

HEIDISONGS™

Sing-Along Songs that Teach!

Sing and Spell
The Sight Words

Volume 1

Lyrics & Handmotions

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

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And

(Sounds like "My Hand On My Head")

To make the sign for "and," pull your hand across your chest as if grabbing or pulling something. Do this each time you sing the word "and."

Pull hand across chest to the right, as in sign language "and."



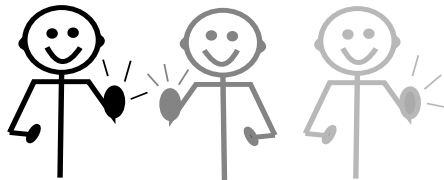
Pull hand across chest to the left, as in sign language "and."



Oh, I can spell "and." A-N-D, "and!"

Push right-left-right!

Push your hands back and forth as shown in time to the music.



"And" is the word that I write with my hand!

To make the sign for "and," pull your hand across your chest as if grabbing or pulling something. Do this each time you sing the word "and."

Pull hand across chest to the right, as in sign language "and."



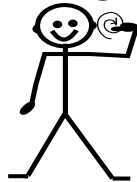
Pull hand across chest to the left, as in sign language "and."



A-N-D, A-N-D,

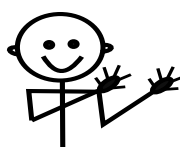
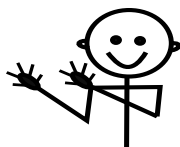
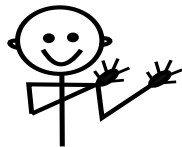
Twirl your finger around the side of your head as shown.

Twirl your finger!



Nicky, Nicky Noo!

Wave hands back and forth right-left-right as shown on the words, "That's," "learned," and "school." Then clap on each syllable of "Mama!"



Clap, clap!



That's what I learned in my school, Mama!

Are

(Sounds like "If You're Happy and You Know It")

Walk like a seal in time with the music.



Clap two times on the words, "Are, are!"

Oh, the seal at the zoo says to me, "Are, are!"

Walk like a seal in time with the music.



Clap two times on the words, "Are, are!"

First an A, then an R, then an E! "Are, are!"

Stand and put your hands in front like a seal on the word, "are."



Wiggle your fingers!



Wiggle your fingers next to your face as shown on the word, "star."

Oh, his favorite word is "are," and he sings it like a star!

Walk like a seal in time with the music.



Clap two times on the words, "Are, are!"

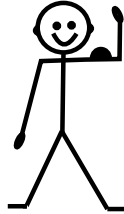
First an A, then an R, then an E! "Are, are!"

Can

(Sounds like "Are You Sleeping?")

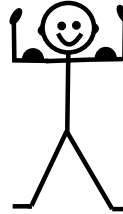
Show One Muscle!

Make a muscle with one arm on the word, "spell."



Show Both Muscles!

Add another muscle with the other arm on the other word, "spell."



I can spell "can," I can spell "can!"

Flex to the Right!

Squat and flex to the right and to the left as you spell the word.



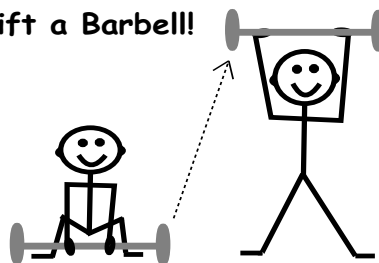
Flex to the Left!



C-A-N! C-A-N!

Lift a Barbell!

Pretend to reach down and lift up a barbell overhead.



I can write the letters, always getting better!

Flex to the Right!

Squat and flex to the right and to the left as you spell the word.



Flex to the Left!



C-A-N! C-A-N!

For

(Sounds like "Get On Board Little Children")

Do a "step-together-step" dance motion to the right, in time to the music.

Rock and Step Together
♪ Step to the Right!



F-O-R, "for" is written,

Do a "step-together-step" dance motion to the left, in time to the music.

Rock and Step Together
♪ Step to the Left!



F-O-R, "for" is written,

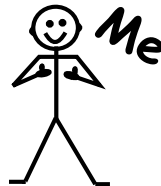
Do a "step-together-step" dance motion to the right, in time to the music.

Rock and Step Together
♪ Step to the Right!



