

HEIDISONGS™

Sing-Along Songs that Teach!

Music with
Mother Goose
Nursery Rhyme Songs

Lyrics & Handmotions

P.O. Box 603, La Verne, CA 91750

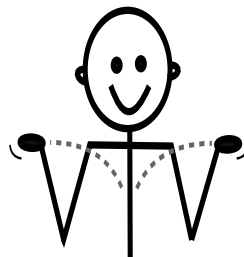
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Baa Baa Black Sheep

(Chorus)

Put both of your hands up by your ears and dip down and up in time with the music.

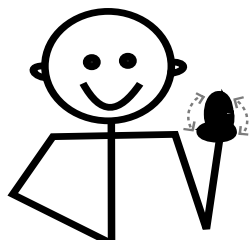


Put hands and arms out in a "why" motion.

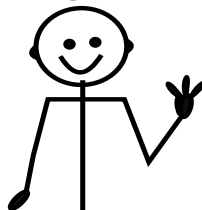
Baa baa black sheep, have you any wool?

Put your hand in a fist with your thumb between your index and middle finger and shake up and down with the words.

Sign for "yes"!



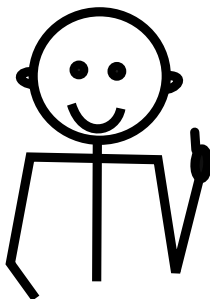
Show Three Fingers!



Hold three fingers up.

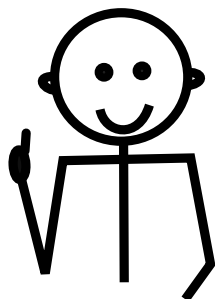
Yes sir, yes sir, three bags full!

Hold up one finger for every time you say "one".

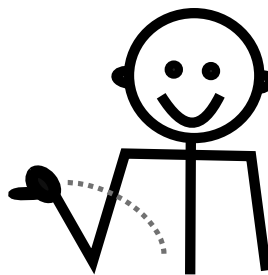


One for the master, and one for the dame,

Hold up one finger with your other hand.



Point your thumb to the side to motion "down the lane".

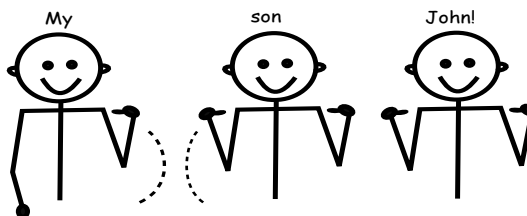
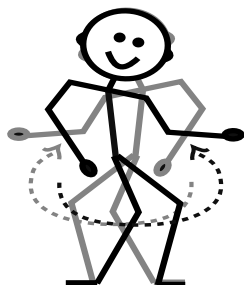


One for the little boy who lives down the lane.

Diddle Diddle Dumpling

(Verse)

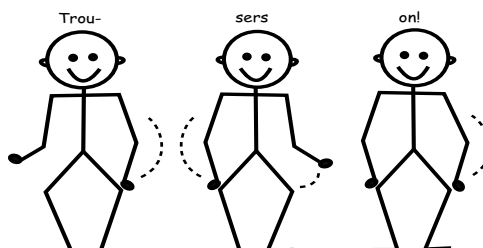
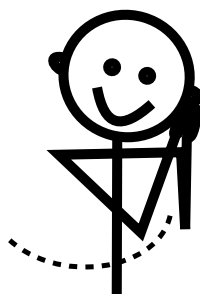
Twist your body going down and up with the words.



Point to yourself.

Diddle, diddle, dumpling, my son John,

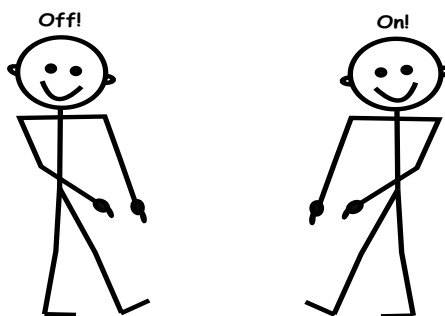
Put hands by your head like you're sleeping.



Put your hands on your knees.

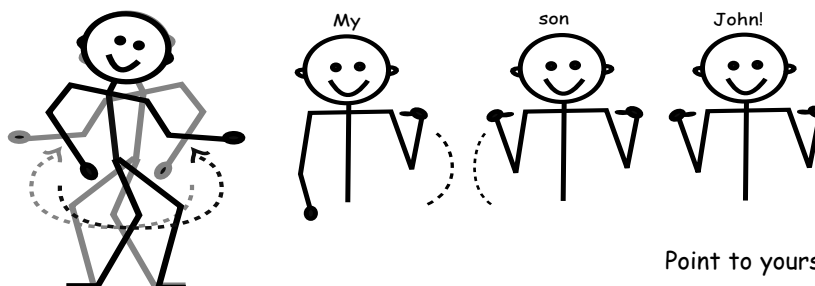
Went to bed with his trousers on!

Point to your shoes with the words.



One shoe off and the other one on,

Twist your body going down and up with the words.



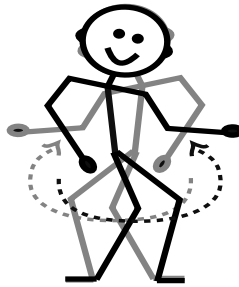
Point to yourself.

Diddle, diddle, dumpling, my son John!

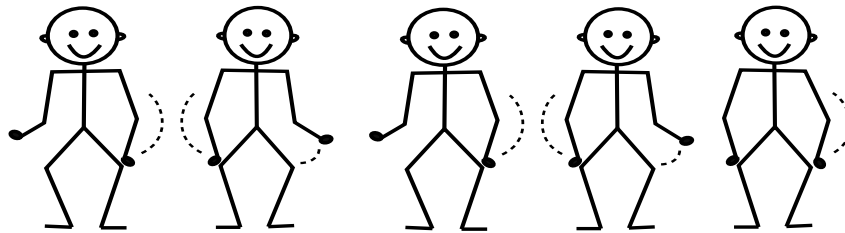
Diddle Diddle Dumpling

(Bridge)

Twist your body
going down and up
with the words.

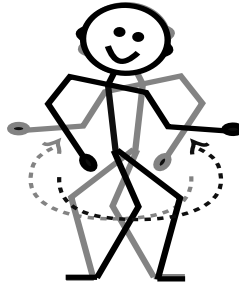


Diddle, diddle, dumpling!

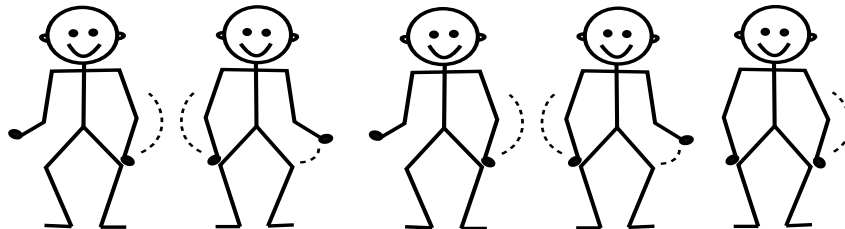


Put your hands on your knees to the beat.

Twist your body
going down and up
with the words.



Diddle, diddle, dumpling!

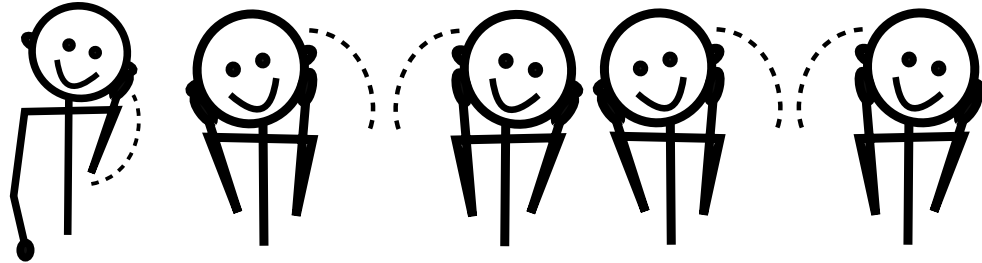


Put your hands on your knees to the beat.

Georgie Porgie

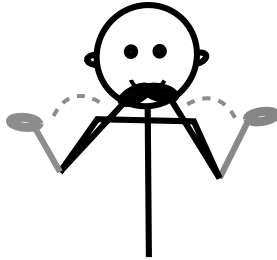
(Chorus)

Put your hands on your cheeks.



