

Rhymin' To The Beat – Vol. 1
Jack Hartmann
and
FRIENDS

Side A

1. Humpty Dumpty

Music n' Movement Activity:

On "Humpty Dumpty" move one hand (in a fist) up high as the song starts. Sway hand to the beat. On the words "sat on a wall" place the other arm extended horizontally right under your hand in a fist. (The fist is Humpty Dumpty – the other extended arm is the wall.)

On "had a great fall" roll over and over both hands in a fist and shake, wiggle, dance your whole body down low.

On "all the kings horses" – move like you're riding a galloping horse – both hands holding the reins, then bend your knees up and down.

On "all the kings men" – stand straight and tall and salute like soldiers in the king's army.

On "couldn't put Humpty Dumpty together..." move both arms in front of you then move right

On "they tried to push him up" act and sound like you're pushing up Humpty who is quite heavy.

On "pull him up" act and sound like you're trying to pull Humpty up.

On "patch him up" move both open hands and palms up and down and up and down as if you're trying to patch-up lots of different cracks. Also, make sounds like on the album.

Children can draw pictures, read and develop rhyming awareness with this fun song.

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

2. Jack B Nimble

Music n' Movement Activity:

On "Jack Be Nimble" lift both arms to eye level with hands in a fist. Move both forearms and hands left and right in opposite directions.

On "Jack be quick" move your whole body like you're running quick.

On "Jack jumped over" move whole body like you're taking one big jump forward.

On "a candlestick" place both hands in a fist with one hand on top of the other.

On "jump, jump, jump, Jack jump!" children can have fun jumping in place.

On "get ready" they crouch way down getting ready to jump.

On "get set" move arms like you're ready to jump.

Children jump! Pretend and play a saxophone on the instrumental part.

- Repeat Movements -

Jack be nimble.....Jack be nimble
Jack be quick.....Jack be quick
Jack jumped over.....Jack jumped over
A candlestick.....A candlestick

Now jump, jump, jump, Jack jump!
Jump, jump, jump, Jack jump!

Get ready.....Get ready

Get set.....Get set

Jump, jump, jump, Jack jump!
Jump, jump, jump, Jack jump!

Repeat 2X

3. ITSY BITSY SPIDER

Music n' Movement Activity:

Everyone can follow traditional movements to this cool rock n' roll version. Little fingers are spiders moving together up and up. On rap part, everyone clap their hands and sing along.

The itsy bitsy spider went up the water spout
Down came the rain and washed the spider out
Out came the sun and dried up all the rain
And the itsy bitsy spider went up the spout again

(Repeat 2X)

The itsy bitsy spider never gave up
She tried and tried even though it got rough
Falling down didn't make the spider stop
She just got stronger and made it to the top

Repeat

4. Three Cool Mice

Music n' Movement Activity:

I show the children a simple slower version of the Macarena. Make movements slower – everybody have fun.

Chorus

Three cool mice, three cool mice
See how they move,
See how the groove

They swing their hips to the beat
Move their body really neat
Twist with their mouse feet

Three cool mice, three cool mice (2X)

Repeat Chorus

They move their arms up and down
Shake, shake to the sound,
They're the coolest mice around,

Three cool mice, three cool mice (2X)

Repeat Chorus

They sway their shoulders side to side,
Dance down low and then up high
See their cute mousy smiles

Three cool mice, three cool mice

Repeat

5. I'm A Little Teapot

Music n' Movement Activity:

Children can do the traditional movements to the words "here is my handle, here is my spout. When I get all steamed up then I shout – just tip me over and pour me out." In all other parts do some Disco dancing. Try one hand (pointer finger extended) and arm pointing to high corner – then as your hips sway side to side, your arm and hand go across your body and point down to opposite lower corner. Learn some other Disco dance moves.

I'm a little teapot
Short and stout
Here is my handle
Here is my spout.
When I get all steamed up,
Then I shout,
Just tip me over and pour me out!