F-O-R, "for" is written,

Point to yourself.



These toys are just for me!

Go

(Sounds like "Who Did Swallow Jonah?" -shortened-)

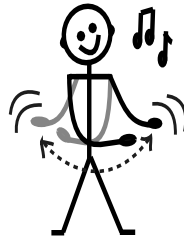
Pretend to drive a car while turning around.



G-O, G-O, G-O, G-O,

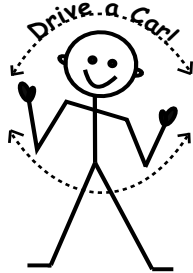
Do the twist!

Do a twisty "go-go" dance on the words, "go, go, go, go!"



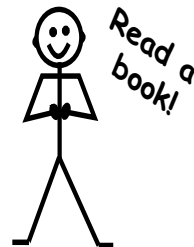
I can spell a go, go, go, go!

Drive a car to the right, and then to the left.



G-O, G-O, G-O! G-O, G-O, G-O!

Do a twisty "go-go" dance on the words, "go, go, go, go!"



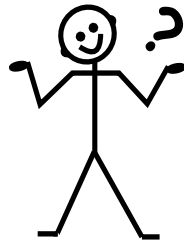
Open a book and pretend to read on the word, "school."

Go, go, go, go, go to school!

Have

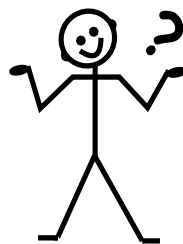
(Sounds like "Froggy Round")

Put your hands out as shown, as if asking a question, bouncing them in time to the music.



Have you got a froggy

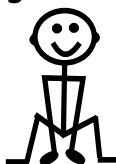
Continue as before.



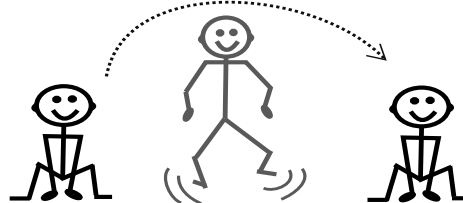
singing in a pond?

Squat down like a frog and bounce on each letter of the word.

Pretend you're a frog and bounce!



Jump like a frog!



Jump like a frog on the word, "have!"

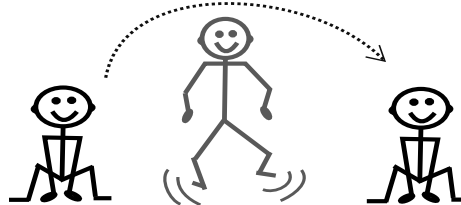
H-A-V-E, have!

Squat down like a frog and bounce on each letter of the word.

Pretend you're a frog and bounce!



Jump like a frog!



Jump like a frog on the word, "have!"

H-A-V-E, have!

He

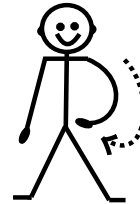
(Sounds like "The Donkey Round")

Do the Zoo-Phonics motion for Honey Horse for the letter H (gallop and pat legs), or make up your own movement.



Pat your legs like a horse galloping for the letter H!

Make an elephant trunk motion for the letter E!



Do the Zoo-Phonics motion for Ellie Elephant for the letter E (the elephant feeds itself), or make up your own movement.

He is just a word with an H and then an E.

Shake your finger in time to the music, as if teaching someone something.



If you spell it quickly, it sounds just like a sneeze!

Pretend to sneeze each time you spell the word.



H-E!



H-E!

Pretend to sneeze each time you spell the word.



H-E!



H-E!



H-E!

Here

(Sounds like "Jingle Bells")

Pretend to shake some jingle bells in time to the music.

Shake your jingle bells!



"Here" is spelled, "here" is spelled,

Pretend to shake some jingle bells in time to the music.

Shake your jingle bells!



Jump and point down to where you are!



Jump and point down to where you are on the word, "here."

H-E-R-E, "here!"

Pretend to shake some jingle bells in time to the music.

Shake your jingle bells!



Here's a swell jingle bell!

Pretend to shake some jingle bells in time to the music.

Shake your jingle bells!



Jump and point down to where you are!



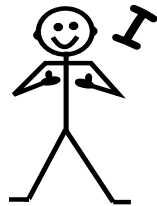
Jump and point down to where you are on the word, "here."

