

Rhymin' To The Beat – 2

Jack Hartmann and FRIENDS

1 – Mother Goose Party

Activity – It's a dance party with eight different nursery rhyme characters moving &

dancing a different way. Follow each character and do the twist, the boogaloo, the

bop, the disco and lots of fun moves. Teachers use it to enhance their rhyming and

nursery rhyme units. Drawings, cutouts, mobiles, wall hangings and even costumes

can be made to go along with Mother Goose Party.

We're having a party, all our friends are there

Chorus A Mother Goose Party with dancing everywhere

(Repeat)

Jack Be Nimble is jumpin to the beat

Jump, jump, Jack jump jump – he's got some dancing feet

Humpty Dumpty is twistin on the wall

Turnin & twistin – please Humpty don't fall

And Old Mother Hubbard can do the boogaloo

She's movin & grovin with her doggie too

Little Bo Peep is boppin all around

Boppin with her sheep and those sheep are getting down

Repeat Chorus 2X

Jack & Jill can limbo way down low

Limbo – limbo – how low can you go

Old King Cole – shake your merry soul

Shake, shake all over – like jello in a bowl

Little Miss Muffet can disco really cool

The spider beside her – they're really in the groove

The Itsy Bitsy Spider loves to do the crawl

She's dancin all over – crawl Itsy crawl

2 – Little Miss Muffet

Activity – On sat on a tuffet, move like you're sitting down. On eating her

curds & whey, move like you're putting crackers in your mouth. On along

came a spider..., wiggle your fingers of one hand like a spider crawling.

On frightened Miss Muffet away, move arms, hands, face, body & legs

like you just were scared by something. Repeat movements. On you

could hear the spider say..., wiggle fingers of one hand like a spider and

then wave both arms right & left to the beat on play. On movement words:

clap hands, dance & wiggle, have fun & follow movements. Repeat & sing

& move along. I'm so glad a wonderful singer from our Tampa Bay area,

Belinda Womack, could sing this song. I love it – hope you do too!

Little Miss Muffet sat on a tuffet, eating her curds and whey

Along came a spider, who sat down beside her
And frightene Miss Muffet away
Then, you could hear the spider say
Little Miss Muffet I just want to play
Let's clap and la la – la la la – la la la la la
La la – la la la – la la la la la
Repeat
Let's dance and la la – la la la – la la la la la
La la – la la la –la la la la la
Let's wiggle and la la – la la la – la la la la la
La la – la la la – la la la la la
Over the ocean on the sandy ocean floor
Lived a friendly grandpa crab, and his little crabbies four
Snap said the grandpa
We snap said the four
So they snapped and they played
On the sandy ocean floor
Over in the ocean where the waves splash high
Lived a sweet auntie seal, and her little seals five
Jump said the auntie
We jump said the five
So they jumped and they played
Where the waves splash high
Over in the ocean near the small islands tip
Lived a hungry uncle shark, and his little sharks six
Hunt said the uncle
We hunt said the six
So they hunted and they played
By the small islands tip
Over in the ocean where the sun shines from the heavens
Lived a kind stepmommy sailfish, and her little sailfish seven
Sail said the mommy
We sail said the seven
So they sailed and played
Where the sun shines from the heavens
Over in the ocean where the kelp forests sway
Lived a silly stepdaddy otter, and his little otters eight
Wiggle said the daddy
We wiggle said the eight
So they wiggled and they played
Where the kelp forests sway
Over in the ocean where the swift seagulls fly
Lived a great grandma dolphin, and her little dolphins nine
Swim said the grandma
We swim said the nine
So they swam and they played

Where the swift seagulls fly
Over in the ocean near the sandy ocean bed
Lived a great grandpa stingray, and his little stingrays ten
Glide said the grandpa
We glide said the ten
So they glided and they played
Near the sandy ocean bed

3 – Pease Porridge

Activity – On pease porridge hot, place both hands up near your face with palms facing out move them slightly outward to right and left as you make a face and act like you’ve just tasted something that’s too hot! One some like it cold, move both hands outward like you’re pushing something away and stick your tongue out like you tasted something yucky. On in the pot nine days old, hold your nose with one hand & wave the other hand outward like you’re waving bye to someone, with a face like you’re saying yuuuuk! When children count just hold up fingers as I count or point to numbers 1 – 9 as I sing them. Repeat movements. The cool rhythm & beat really makes this simple rhyme come alive – sing along, move & have fun!