Repeat 2X

6. Paddycake

Music n' Movement Activity:

Instruct children to get a partner and do paddycake together. Younger children can just pat hands together (palm to palm) without clapping first. Between the verses of the song follow children singing up high and then down low. On the high paddycake, raise arms and hands up high and on low paddycake bend over and move hands down low.

Everyone sing along.

Paddycake, Paddycake, baker's man,
Bake me a cake as fast as you can;
Roll it, pat it, mark it with a B,
Put it in the oven for baby and me.

Paddycake.....Paddycake
Paddycake.....Paddycake

7. Twinkle, Twinkle, Little Star

Music n' Movement Activity:

Place both hands at eye level with fingers spread out.

On "twinkle, twinkle..." wiggle fingers like a sparkling star.

On "how I wonder..." place pointer finger of one hand to your head as you look up toward the sky with head slightly tilted to the side of your pointer finger.

On "up above..." move both hands upward.

On "like a diamond" with your thumbs and pointer fingers of both hands make the shape of a diamond.

On "twinkle, twinkle..." wiggle fingers of both hands as you did at the start.

-----Repeat these movements in third verse-----

On "when the blazing sun goes down" with both hands make a circular shape with your thumbs and pointer fingers and let it slowly go down and down.

On "and there's darkness all around" with both hands (palms facing out and fingers spread apart), move them outward left and right.

On "Then you shine your little light" – wiggle fingers of one hand.

On "Twinkle, twinkle through the night" – wiggle fingers on both hands, then spread both hands out left and right.

Chorus

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!

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

Side B
1. Baa, Baa, Black Sheep

Music n' Movement Activity:

On "Baa, Baa Black Sheep" place both hands, like little paws, in front of you and move them to the beat.

On "have you any wool" wiggle fingers of both hands all around the sides of your body.

On "yes sir, yes sir" shake your head and pointer finger yes.

On "three bags full" hold up 3 fingers.

On "one for the master, one for the dame, one for the little boy", put up one finger at a time.

On "who lives down the lane..." move hand with three fingers out as if pointing down the lane.

On "Baaaa" everyone follow the children and say "baaaa" and wiggle your whole body down low and then up.

- Repeat these movements as verse repeats -

All parts that children say "baaaa" wiggle your whole body down then up again. Children can act like they're playing the electric guitar on guitar parts.

Baa, baa, black sheep have you any wool?

Yes sir, yes sir, three bags full

One for the master, one for the dame,

One for the little boy who lives down the lane

Baaaaaaaaa

2. Jack & Jill

Music n' Movement Activity:

On "Jack & Jill went up the hill" children all move like they're climbing up a big hill.

On "to fetch a pail of water" act like you're carrying a pail of water.

On "Jack fell down" wiggle and shake your whole body downward.

On "broke his crown" put both hands on your head.

On "Jill came tumbling after" roll your hands over and over and move downward.

- Repeat these movements on this verse –

On parts "they'd jump together, they'd skate together" act out all action words, everyone move together. Children could even get in pairs or small groups.

Chorus

Jack and Jill went up the hill
To fetch a bail of water;
Jack fell down and broke his crown,
And Jill came tumbling after

Repeat Chorus

Oh, they'd jump together,
Yes, they'd skate together,
And, they'd dance together,
Jack and Jill

Oh, they'd swim together,
They'd play paddycake together,
And, they'd run together,
Jack and Jill

Repeat Chorus

Oh, Jack and Jill
Jack and Jill

3. One, Two, Buckle My Shoe

Music n' Movement Activity:

Children can sing along with children on the song and count to 10 and then 11 to 20. You could also have each child hold a number and step out in a line or into a circle when we're singing their number. Also, help children be aware of all the rhyming patterns.

One, two, buckle my shoe;
Three, four, shut the door;
Five, six, pick up sticks;
Seven, eight, lay them straight;
Nine, ten, a big fat hen;

You're doing great! Let's do it again!