Georgie Porgie, puddin' and pie,

Blow a kiss!

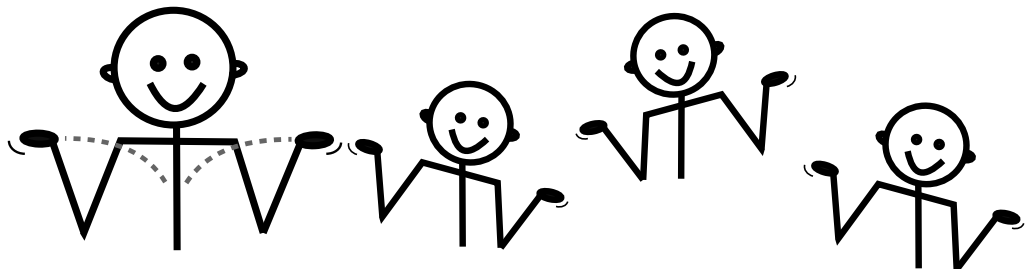


Pretend to cry.



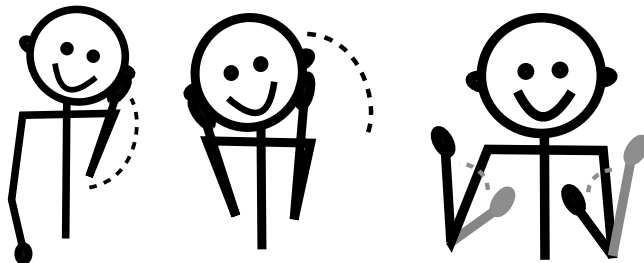
Kissed the girls and made them cry,

Put your arms out in a question pose at the word "boys" then bounce from side to side.



When the boys came out to play,

Put your hands on your cheeks.

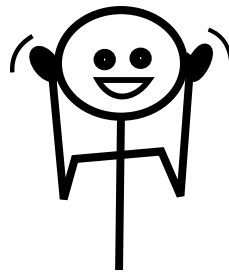
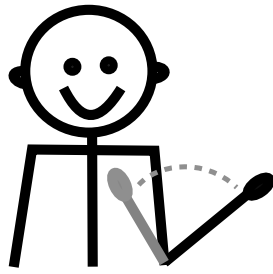


Pretend to run!

Georgie Porgie ran away!

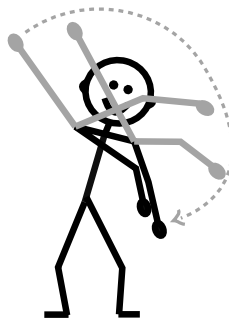
Hey Diddle Diddle

(Chorus and Verse)



Make cat ears with your hands on your head.

Hey diddle diddle, the cat and the fiddle,



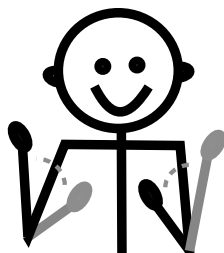
Motion with your arms over your head and all the way across your body.

The cow jumped over the moon,



Beg like a dog to the words.

The little dog laughed to see such sport,

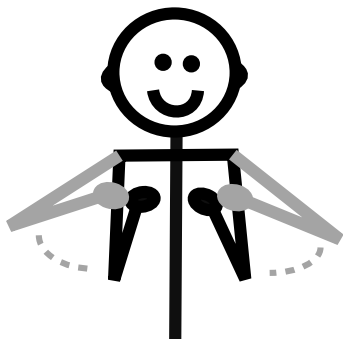


Pretend to run!

And the dish ran away with the spoon!

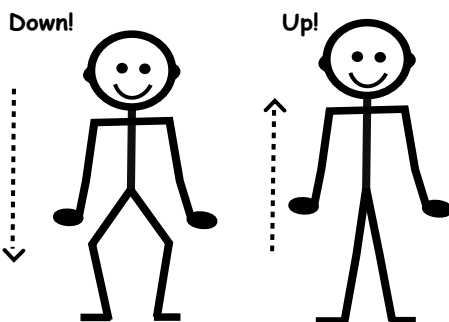
Hickety Pickety

flap your elbows like
you have the wings
of a chicken.



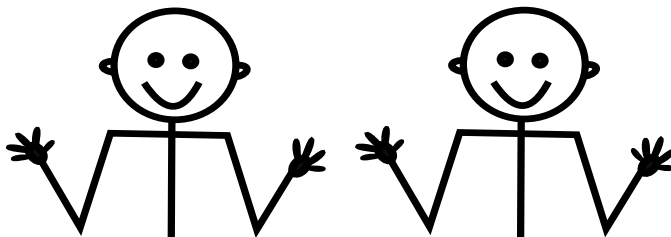
Hickety, pickety, my black hen,

Make your palms flat
and straighten your
arms on both sides of
your body, then dip
to the song.



She lays eggs for gentlemen,

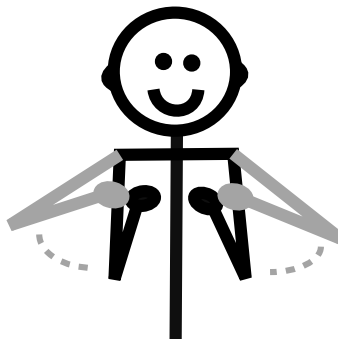
Hold up nine fingers.



Hold up ten fingers.

Sometimes nine and sometimes ten,

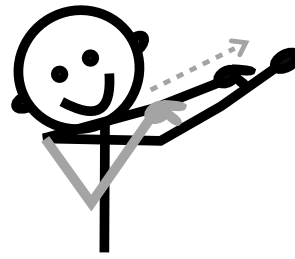
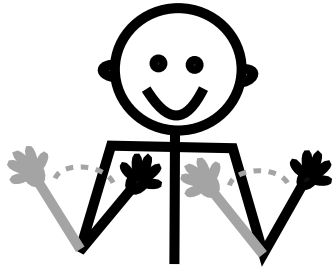
flap your elbows like
you have the wings
of a chicken.



Hickety, pickety, my black hen!

Hickory Dickory Dock

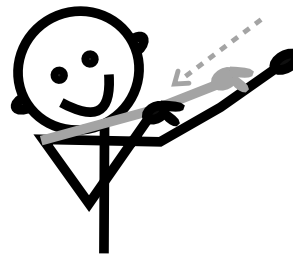
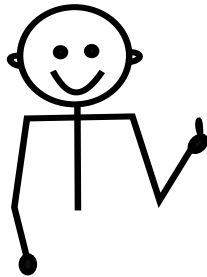
Wave your hands
from side to side
to the words.



Run your fingers
up your other arm
that is held up
straight.

Hickory dickory dock, the mouse ran up the clock,

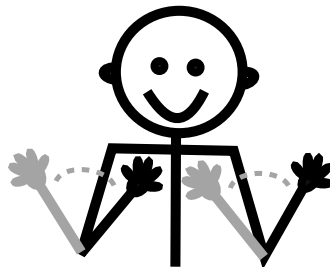
Hold up one finger.



Run your fingers
down your other arm
that is held
up straight.

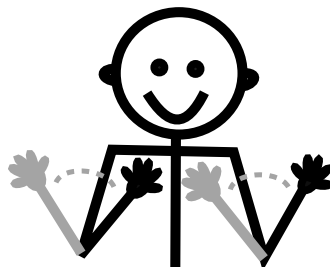
The clock struck 1, the mouse ran down,

Wave your hands
from side to side
to the words.



Hickory dickory dock!

Wave your hands
from side to side
to the words.

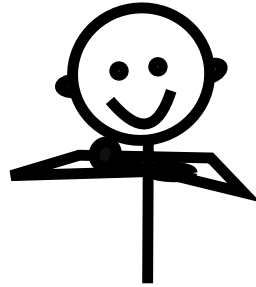


Hickory dickory dock!

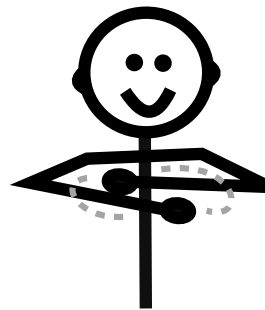
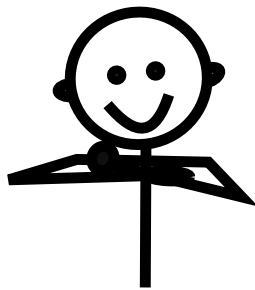
Humpty Dumpty

(Verse)

Put one arm in front of you like a wall, and make a fist with the other hand and set it on top of the wall.