H-E-R-E, "here!"

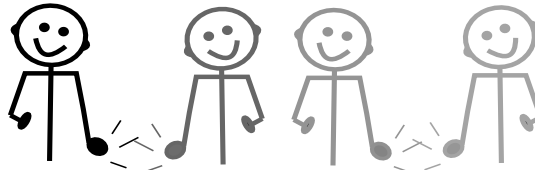
Is

(Sounds like "Hey, Lolly")

Point to yourself on the word, "I." Then push your hands down at your sides as shown in time to the music.

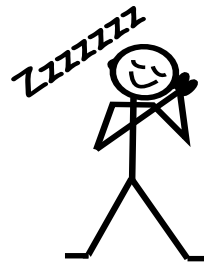


Push Down Right-Left-Right-Left!



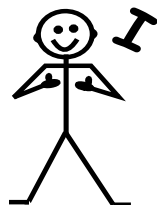
I spell "is" I-S, I-S!

Shake your finger to show "no," it doesn't have a Z. On the letter Z, do the sleeping motion for Zoo-Phonic's Zeke Zebra, or make up your own.

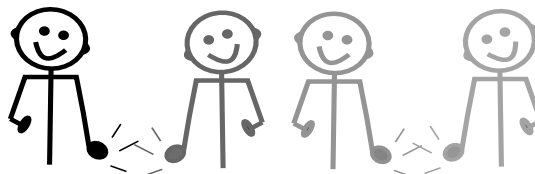


It doesn't have a Z!

Point to yourself on the word, "I." Then push your hands down at your sides as shown in time to the music.

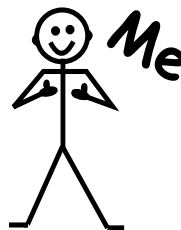


Push Down Right-Left-Right-Left!



I spell "is" I-S, I-S!

Shake your finger to show "no," you can't fool me! On the word, "me," point to yourself.

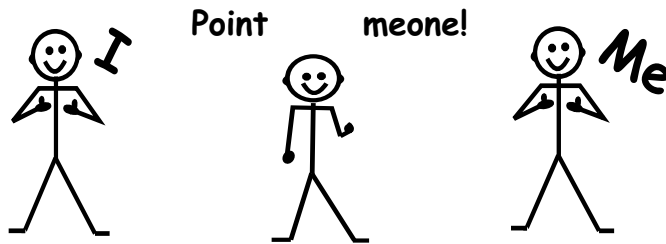


There's just no foolin' me!

Like

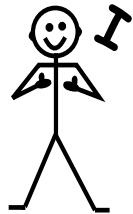
(Sounds like "This Old Man")

Point to yourself on the words, "I" and "me."
Point to someone else each time you say, "you."

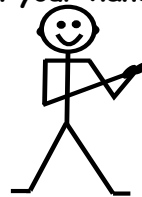


I like you! You like me!

Point to yourself again on the word, "I." Pretend to write the word "like" on your hand.



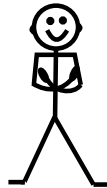
Pretend to write on your hand.



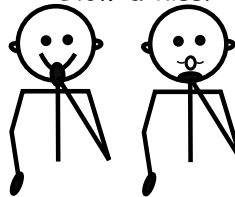
I spell "like" L-I-K-E!

Give yourself a hug in time to the music, and then blow someone a kiss!

Hug yourself!

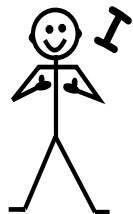


Blow a kiss!

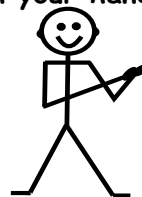


With a great big hug and a kiss for you and me!

Point to yourself again on the word, "I." Pretend to write the word "like" on your hand.



Pretend to write on your hand.



I spell "like" L-I-K-E!

Me

(Sounds like "Scotland's Burning")

Thumbs to yourself!

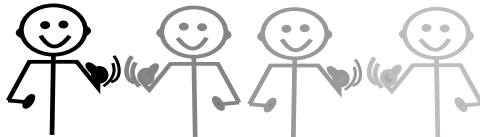
Point to yourself with both of your thumbs.



I can spell "me."