Pease porridge hot, pease porridge cold
Pease porridge in the pot 9 days old
Some like it hot, some like it cold
Some like it in the pot 9 days old.
1 2 3, 4 & 5
6 7 8, the next number is 9
Repeat

4 – Old King Cole

Activity – On Old King Cole, spread hands & arms out halfway to each side – left & right with palms facing out. Sway hands & arms merrily side to side to the beat. On merry old soul, then move both hands toward your heart & touch your chest with fingertips. On called for his pipe move one hand up near your mouth like you’re holding a pipe. On bowl, cup both hands like a bowl. On fiddlers, act like you’re playing the fiddle. Keep fiddling as I sing, and they played...Repeat same movements on Old King Cole... On drummers and guitar players act like you’re playing that instrument. On last Old King Cole...everyone play instruments together – children can choose. Make music together for Old King Cole. Children can dance and move to the cool Caribbean rhythm.

Old King Cole was a merry old soul, a merry old soul was he
He called for his pipe, and he called for his bowl
And he called for his fiddlers three
And they played – repeat
Repeat verse (change last line)
And he called for his drummers three

And they played - repeat
And he called for his guitar players three
And they played – repeat
Old King Cole was a merry old soul, a merry old soul was he

5 – Rags

Activity – I love this old favorite. On his tummy sags, place both hands on your stomach like it's real, real big & full. On flip-flop, place both hands by your own ears like two big doggy ears & on flip bend one hand over and on flop bend the other hand over. On tail wig wags, hold up both index fingers; on wig, move right finger down to the left and on wags move left finger down to the right. On zig-zag-on zig, quickly slide hips to one side (right or left) and on zag quickly slide hips the other way. On my dog Rags loves to play, move both hands like paws in front of you up & down & up & down quickly. On rolls around in the mud – wiggle, wiggle your whole body. On I call him, whistle or call Rags & wave one arm like you're telling him to come. On goes the other way, point arm, hands and finger the other way. Follow same movements on flip, flop; wig, wag; zig, zag, but, do them right after each other – it's fun. On I love Rags, act & move hands like you're petting a dog. On he loves me, move arms like you're hugging him.

I've got a dog and his name is Rags
He eats so much that his tummy sags
His ears flip, flop & his tail wig, wags

6 – To Market, To Market

Activity – On jiggety jig, put both hands in a fist out in front of you & then to the disco beat cross hands over & under one another, right hand going left, left going right & then back again & again. On jiggity jog, hands still in a fist, but move them up & down in front of you like you're jogging. Repeat. Then on action words, run, skip, hop and gallop, follow movements. Repeat.

Jiggety jig, jiggety jog

Jiggety jig, jiggety jog

Repeat

Run – to market, to market to buy a fat pig

Home again, home again jiggety jig

Skip – to market, to market to buy a fat pig

Home again, home again, jiggety jog

Repeat Action Part

Hop – to market, to market to by a fat pig

Home again, home again jiggety jig

Gallop – to market, to market to buy a fat hog

Home again, home again, jiggety jog

7 – Over In The Ocean

Activity – Children can follow all action words – dive, snap, swim, wiggle, glide, etc., and move like the sea animals. Great with units and themes on sea life and basic counting skills. Use visuals, stories and there are many books on the different sea animals. You may want to get our book Over In The Ocean that goes right along with the song. Our book includes the wonderful illustrations by Roohee.

Over in the ocean by the sand and the sun
Lived a strong mommy turtle, and her little turtle one
Paddle said the mommy
I paddle said the one
So they paddled and they played
By the sand and the sun
Over in the ocean colored green and blue
Lived a big daddy whale, and his little whales two
Dive said the daddy
We dive said the two
So they dove and they played
In the green and the blue
Over in the ocean way down in the deep
Lived a proud grandma eel, and her little eels three
Slither said the grandma
We slither said the three
So they slithered and they played
Way down in the deep

Chorus

(Action Part)

8 – Mary, Mary Very Caring

Activity – On Mary, Mary very caring – children can give themselves a hug. On how does your garden grow – move heads and arms down low and then slowly up higher and higher. On golden sun – make a big circle with your arms moving from up high to circling down low. On lots of love – just give yourself a hug. On rain that falls down – wiggle hands and fingers from up high to down low. On dig a hole – act like you're digging. On plant the seeds – act like you are dropping seeds in the ground. On pat the dirt – move both hands like you are patting the ground. On give them a little water – act like you are pouring water from a watering can. On lots of love – give yourself another hug. Use with themes of springtime, gardening, growing things, and the life cycle.