Repeat

Eleven, twelve, be proud of yourself
Thirteen, fourteen, reach high for your dreams;
Fifteen, sixteen, hands are for helping;
Seventeen, eighteen, together we're learning;
Nineteen, twenty, be all you can be!

4. Hickory, Dickory, Dock

Music n' Movement Activity:

On "Hickory Dickory Dock" tick tock like a clock with your whole body.

On "the mouse ran up the clock" with both hands, wiggle and jiggle your fingers from waist high – upward (like a mouse running).

On "the clock struck one" everyone hold up one finger and move it like you're striking the bell.

On "the mouse ran down" now wigly-jiggly fingers move from high up downward.

On "Hickory Dickory Dock" follow same movement as in first line.

On electric guitar instrumental – everyone can rock out with their own guitar or (for the ambitious) they could make their own cardboard guitars.

Hickory, Dickory, Dock, The mouse ran up the clock
The clock struck one, The mouse ran down
Hickory, Dickory, Dock

Repeat 2X

5. London Bridge is Falling Down

Music n' Movement Activity:

One group of children make a bridge (two lines with arms extended high touching hands) and another group moves under the bridge round in a circle. At some moment, the bridge falls down (children move hands down and catch some other children on the bridge – then, they lift arms up again.

On “build it up with stones so strong” children on the line walking under the bridge can act like they’re building it up stone by stone.

- Repeat movements for verse 1 –

On instrumental everyone can act like they’re playing the horn along with the song. We modeled this song from the great Beatles songs “All You Need Is Love” & “Penny Lane.”

London bridge is falling down
falling down, falling down:
London Bridge is falling down, my fair lady.

Build it up with stones so strong,
Stones so strong, stones so strong,
Build it up with stones so strong, my fair lady.

London Bridge is falling down,
falling down, falling down;
London Bridge is falling down, my fair lady.

6. Hey, Diddle, Diddle

Chorus

Music n' Movement Activity:

On "Hey, Diddle Diddle" hands on knees and bend knees to the beat.

On "the cat and the fiddle" pretend you're playing the fiddle.

On "the cow jumped over the moon", everyone jump.

On "the little dog laughed to see such sport" children can wag their bottoms side to side as the little dog barks.

On "the dish ran away with the spoon" run, run, run in place.

- Repeat movements for each verse -

On the fiddle instrumental everyone can pretend to play the fiddle or dance and turn in little circles.

Hey, diddle, diddle, the cat and the fiddle,
The cow jumped over the moon;
The little dog laughed to see such sport,
And the dish ran away with the spoon.

Repeat Chorus 2X

7. Mary Had A Little Lamb

Music n' Movement Activity:

This is such a nice easy sing-along, everyone can follow the children on the song. Try a singing circle where everyone starts in a big circle, then a child or group is assigned a certain verse. When it's their turn they step inside the circle. The circle of children can even walk around and round.

Chorus

Mary had a little lamb,
Little lamb, little lamb
Mary had a little lamb, its fleece was white as snow;

Everywhere that Mary went,
Mary went, Mary went
Everywhere that Mary went, the lamb was sure to go.

It followed her to school one day,
School one day, school one day,
It followed her to school one day, it was against the rule;

It made the children laugh and play,
Laugh and play, laugh and play
It made the children laugh and play, to see a lamb at school

Repeat Chorus 2X

From the Author, Jack Hartmann; M.A., B.M.I.

We had a lot of fun making these cool new versions of 14 nursery rhyme favorites. We stayed with the traditional words in most of the songs, but sometimes made new adaptations to add movement and fun. For – • language development • rhyming awareness • simple story lines • great humor • colorful characters • preschool and kindergarten reading readiness • a wonderful variety of musical styles - Rhymin' To The Beathas it! Try the movement activities we suggest or have lots of fun creating your own.

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adapted by Jack Hartmann and Mark Dye
Arrangements and music by Mark Dye and Jack Hartmann**

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