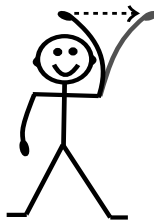
Point to yourself alternately with both thumbs bouncing back and forth.

Bounce your thumbs back and forth, right and left.



M-E! M-E!

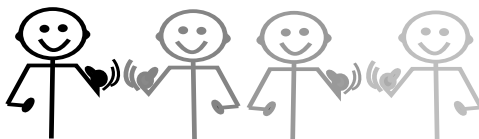
Wave your hand in the air, as if you are raising your hand to be called on.



Me, me, me, me! Me, me, me, me!

Point to yourself alternately with both thumbs bouncing back and forth.

Bounce your thumbs back and forth, right and left.



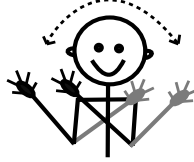
M-E! M-E!

My

(Sounds like "Camptown Races")

Wave hands back and forth in time to the music while turning around.

Wave Hands and Turn Around!



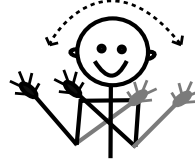
You can spell "my" if you try!

Wave hands back and forth each time you say, "M-Y!, M-Y!"

Wave hands back and forth!

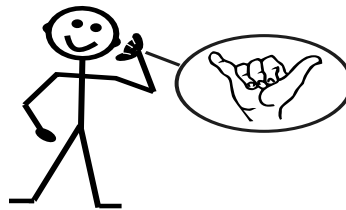
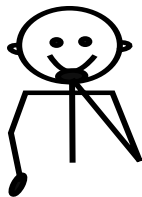


Wave hands back and forth!



M-Y! M-Y!

For the letter M, make the motion for Zoo-Phonic's Missy Mouse by eating some cheese ("mmmmm!") or make up your own.

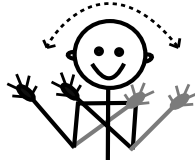


For the letter Y, make the motion for Zoo-Phonic's Yancy Yak by making a sign language Y and pretending to "yak" on the phone, or make up your own.

First an M and then a Y!

Wave hands left or right each time you say, "My, my, my!"

Wave hands back and forth!



Oh, my, my, my!

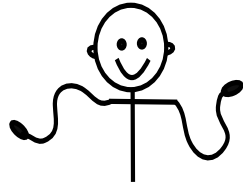
Of

(By Heidi Butkus)

For the letter O, make the motion for Zoo-Phonic's Ollie Octopus by swimming like an octopus, or make up your own.

For the letter F, make the motion for Zoo-Phonic's Francy Fish. To do this, place one hand on top of the other, and wiggle the thumbs.

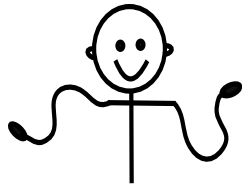
Then, make the "fish" swim as shown. Or, make up your own motion.



Bounce your hands in the F position for Francy Fish as show above each time you say, "of." Or, make up your own motion.

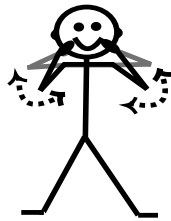
O and an F. Of, of!

Continue as before!



O and an F. Of, of!

For the letter V, make the motion for Zoo-Phonic's Vincent Vampire Bat by using your fingers for fangs and flying with your elbows! Or, make up your own motion.



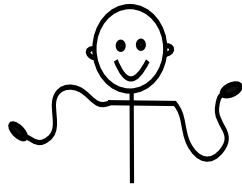
Shake your finger to indicate "No fooling me."

Sounds like a V! No foolin' me!

For the letter O, make the motion for Zoo-Phonic's Ollie Octopus by swimming like an octopus, or make up your own.

For the letter F, make the motion for Zoo-Phonic's Francy Fish. To do this, place one hand on top of the other, and wiggle the thumbs.

Then, make the "fish" swim as shown. Or, make up your own motion.



Bounce your hands in the F position for Francy Fish as show above each time you say, "of." Or, make up your own motion.

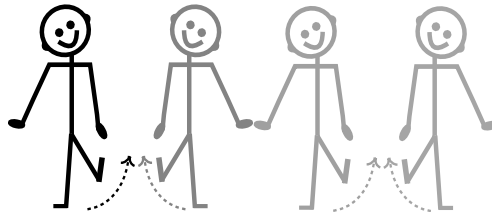
O and an F. Of, of!