Mary, Mary very caring
How does your garden grow?
And when he walks – he walks zig-zag
He goes flip-flop, wig-wag, zig-zag
Flip-flop, wig-wag, zig-zag

Flip-flop, wig-wag, zig-zag
My dog Rags he loves to play
He rolls around in the mud all day
I call him (whistle) he doesn't obey
He always runs the other way
Repeat Chorus
I love Rags and he loves me

9 – I Know An Old Lady

Activity – Teachers and parents can use this fun upbeat song to enhance the reading and re-telling of this old favorite. Children love to make all the different animals with construction paper and crayons. Use as visuals when you sing the song. Also, discuss size ordering and how each animal is bigger than the one before. Children may also really enjoy participating in dramatic play and acting-out each part and wearing some type of costume for each animal.

We omitted “perhaps she'll die” because some children find this part of the traditional story a bit scary or sad. We thought they'd have more fun with a lively, oh my, my!!

I know an old lady who swallowed a fly
I don't know why she swallowed a fly
Oh, my, my!!

I know an old lady who swallowed a spider
That giggled and tickled inside her
She swallowed a spider to catch a fly
But I don't know why she swallowed the fly
Oh my, my!!

I know an old lady who swallowed a cat
Now fancy that, to swallow a cat!
She swallowed the cat to catch the bird
She swallowed the bird to catch the spider
She swallowed the spider to catch the fly
But I don't know why she swallowed the fly
Oh my, my!

I know an old lady who swallowed a dog
Oh, what a hog to swallow a dog!
She swallowed the dog to catch the cat
She swallowed the cat to catch the bird
She swallowed the bird to catch the spider
She swallowed the spider to catch the fly
But I don't know why she swallowed the fly
Oh my, my!

I know an old lady who swallowed a cow
I don't know how she swallowed a cow.
She swallowed the cow to catch the dog
She swallowed the dog catch the cat

She swallowed the cat to catch the bird
She swallowed the bird to catch the spider
She swallowed the spider to catch the fly
But I don't know why she swallowed the fly
Oh my, my!
I know an old lady who swallowed a horse
And that's the last thing she swallowed, of course!

10 – Old Mother Hubbard

Activity – On went to the cupboard, walk in place. On get her poor dog a bone, move one arm out reaching. On the cupboard was bare, shake head back and forth & open arms out wide. On love that doggy so, act like you're hugging. On walked down to the station, walk in place. Rode on the bus, act like you're sitting riding on a bus. Swam across the river, act like you're swimming hard. Started to run, now run in place. Rode on her skateboard, with arms out wide balancing act like you're riding on a skateboard. Got her poor doggy a bone, reach out with one arm. Repeat movements

Old Mother Hubbard went to the cupboard
To get her poor dog a bone
When she got there, the cupboard was bare
And so the poor dog had none
Repeat
But, old Mother Hubbard loved that doggie so
She walked down to the station – plop, plop, plop
She road on the bus – brrr, brrrr
She swam across the river – splish, splash, splish
Then started to run – hugh, hugh, hugh
She cruised on her skateboard – whee, whee
She skipped in the store – la, dee, da
And got her poor doggie a bone
Repeat

11 – This little Pig

Activity – This upbeat new version can be a fun fingerplay. On this little pig went to market – hold thumb up, wiggle it and move your hand from one side to another. On...came home—hold up index finger and move side to side and then point off far away. On...roast beef – touch middle finger of one hand with index finger of the other hand and use that hand to move like you're eating roast beef. On...had none – touch ring finger with the index finger of the other hand and then move both hands in a fist and wipe your eyes and shake your head “oh no” back & forth. On children's part...wee wee – touch small pinky finger with index finger of the other hand and then stick out your small finger, shake it and move it from in front of your body to the back, then move it in front. Then on wee, wee, wee – move small finger from front all the way back with a big motion. On

rolled in the mud – shake and wiggle your whole body. On shared roast beef –act like you're eating and yum, yum, rub your stomach – yum, yum. Repeat.