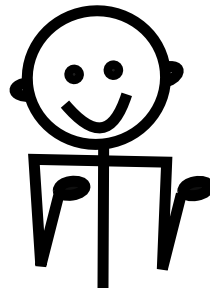
Humpty Dumpty sat on a wall,



Roll your arms in a tumbling motion forward and down.

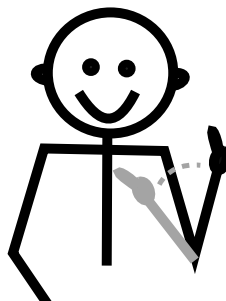
Humpty Dumpty had a great fall,

Put your hands in front of you as if you are riding a horse.



All the king's horses and all the king's men,

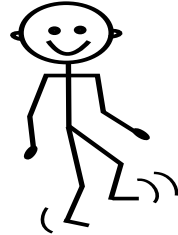
Wag your finger back and forth in front of you to the words.



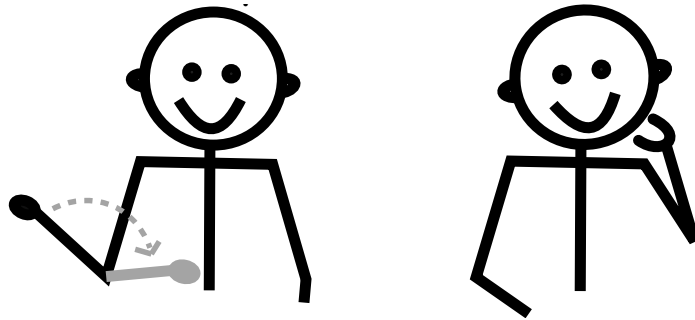
Couldn't put Humpty together again!

Jack and Jill

Walk!

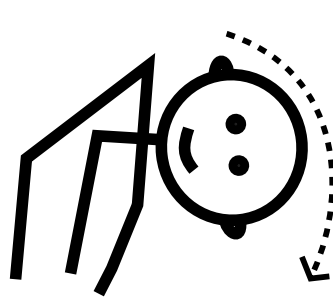


Jack and Jill went up a hill,

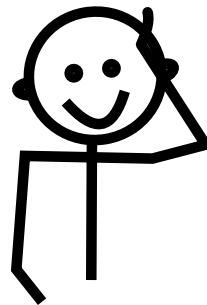


to fetch a pail of water,

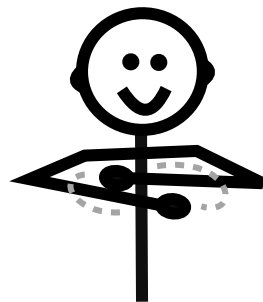
Put your head down
like you're falling.



Put the palm of your
hand against the side
of your head at the
word "crown".



Jack fell down and broke his crown,

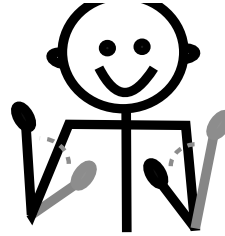
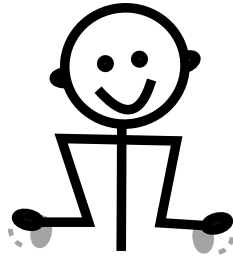


Roll your arms in a tumbling
motion forward and down.

And Jill came tumbling after!

Jack Be Nimble

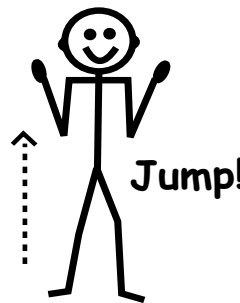
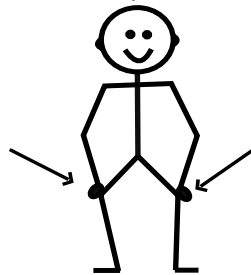
With your elbows
at your sides,
shake out your
hands to the
music.



Pretend to run!

Jack be nimble, Jack be quick,

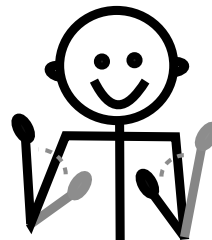
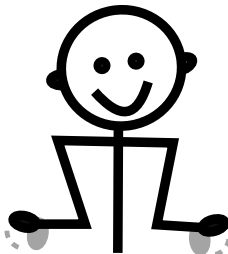
Touch your knees!



Pull your arms up
when you jump!

Jack jump over the candlestick!

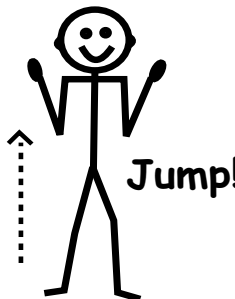
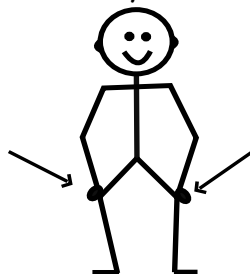
With your elbows
at your sides,
shake out your
hands to the
music.



Pretend to run!

Jack be nimble, Jack be quick,

Touch your knees!



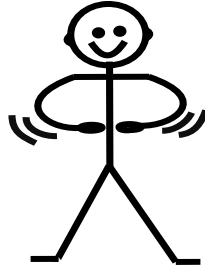
Pull your arms up
when you jump!

Jack jump over the candlestick!

Jack Sprat

(Chorus)

Make a fat belly with
your arms.



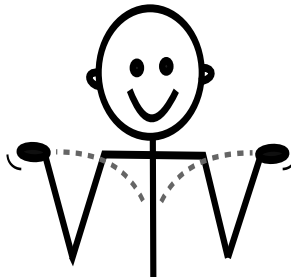
Jack Sprat could eat no fat,

Pull in your arms to
your sides.

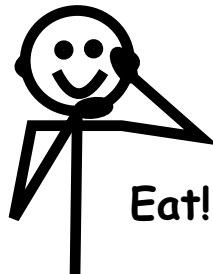


His wife could eat no lean,

Put your arms out in a
question pose.



And so between them both you see,



Motion with your
hands like you are
eating.

They licked the platter clean!

Little Boy Blue

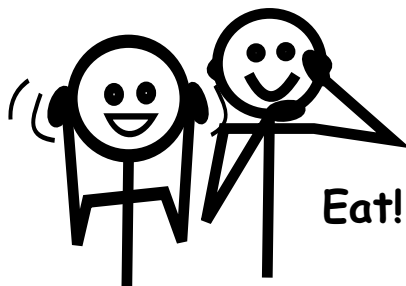
(Verse)

Cross your arms in front of you facing to the side, and then switch sides.



Little boy blue, come blow your horn,

Put both of your hands up by your ears and sway side to side with the music.



Be a cow!

Motion with your hands like you are spring.

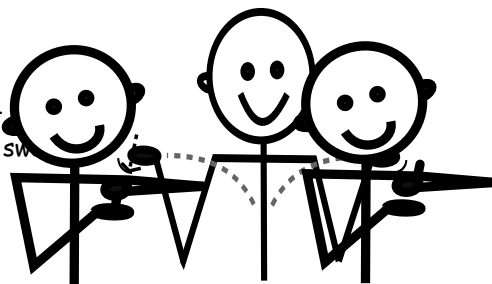
Put both of your hands up by your ears with your pointer finger up and sway side to side with the music.



Eat!

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

Hold your hand flat in front of you and put your arms out with your other hand in question pose and sw side down. put your thumb into your hand.



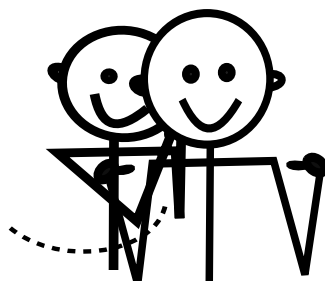
Pull your thumb out and rest it on top of your other flat hand.

But where is the boy who looks after the sheep?

Thumbs up!

Two thumbs up.