On

(Sounds like "The Can-Can" -shortened-)

Kick right, left, right, left!

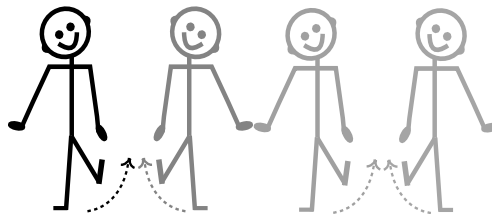
Do the Can-Can, kicking your legs alternately as shown in time to the music, and swinging your arms back and forth.



On! "On" is written, O-N!

Kick right, left, right, left!

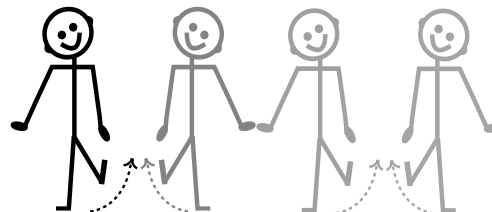
Keep on kicking!



"On" is written, O-N!

Kick right, left, right, left!

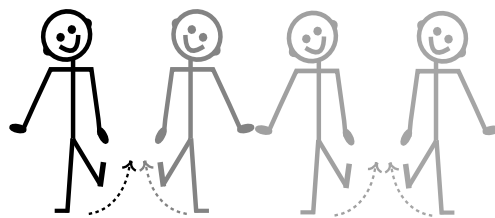
Keep on kicking!



"On" is written on and on and

Kick right, left, right, left!

Keep on kicking! Then, on the last word, "on," the teacher calls out, "Freeze!" and the children all freeze with one leg in the air until they all fall down!



On and on and on! (Freeze!)

Play

(Sounds like "Knees Up Mother Brown")

Kick your knees up, one after the other, and wave your hands back and forth. Any playful motion will do!

**Kick up your knees
and wave your arms!**



P-L-A-Y, play!

Kick your knees up, one after the other, and wave your hands back and forth. Any playful motion will do!

**Kick up your knees
and wave your arms!**



P-L-A-Y, play!

Kick your knees up, one after the other, and wave your hands back and forth. Any playful motion will do!

**Kick up your knees
and wave your arms!**



Let's all play now! Let's all play now!

Kick your knees up, one after the other, and wave your hands back and forth. Any playful motion will do!

**Kick up your knees
and wave your arms!**



**Jump and punch,
shouting, "Hey!"**



P-L-A-Y, play! Hey!

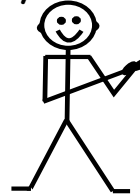
Said

(Sounds like "Oats and Beans")

Put your hands
around your mouth
each time you sing
the word, "said."



Pretend to write
on your hand.



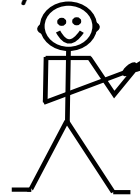
Pretend to write the
word on your hand.

"Said" is spelled S-A-I-D,

Put your hands
around your mouth
each time you sing
the word, "said."



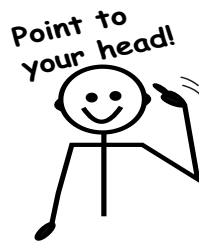
Pretend to write
on your hand.



Pretend to write the
word on your hand.

"Said" is spelled S-A-I-D,

Point to your
head in time
with the music.



If you really use your head,

Shake your finger.

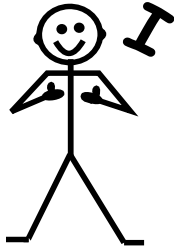


You can learn to spell, I said!

See

(Sounds like "Fiddle-Dee-Dee")

Point to yourself.



Pretend to write on your hand.



Write the word on your hand.

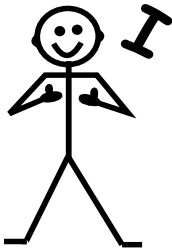
I can spell "see." S-E-E!

Shake your finger as if teaching somebody something.

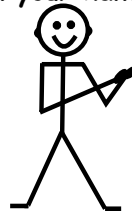


All you need is an S-E-E!

Point to yourself.



Pretend to write on your hand.