This little pig went to the market

This little pig stayed home

This little pig had roast beef

This little pig had none

This little pig went

Wee – wee – wee

Wee – wee – wee – wee – wee – wee

All the way home

Later on they all got together & rolled right in the mud

Later on they shared that roast beef

Yum, yum, yum-yum, yum

With golden sun and lots of love,

And rain that falls down from above.

Repeat Verse

Dig a hole – dig, dig, dig

Plant the seeds – plant, plant, plant

Pat the ground – pat, pat,pat

Then give them a little water and lots of love.

Repeat Verse

12 – Little Boy Blue

Activity – On come blow your horn, act like you're playing a horn musical instrument. On the sheep's in the meadow, point with both pointer fingers to one side and on cow's in the corn point to the other side. On where's the boy..., move both hands up by your shoulders – palms facing each other to quickly turning them to face you. Your head looks all around acting like you're looking for the boy. On he's under the haystack, move both hands palms down like hands are going under something. On wake up..., flip both hands outward to the sides on each wake up. Then on stretch your arms, stretch out wide; on wipe the sleep..., rub both eyes with both hands; on please play me a tune, cup both hands together in front of you like you're saying please! On wake up..., do some wake-up movements. Repeat.

Little Boy Blue come blow your horn

The sheep's in the meadow, the cow's in the corn

Where is the boy who looks after the sheep

He's under the haystack fast asleep

Wake up, Little Boy Blue

Wake up, wipe the sleep from your eyes

Wake up – stretch your arms way out wide

Wake-up – play me a tune

Wake-up, wake-up Little Boy Blue

13 – Little Bo Peep – Country

Activity – On Little Bo Peep, make a fist with both hands – as they face each other place them under your chin as you sway your head side to side. On doesn't know where..., move both open hands on each side of your face & shake your head back & forth "no." On leave them alone..., move both hands away from you. On they'll come home, move both hands back toward you. On wagging their tails..., put both pointer fingers together & wag them back & forth. On she walked high up..., act like you're walking up a big hill. On hopped down..., hop, hop, hop. On she looked side to side..., place one hand over your eyes & look side to side. On round & round..., turn around & around. On come home one day..., give yourself a big hug.

Little Bo peep has lost her sheep
And doesn't know where to find them
Leave them alone and they'll come home
Wagging their tails behind them

(Repeat)

She walked high up the hill
She hopped down by the lake
She looked side to side
Then round & round & round she went
They'll come home one day
Repeat verse

14 – There Was An Old Woman

Activity - On there was an old woman who lived in a shoe..., point & touch shoe. She had so many children...was a lot to do, spread arms out wide. So the children said, reach arms straight out. We can walk together, hold hands with a friend. We can clean, move both hands in a fist round & round in little circles. Oh oh yeh, raise up both arms. We can sweep, make sweeping motion with both arms. On oh yeh, same movement. We can pick-up, bend over slightly & move like you're picking up toys, blocks, papers, etc.

On work together as a family, hold hands together. Repeat verse and movement. We can pour juice, move your arm like you're pouring juice.

There was an old woman who lived in a shoe
She had so many children
There was a lot to do
So the children said mama
May we help you please
We can work together as a family
Work together as a family
We can clean – sh, sh, so yeh!

We can wash – swish, swish, oh yeh!
We can pour milk – gulp, gulp, oh yeh!
Work together as a family
Repeat Chorus
We can play together as a family
Play together as a family
We can hop – hop, hop, oh yeh
We can play ball – boing, boing, oh yeh
We can run – go, go, oh yeh

15 – Starlight, Starbright

Activity – On starlight, place both hands with fingers spread out in front of your face & then move them outward left & right. On starbright, with hands up high & fingers spread out wiggle & jiggle them like stars sparkling. On first star, hold up one pointer finger. On I wish I may..., move one hand over your heart and on I wish I might..., move the other hand. On I wish..., children can take turns & share their special wish.

Starlight, starbright, first star I see tonight
I wish I may, I wish I might
Have the wish I wish tonight
(Repeat)
I wish – I wish

16 – Little Bo Peep – Rock

Activity – follow same movements as country version.

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P.O. Box 28241
St. Petersburg, FL 33709
Jack Hartmann, M.A.
Call (727) 586-2223
Or Toll-Free at 1-888-219-2646
www.jackhartmann.com
Chorus