repeat A Tooty Ta
Thumbs up Thumbs up
Elbows back Elbows back
Feet apart Feet apart
Knees together Knees together
Bottoms up Bottoms up
Repeat A Tooty Ta
Thumbs up Thumbs up
Elbows back Elbows back
Feet apart Feet apart
Knees together Knees together
Bottoms up Bottoms up
Tongue out Tongue out
Repeat A Tooty Ta
Thumbs up
Elbows back
Feet apart *Repeat*

Knees together
Bottoms up
Tongue out
Eyes shut
Repeat A Tooty Ta
Thumbs up
Elbows back
Feet apart *Repeat*
Knees together
Bottoms up
Tongue out
Eyes shut
Turn around
Repeat A Tooty Ta

Hip-Hop Tooty Ta Extensions

Here is a new hip version of an old favorite! By singing this song and following the movements, children learn listening skills, following directions, sequencing, phonemic awareness and body movement.

Extension #1 includes skills in drawing, reading, writing and retelling.

Ask the children to look at their thumbs. Encourage the children to notice the lines on each thumb. Discuss that the lines on one's thumb leaves a thumbprint (and emphasize that each person's thumbprint is unique). Show children how to make a thumbprint using paper and a stamp pad with washable ink. Tead the book and discuss the pictures: Ed Emberley's Great Thumbprint Drawing Book. Have the students stamp their thumbprint several times onto a piece of paper. As a story extension let the students like their thumbprint into a person, animal or anything else they create. Encourage them to add detail around the thumbprint for a background. Afterward, students will write a story about their picture. The teacher can also show Ed Emberley's website: www.emberly.com for several more examples. Later, children can share their pictures and stories with the class.

Extension #2 includes math skills in graphing and counting by two's.

Play "Tooty Ta" and ask the students to sing along. Discuss which body parts in the song we have two of. Pick a student to be a visual example in front of the class. Make a graph on chart paper. Two thumbs – yes or no. Two elbows – yes or no. Two tongues – yes or no. Ask students to name other parts of the body that they have two of. Next, introduce counting by two. Have students

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count math manipulative by grouping objects by two. Sing the Dancing 2's song from Jack Hartmann's *Movin' 2 Math* CD.

7. Twinkle, Twinkle, Little Star

Chorus Twinkle, twinkle, little star,
How I wonder what you are!
Up above the world so high,
Like a diamond in the sky.
When the blazing sun goes down,
And there's darkness all around
Then you shine your little light,
Twinkle, Twinkle, through the night.
Twinkle, twinkle, little star,
How I wonder what you are!
Repeat Chorus

8. We Are A Family

Activity - Sing along and try learning some basic sign language to this song. Family - thumb & index finger touch, move hands toward face and loop around. Together - make fists with both hands touching, circle hands together. Try learning more.

We're big - we're big, we're small - we're small
We're young - we're young and we're old - we're old
We're all different people living together with love.
We laugh - we laugh, we play - we play
We learn - we learn everyday - everyday
We're all different people living together with love.
Together with love.

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And we – we are - are
A – a family - family
Living - living
Together - together
Together - together
(Chorus) We are a family - family
Wherever we may go
We are a family - family
I can feel our love - grow
I can feel love grow
We hug - we hug, we care - we care
We help - we help and we share - we share
We're all different people living together with love.
Together with love
We sing - we sing, we hope - we hope
We dream - we dream and we grow - we grow
We're all different people living together with love.
Together with love.
And we – we are - are
A – a family - family
Living – living, working - working
Together - together
Together - together
(Repeat Chorus 2X)

9. Let's Get Fit

This upbeat song combines brain and body development as you follow the simple exercises and count to 100 by 1's. Use song 20 to make up your own exercises and count. We tried to make this counting standard skill a little more fun and healthy.

Chorus

Count to 100 everyday
Keep your mind and body in shape
Let's get fit/have some fun
Count to 100 by ones

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Get ready to exercise and count

1. **Stretch your arms**
1 2 3 4 5 6 7 8 9 10
2. **Stretch your legs**
11 12 13 14 15 16 17 18 19 20
3. **Pump each arm up**
21 22 23 24 25 26 27 28 29 30
4. **Do arm circles**
31 32 33 34 35 36 37 38 39 40
5. **Shoulder shrugs**
41 42 43 44 45 46 47 48 49 50
6. **Pump elbows back**
51 52 53 54 55 56 57 58 59 60
7. **Do windmills**
61 62 63 64 65 66 67 68 69 70
8. **Walk in place**
71 72 73 74 75 76 77 78 79 80
9. **Jog in place**
81 82 83 84 85 86 87 88 89 90
10. **Clap up high**
91 92 93 94 95 96 97 98 99 100

Repeat Chorus

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call toll-free: 1-888-219-2646 or visit Jack's website
www.jackhartmann.com**