Write the word on your hand.

I can spell "see." S-E-E!

Shake your finger as if teaching somebody something.



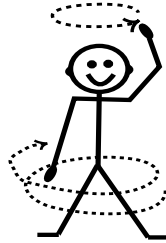
All you need is an S-E-E!

The She Song

(Sounds like "Get Along Little Doggies")

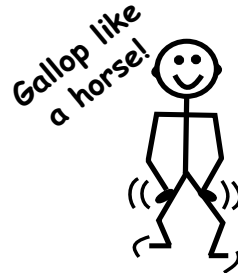
Pretend to lasso a cow, and turn around while you do it!

Rope a cow and turn around!



Yippee ti yi yo! Spelling "she" is so easy!

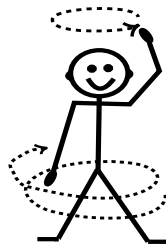
Pretend to ride a horse and gallop!



It's S-H-E, S-H-E, S-H-E, she!

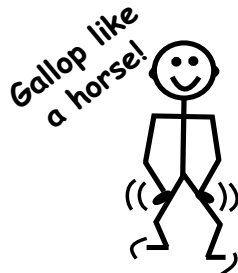
Pretend to lasso a cow, and turn around while you do it!

Rope a cow and turn around!



Yippee ti yi yo! Spelling "she" is so easy!

Pretend to ride a horse and gallop!



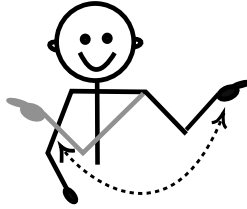
It's S-H-E, S-H-E, S-H-E, she!

That

(Sounds like "Oh, Susanna")

Point right and left!

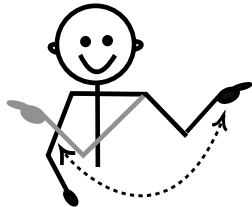
Point right and left, as if searching for someone to call on.



T-H-A-T, T-H-A-T,

Point right and left!

Continue searching for someone to call on, and then point to someone in the room on the word, "that."



Point meone!



T-H-A-T spells "that!"

Shake your finger on the words, "Well I tell you that...." Then put your hands around your stomach to show a fat belly on the word, "fat."



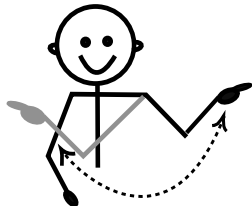
Show me your fat!



Well, I tell you that your dog is fat!

Continue searching for someone to call on, and then point to someone in the room on the word, "that."

Point right and left!



Point meone!



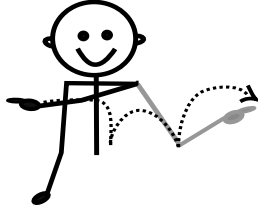
T-H-A-T spells "that!"

The

(Sounds like "Hot Cross Buns")

Shake your finger and bounce it along as shown in time to the music.

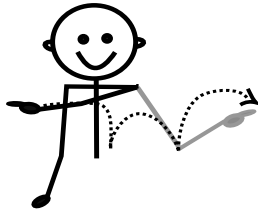
Point and bounce your hand to the right!



T-H-E!

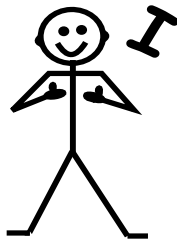
Shake your finger and bounce it along as shown in time to the music.

Point and bounce your hand to the right!



T-H-E!

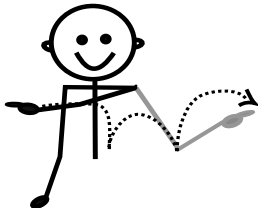
Point your thumbs in towards your chest to indicate yourself.



I can spell "the!"

Shake your finger and bounce it along as shown in time to the music.

Point and bounce your hand to the right!

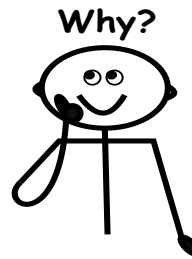
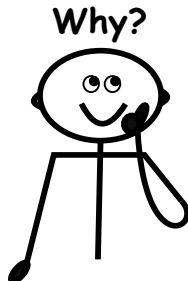


T-H-E!