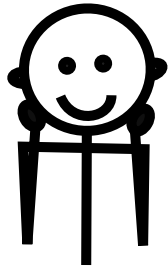
Put your head by your head you're sleeping and sway side to side.



He's under the haystack fast asleep!

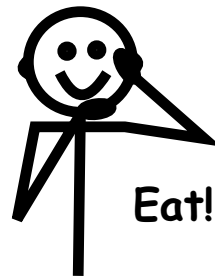
Little Miss Muffet

Frame your face
with your hands.



Put your arms by
your sides with
your hands flat
and dip.

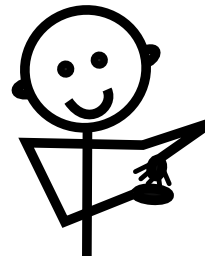
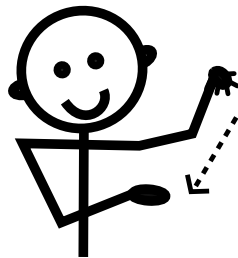
Little Miss Muffet sat on her tuffet,



Motion with your
hands like you are
eating.

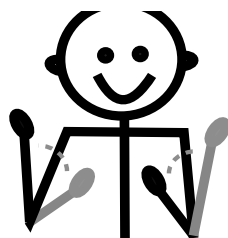
Eating her curds and whey,

Make your hand crawl
like a spider from
above and down to
your other hand in
front of you.



Rest your spider
hand on your
other hand in
front of you.

Along came a spider who sat down beside her,

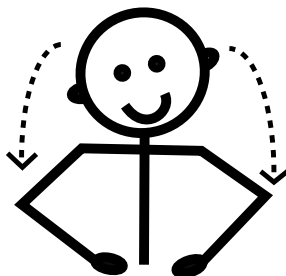
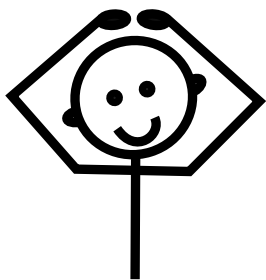


Pretend to run!

And frightened Miss Muffet away!

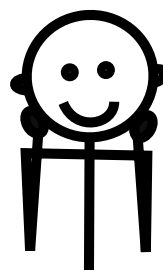
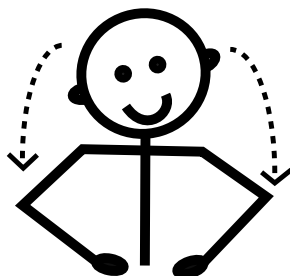
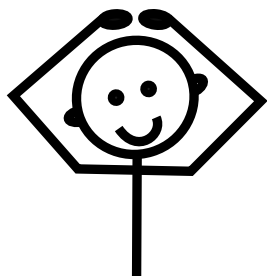
London Bridges

Make a bridge with her arms above your head.



Make the bridge fall each time you say "down".

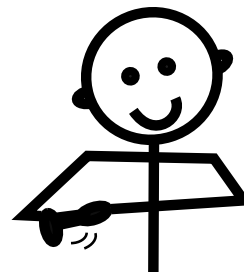
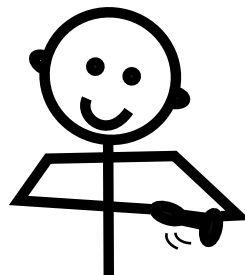
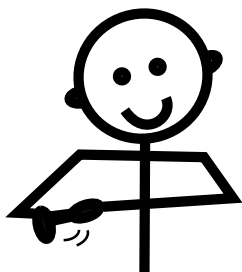
London bridges falling down, falling down, falling down,



Frame your face with your hands and sway side to side.

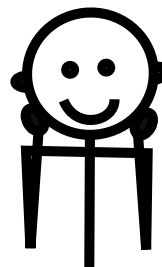
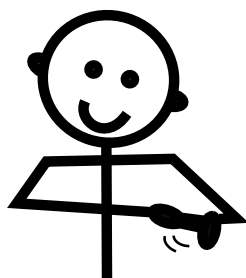
London bridges falling down, my fair lady,

Use one hand as the lock and the other as the key, and lock it!



Repeat with the words, switching sides.

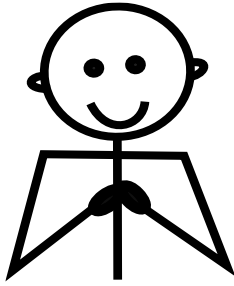
Take a key and lock her up, lock her up, lock her up,



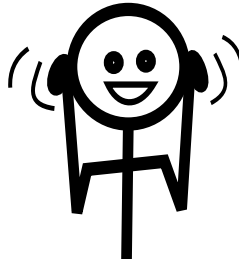
Frame your face with your hands and sway side to side.

Take a key and lock her up, my fair lady!

Mary Had a Little Lamb

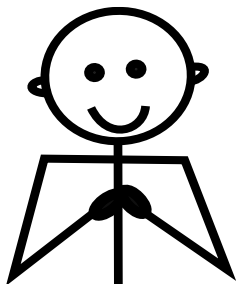


Fold your fingers together in front of you on "Mary".

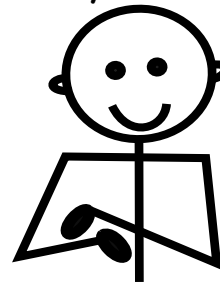


Put both of your hands up by your ears and sway side to side each time you say "little lamb".

Mary had a little lamb, little lamb, little lamb,

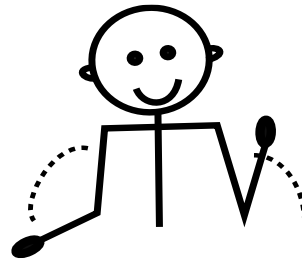
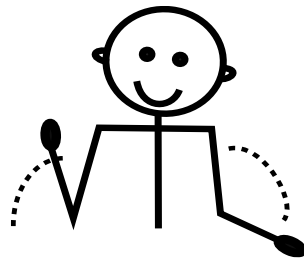
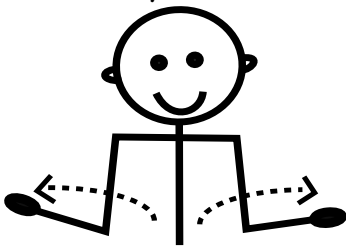


Pet your arm!



Mary had a little lamb, his fleece was white as snow!

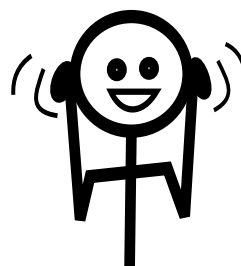
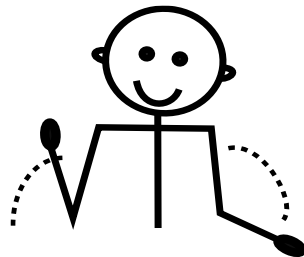
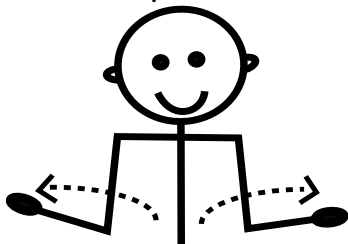
Everywhere!



Wave your hands from side to side and repeat with each "Mary went".

Everywhere that Mary went, Mary went, Mary went,

Everywhere!

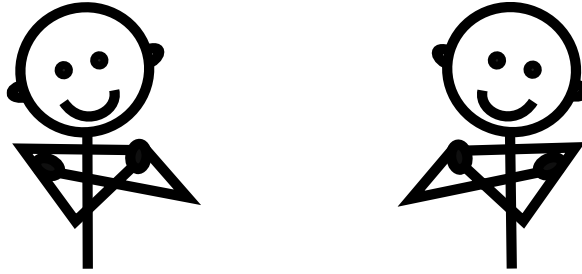


Put both of your hands up by your ears and sway side to side.

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

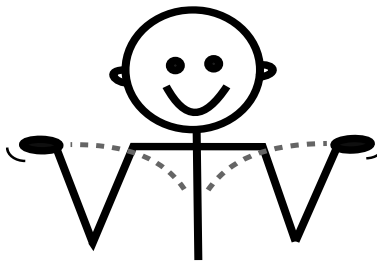
Mary Mary Quite Contrary

Cross your arms in front of you to one side and then switch sides.



