Sing and Spell
The Sight Words
Volume 1
Lyrics & Handmotions

P.O. Box 603, La Verne, CA 91750
Phone: (909) 331-2090 Fax: (909) 592-2110
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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.

“A nd” 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.

Walk like a seal!

Clap twice like a seal!

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.

Walk like a seal!

Clap twice like a seal!

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.”

Stand like a seal!

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.

Walk like a seal!

Clap twice like a seal!

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 as you spell the word.

Flex to the Left!
Squat and flex to the left as you spell the word.

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 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.

F-O-R, “for” is written,

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

F-O-R, “for” is written,

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

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!

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

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


Do a twisty “go-go” dance on the words, “go, go, go, go!”

Do the twist!

Read a book!

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

Go, go, go, go, go to school!
Have
(Sounds like “Froggy Round”)

Have you got a froggy

H-A-V-E, have!

Pretend you’re a frog and bounce!

Jump like a frog!

H-A-V-E, have!

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

Continue as before.

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

Pretend you’re a frog and bounce!

Jump like a frog!

H-A-V-E, have!

Jump like a frog on the word, “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!

H-A-V-E, have!

Jump like a frog on the word, “have!”
He
(Sounds like “The Donkey Round”)

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

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

Pretend to sneeze each time you spell the word.

Pretend to sneeze each time you spell the word.
“Here” is spelled, “here” is spelled,

H-E-R-E, “here!”

Here’s a swell jingle bell!

H-E-R-E, “here!”
**Is**
(Sounds like “Hey, Lolly”)

I spell “is” I-S, I-S!

Push Down Right-Left-Right-Left!

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

It doesn’t have a Z!

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.

I spell “is” I-S, I-S!

Push Down Right-Left-Right-Left!

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

There’s just no foolin’ me!

Shake your finger to show “no,” you can’t fool me! On the word, “me,” point to yourself.
Like
(Sounds like “This Old Man”)

I like you! You like me!

I spell “like” L-I-K-E!

With a great big hug and a kiss for you and me!
Me
(Sounds like “Scotland’s Burning”)

Thumbs to yourself!

I can spell “me.”

Bounce your thumbs back and forth, right and left.

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

Point to yourself with both of your thumbs.

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

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

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 and
Turn Around!

You can spell “my” if you try!

Wave Hands back
and forth besides
each time you say, “M-
Y!, M-Y!”

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
by making a sign lan-
guage Y and pretend-
ing to “yak” on the
phone, or make up your
own.

First an M and then a Y!

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 shown 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 foolin’ 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.

O and an F. Of, of!

Bounce your hands in the F position for Francy Fish as shown above each time you say, “of.” Or, make up your own motion.
On
(Sounds like “The Can-Can” - shortened-)

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!

Keep on kicking!

“On” is written, O-N!

Keep on kicking!

“On” is written on and on and

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 up your knees and wave your arms!

P-L-A-Y, play!

Kick up your knees and wave your arms!

P-L-A-Y, play!

Kick up your knees and wave your arms!

Let’s all play now! Let’s all play now!

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.”

“Said” is spelled S-A-I-D,

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

“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”)

I can spell “see.” S-E-E!

All you need is an S-E-E!

I can spell “see.” S-E-E!

All you need is an S-E-E!
The She Song
(Sounds like “Get Along Little Doggies”)

Yippee ti yi yo! Spelling “she” is so easy!

Rope a cow and turn around!

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

It’s S-H-E, S-H-E, S-H-E, she!

Pretend to ride a horse and gallop!

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.


Point right and left!  Point meone!

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

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.”

Well, I tell you that your dog is fat!

Point right and left!  Point meone!

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

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.

Why?

Why?

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.”

Why?

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.

“They” is spelled T-H-E-Y!
To
(Sounds like “She’ll Be Comin’ Round the Mountain”)

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!

“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!

Whoa!

Pretend to ride a horse and gallop to the right.

Gallop like a horse to the right!

Pull your horse to a stop!

Whoa!

Fuzzy Wuzzy was a bear, I guess!
With
(Sounds like "Old MacDonald")

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

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

With a “with, with” here and a “with, with” there!

Here a “with,” there a “with,” everywhere a “with, with!”

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.

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

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

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

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

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

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

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.

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.”

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

Pretend to write your name in the air.

And I have to write my name!