They

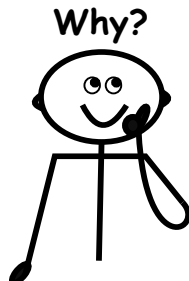
(Sounds like "Oh When the Saints")

Put one finger on your right cheek, as if wondering why on the letter Y. Then do the same the second time you spell it.

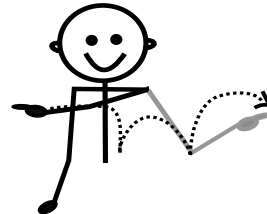


T-H-E-Y! T-H-E-Y!

Put one finger on your right cheek, as if wondering why on the letter Y. Point to different people on the words, "they, they, they."

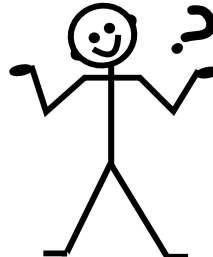
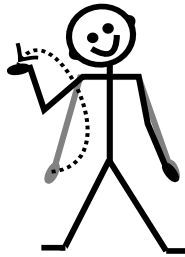


Point and bounce your hand to the right!



T-H-E-Y spells "they," "they," "they!"

Put out one hand and then the other as shown, as if you are asking a question.



Go away!

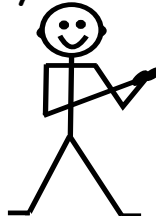


Brush someone away with your hands on the words, "Go away now!"

Oh why, oh why, don't they go away now?

Pretend to write on your hand.

Pretend to write the word on your hand.



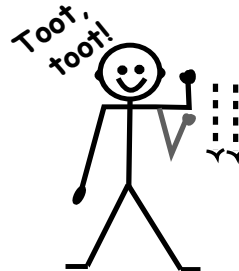
"They" is spelled T-H-E-Y!

To

(Sounds like "She'll Be Comin' Round the Mountain")

Chug Like a Train!

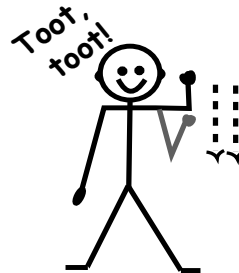
Chug like a train as shown in time with the music. Then toot your horn on the words, "To, to!"



"To" is written with a T and then an O. To, to!

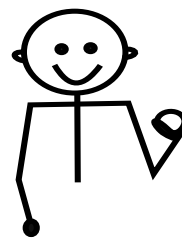
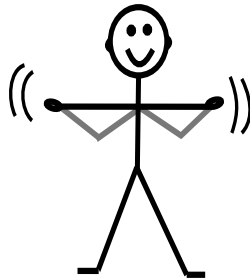
Chug Like a Train!

Chug like a train as shown in time with the music. Then toot your horn on the words, "To, to!"



"To" is written with a T and then an O. To, to!

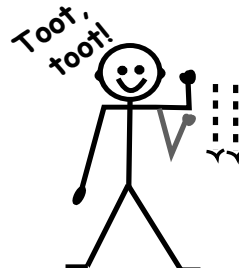
Make a T shape with your body, bumping your hands a little on the sound of the T. Then make an O with your hands when the song says, "O, O, O."



First you make a /t/ /t/ T; then you make an O, O, O!

Chug Like a Train!

Chug like a train as shown in time with the music. Then toot your horn on the words, "To, to!"



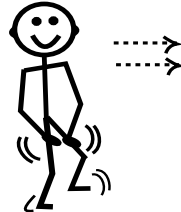
"To" is written with a T and then an O. To, to!

Was

(Sounds like "William Tell Overture")

Pretend to ride a horse and gallop to the right.

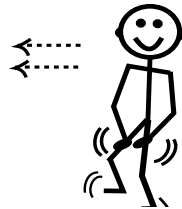
Gallop like a horse to the right!



I spell "was" W-A-S!

Pretend to ride a horse and gallop to the left.

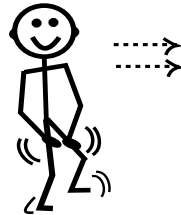
Gallop like a horse to the left!



I spell "was" W-A-S!

Pretend to ride a horse and gallop to the right.