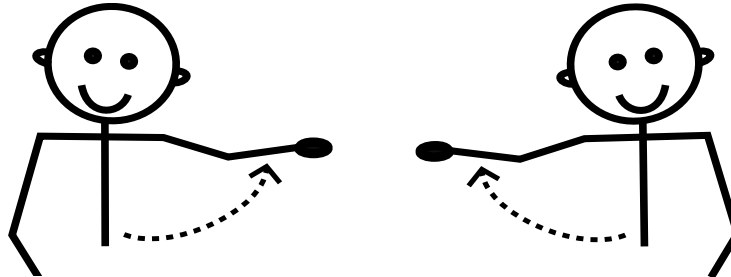
Mary Mary, quite contrary,

Put your arms out in a question pose.



How does your garden grow?

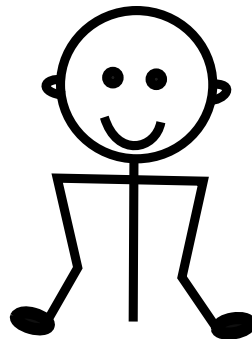
Sweep your arm across the front of your body and out to the side.



Do the same motion with the other arm.

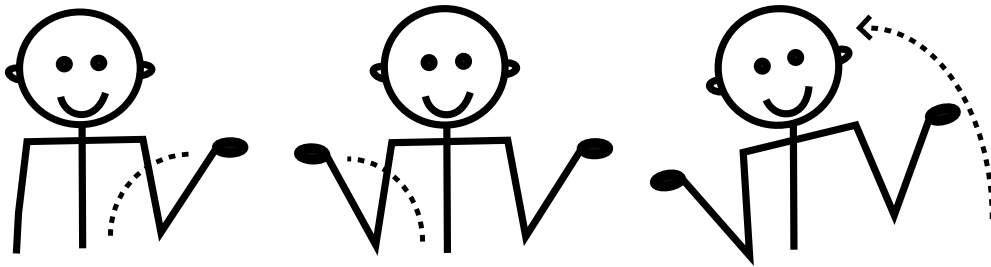
With silver bells and cockle shells,

Put your arms by your sides with your hands flat and shuffle to the side.



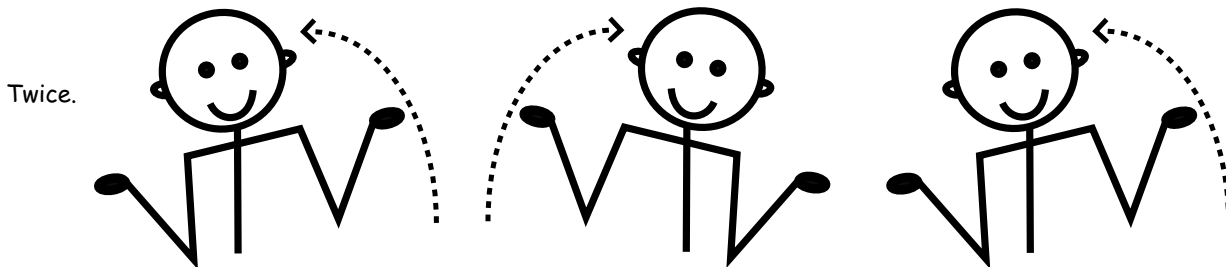
And pretty maids all in a row!

Muffin Man



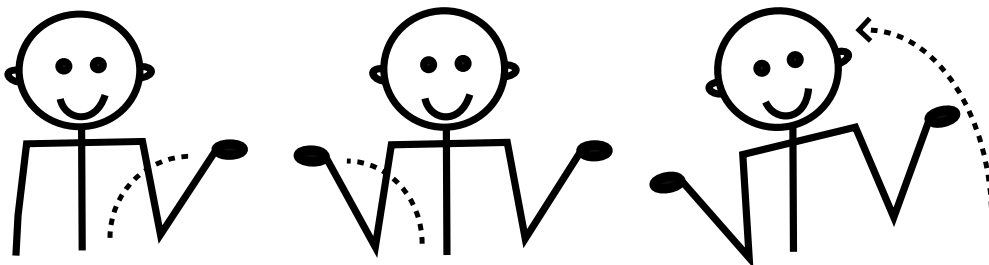
Put out your arms one by one into a question pose and then dip side to side.

Do you know the muffin man?



Twice.

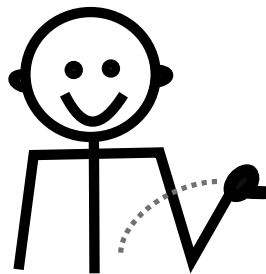
The muffin man, the muffin man,



Put out your arms one by one into a question pose and then dip side to side.

Do you know the muffin man?

Point your thumb out motioning to the side.



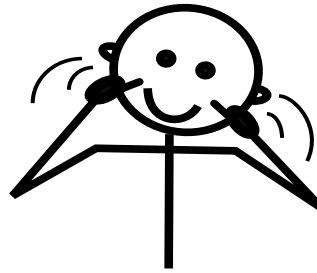
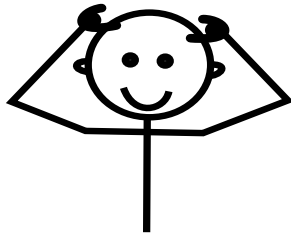
At the end of the song, put up jazz hands!

Who lives on Drury Lane?

Yeah!

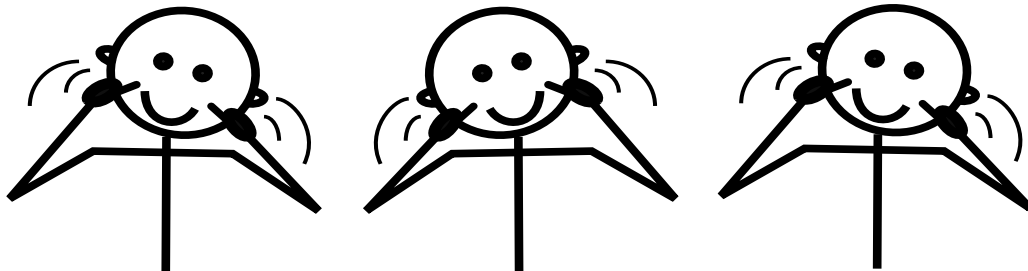
Old King Cole

Make a crown!



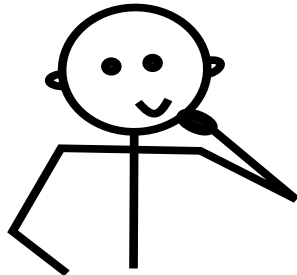
With your fingers on your cheeks pointing at your smile, tilt your head side to side.

Old King Cole was a merry old soul,

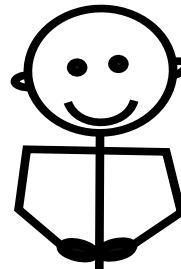


And a merry old soul was he!

Hold a pipe up to your mouth!



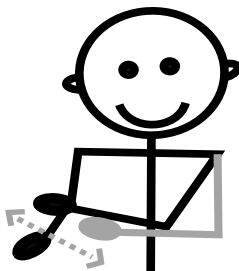
Hold out your bowl!



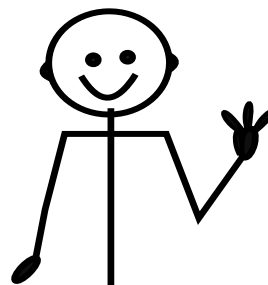
Shape your hands into a bowl in front of your body.

He called for his pipe and he called for his bowl,

Pretend to play the fiddle with one arm stretched out and the other motioning across it.

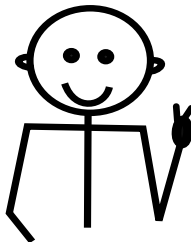
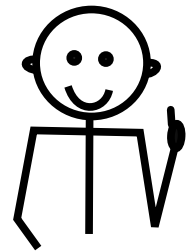


Hold up three fingers.

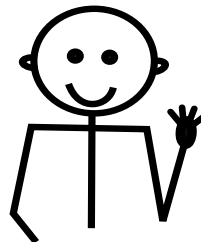
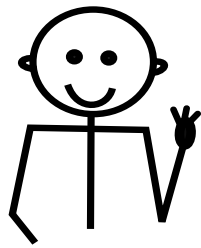
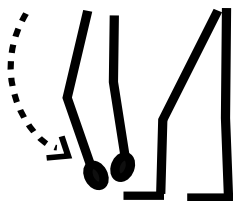


And he called for his fiddler's three!