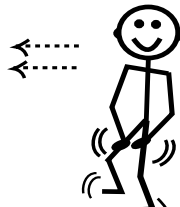
Gallop like a horse to the right!



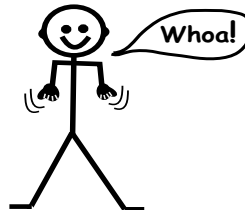
I spell "was" W-A-S!

Pretend to ride a horse and gallop to the left.

Gallop like a horse to the left!



Pull your horse to a stop!



Pull your horse to a stop!

Fuzzy Wuzzy was a bear, I guess!

With

(Sounds like "Old MacDonald")

Pretend that you are
a dog on the word,
"dog."

Be a dog!



Pretend to write
on your hand.



Pretend to write the
word on your hand
when you spell it.

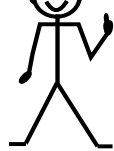
Old MacDonald called his dog, "W-I-T-H!"

Pretend that you are
a dog on the word,
"dog."

Be a dog!



Hold up
one finger!



Hold up one finger.

Pretend to write the
word on your hand
when you spell it.

And that old dog knew just one word: "W-I-T-H!"

Pretend that you are
a dog!

Be a dog!



With a "with, with" here and a "with, with" there!

Pretend that you are
a dog!

Be a dog!



Here a "with," there a "with," everywhere a
"with, with!"

Pretend that you are
a dog on the word,
"dog."

Be a dog!



Pretend to write
on your hand.



Pretend to write the
word on your hand
when you spell it.

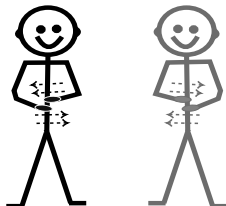
Old MacDonald called his dog, "W-I-T-H!"

You

(Sounds like "What-a-lee-a-cha")

Scissor your hands,
alternating one
hand on top and
then the other.

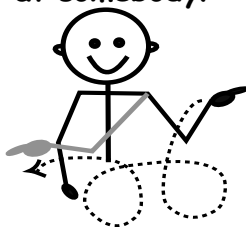
Scissor Your Hands!



Y-O-U spells, Y-O-U spells,

Circle your finger
around and and
point to somebody
on each word, "do."

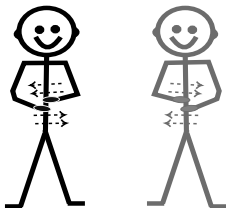
Circle and Point
at somebody!



You-da-lee-doo! You-da-lee-doo!

Scissor your hands,
alternating one
hand on top and
then the other.

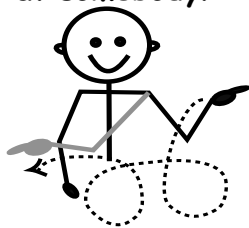
Scissor Your Hands!



Y-O-U spells, Y-O-U spells,

Circle your finger
around and and
point to somebody
on the last word,
"do."

Circle and Point
at somebody!



Point
meone!

Point to somebody
on each word, "You,
you!"



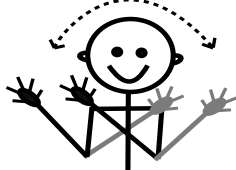
You-da-lee-doo, da-lee-do! YOU! YOU!

I'm Done!

(By Heidi Butkus)

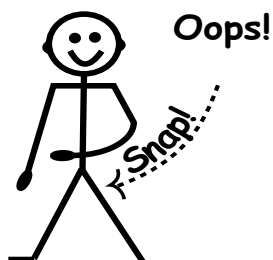
Wave your hands
back and forth in
time to the music.

Wave hands
back and forth!



I'm done, I'm done!

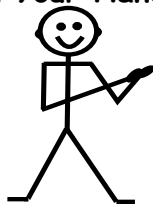
Snap your finger
in front of you as
if to say, "Oops! I
forgot!"



Oops! I forgot!

Make a dot on your hand on
each word, "period" and
"dot."

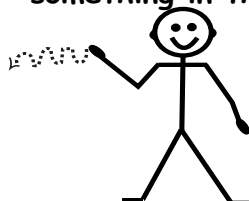
Make a Dot
On Your Hand!



I have to make a period; I have to make a dot!

Pretend to write your name
in the air.

Pretend to write
something in the air



And I have to write my name!