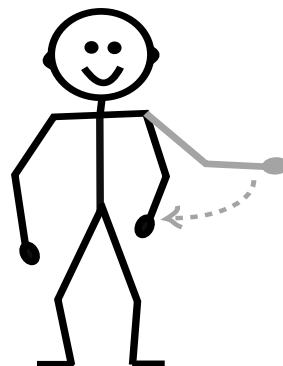
One, Two, Buckle My Shoe



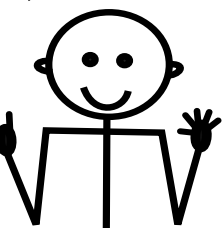
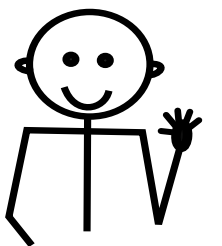
Tie your shoe.



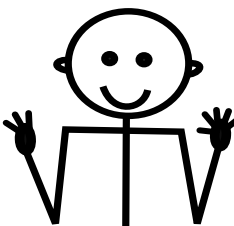
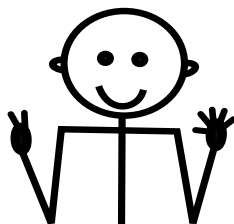
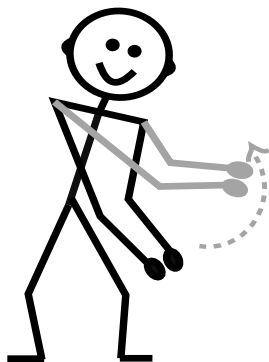
Motion with one arm as if pushing a door closed.



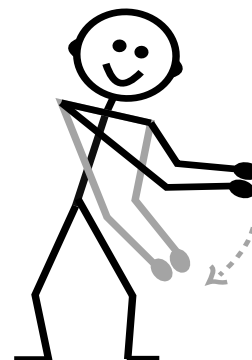
One, two, buckle my shoe, three, four, shut the door,



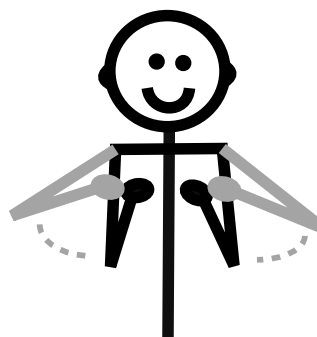
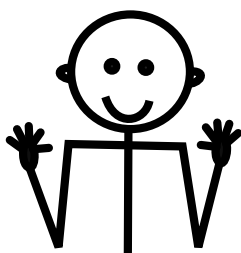
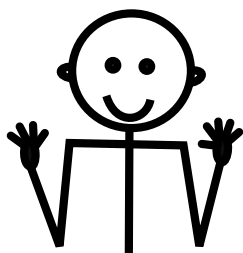
Pretend to pick something up.



Pretend to lay something down.



Five, six, pick up sticks, seven, eight, lay them straight,



flap your elbows like you have the wings of a chicken.

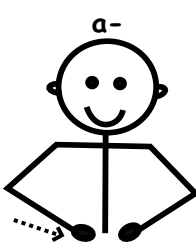
Nine, ten, a big fat hen!

Pat-A-Cake

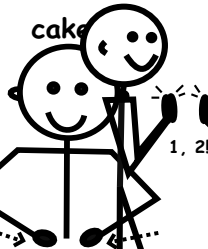
Clap your hands together twice!



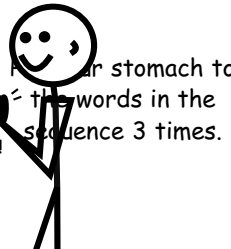
Pat-



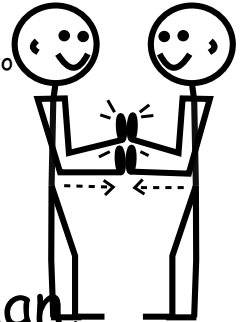
Clap your hands together twice!



cake

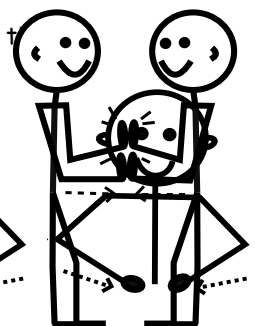
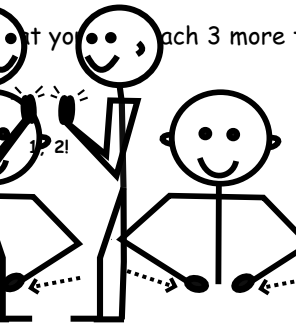
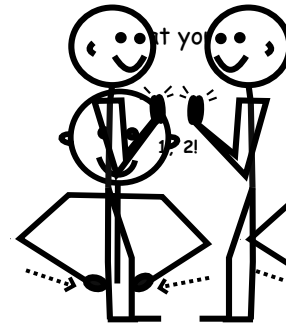
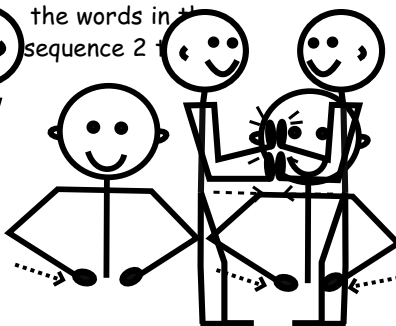
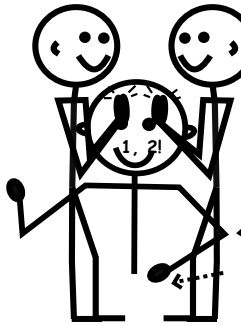


Slap each other's hands!



Pat-a-cake, pat-a-cake, baker's man,

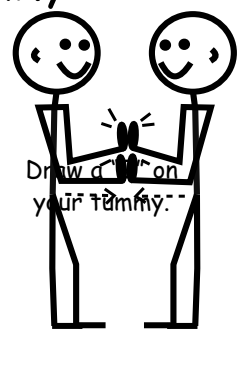
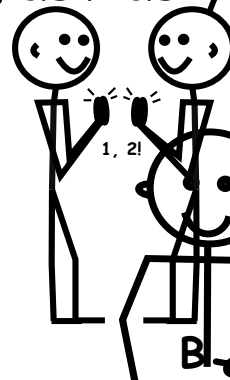
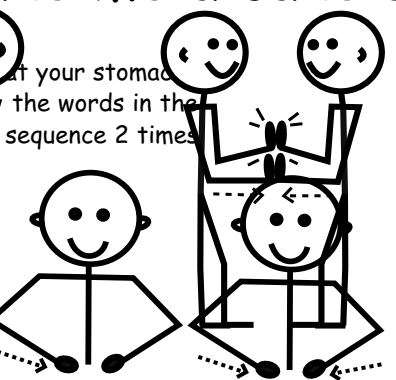
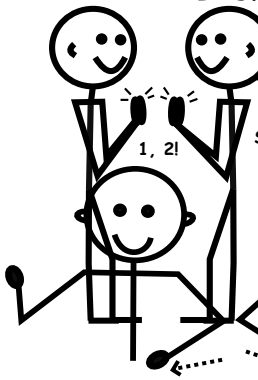
Pat your stomach to the words in the sequence 2 times



Clap your hands together 3 more times

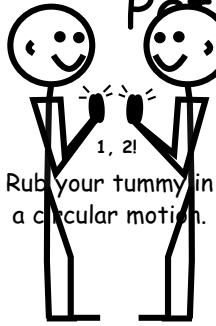
Bake me a cake as fast as you can,

Pat your stomach to the words in the sequence 2 times



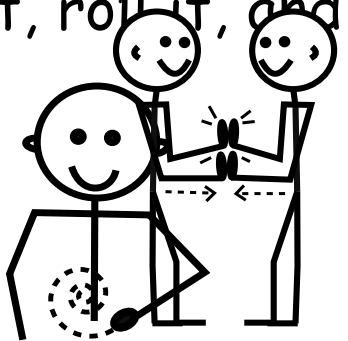
B

Clap your hands together twice!

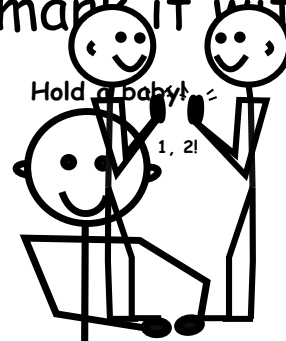


Rub your tummy in a circular motion.

Slap each other's hands!

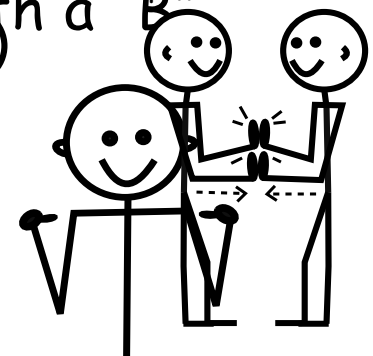


Clap your hands together twice!



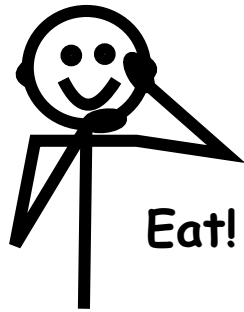
Hold a baby!

Slap each other's hands!



Put it in the oven for baby and me!

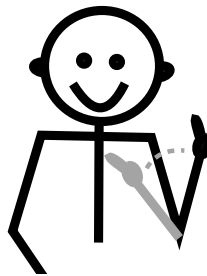
Peter Peter Pumpkin Eater



Motion with your hands like you are eating.

Peter, Peter, pumpkin eater,

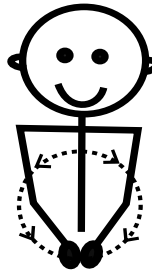
Wag your finger back and forth in front of you to the words.



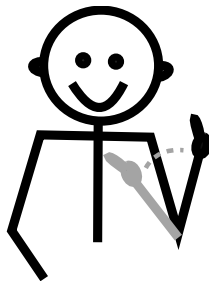
Had a wife but couldn't keep her,

Make a circle!

With your arms and hands, shape a circle from top to bottom.



He put her in a pumpkin shell,

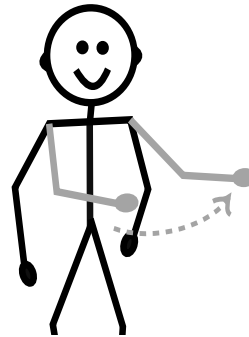
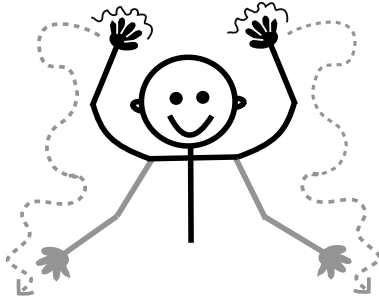


Wag your finger forward in front of you to the words.

And there he kept her very well!

Rain Rain Go Away

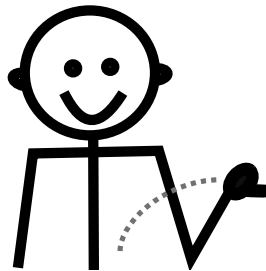
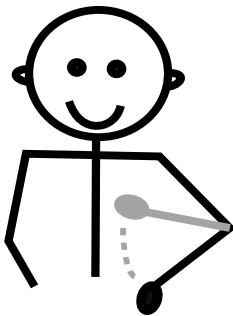
Make rain fall!



Sweep your arms across your body to motion "go away".

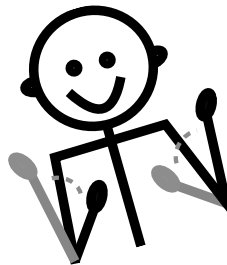
Rain, rain, go away,

Motion toward yourself with one arm two times.



Point your thumb to the side and motion "another day" two times.

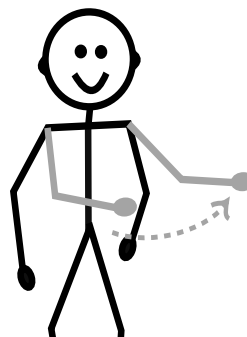
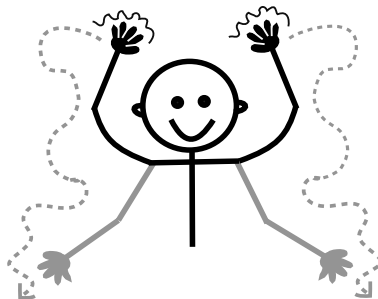
Come again another day,



Wave your arms from side to side with the words.

Little children want to play,

Make rain fall!

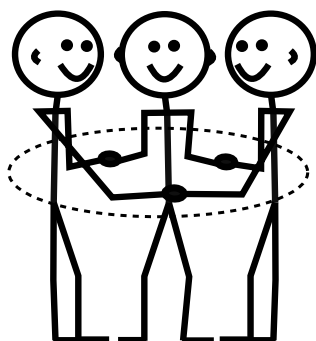


Sweep your arms across your body to motion "go away".

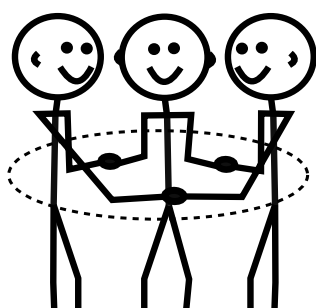
Rain, rain, go away!

Ring Around The Rosie

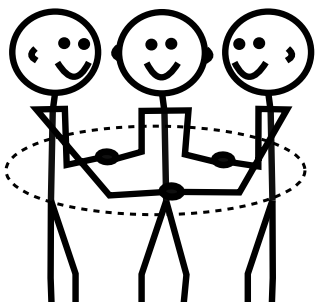
Hold hands and walk
in a circle.



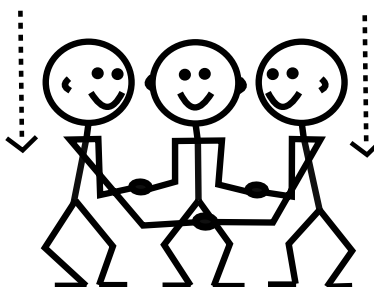
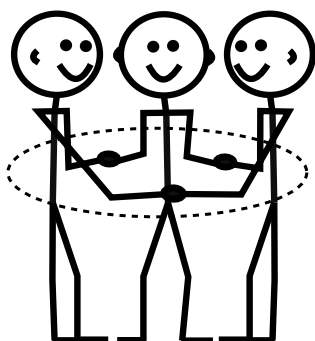
Ring around the rosie,



Pocketful of posies,



Ashes, ashes,

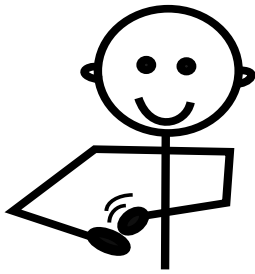


Still holding
hands, together
fall down.

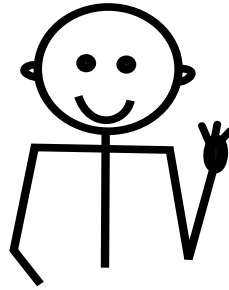
We all fall down!

Rub A Dub

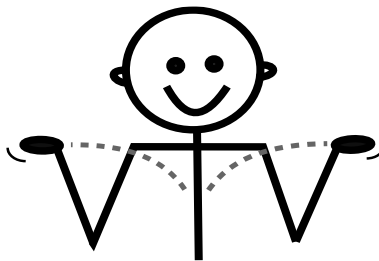
Hold out one hand in front of you and rub it with your other hand.



Hold up three fingers.

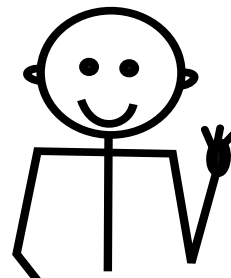
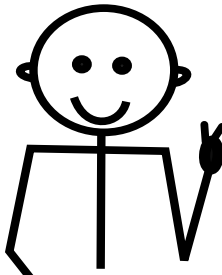
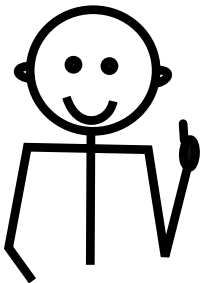


Rub-a-dub, dub, three men in a tub,



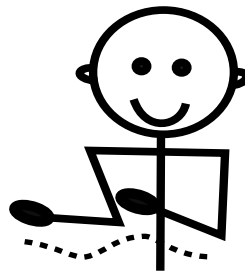
Put your arms out in a "question" pose and sway side to side.

And who do you think they be?



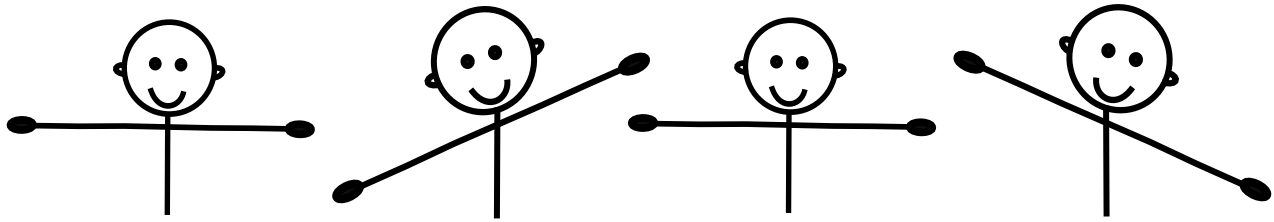
The butcher, the baker, the candlestick maker,

Make waves with your arms.

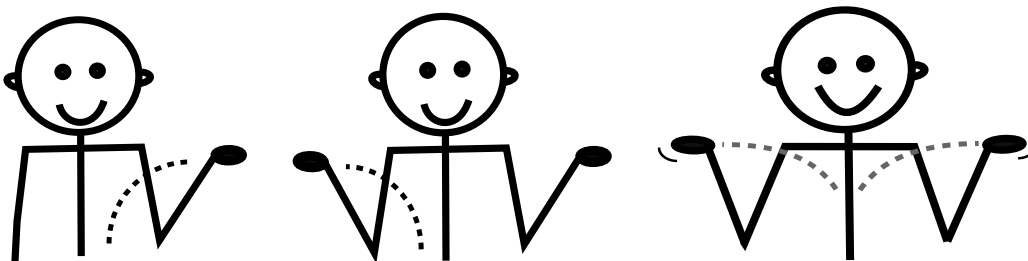


And all of them gone to sea!

See Saw Sacradown

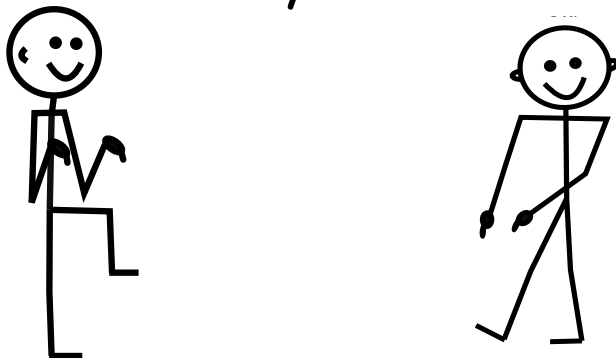


See, saw, sacradown,



Put your arms out in a "question" pose and then put your shoulders up and down on "London town".

Which is the way to London town?

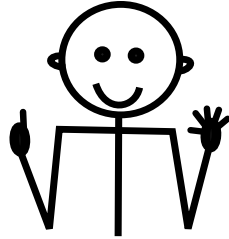


One foot up and the other one down,

Motion your arms like you're walking.

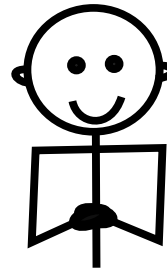
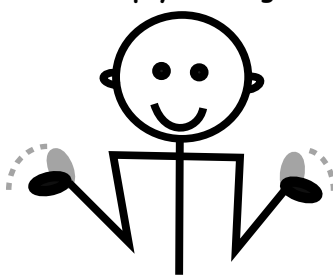
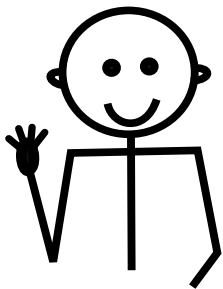
This is the way to London town!

Sing a Song of Sixpence



Sing a song of sixpence, a pocket full of rye,

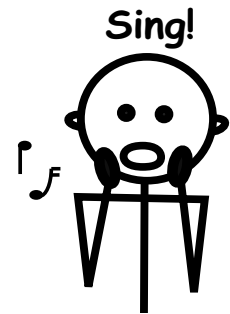
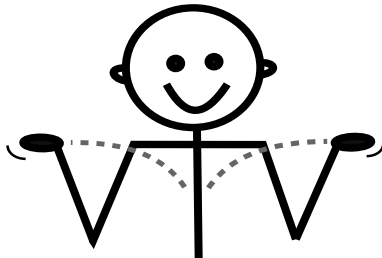
Flap your wings!



Put your hands out in front of you like you're holding a pie.

Four and twenty blackbirds baked into a pie,

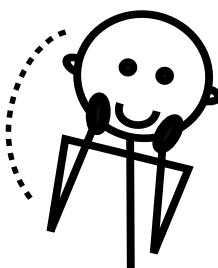
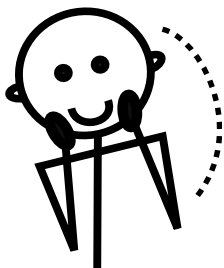
Flap your wings!



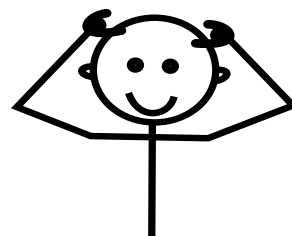
Sing!

When the pie was opened, the birds began to sing,

Stay in the "sing" position and tilt side to side with the words.



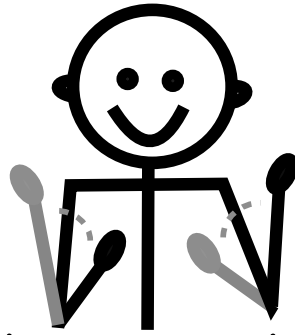
Make a crown!



Wasn't that a dainty dish to set before the King?

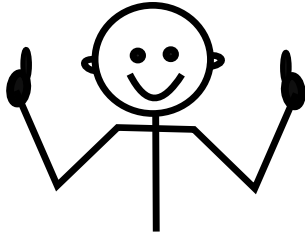
Wee Willie Winkie

Pretend to run.

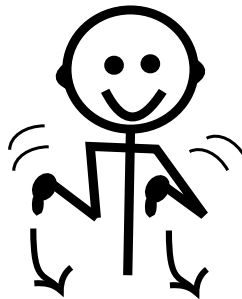


Wee Willie Winkie runs through the town,

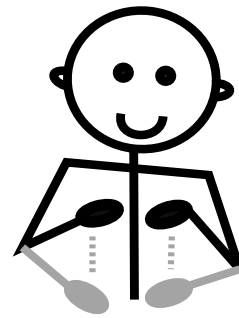
Point Up!



Point down!

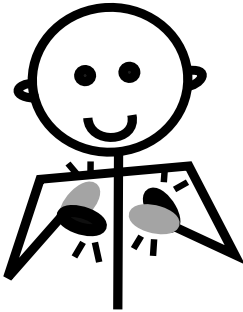


Motion to your outfit.

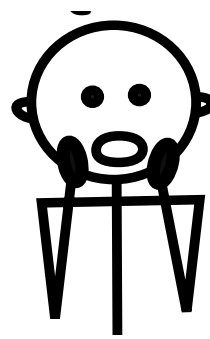


Up stairs and down stairs in his night gown,

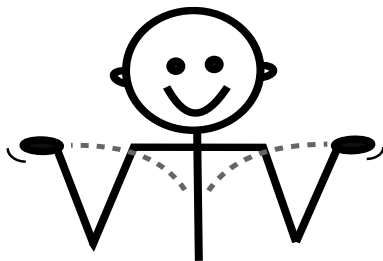
Knock! Knock!



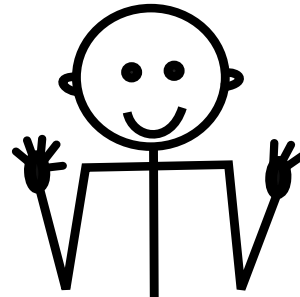
Alternate knocks in front of you.



Rapping on the window and crying through the lock,



Hold up eight fingers.



Are the children all in bed for now it's eight o'clock!