Zero the Hero  
(By Heidi Butkus; Verse)

That Zero might sound like nothing to you,
But he's our hero, brave and true!
Looking for the numbers with the zero at the end,
Counting them all over and beginning again!

Make a circle!
Make a zero up over your head.

Then at the end of phrase, pretend to fly like a superhero left and right.

That Zero might sound like nothing to you,
Show One Muscle! Show Both Muscles!

Make one muscle on the word, "brave," and another on the word, "true!"
Then at the end of phrase, pretend to fly like a superhero left and right.

But he's our hero, brave and true!

Pretend to fly like a superhero left and right, looking for those numbers.

Looking for the numbers with the zero at the end,
Point to lots of people!

Point all over the place, pretending to count lots of things.

Counting them all over and beginning again!
Zero the Hero
(By Heidi Butkus; Chorus)

Punch the air on each letter of the word, and then show one muscle on "zero" and another on "hero."

Punch! Show One Muscle! Show Both Muscles!
Jump!

Z-E-R-O! Zero the Hero!

Punch the air on each letter of the word, and then show one muscle on "zero" and another on "hero."

Punch! Show One Muscle! Show Both Muscles!
Jump!

Z-E-R-O! Zero the Hero!

Punch the air on each letter of the word, and then show one muscle on "zero" and another on "hero."

Punch! Show One Muscle! Show Both Muscles!
Jump!

Z-E-R-O! Zero the Hero!

Punch the air on each letter of the word, and then show one muscle on "zero" and another on "hero."

Punch! Show One Muscle! Show Both Muscles!
Jump!

Z-E-R-O! Zero the Hero!

(Pretend to fly away at the very end.)

(Repeat one more time from the beginning.)
One
(Sounds like “One Finger, One Thumb”)

One finger, one thumb, keep moving!

Hold up one hand, and then touch your finger to your thumb in time to the music.

Touch One Finger and Thumb Together!

O-N-E, keep moving!

Hold up both hands, and then touch your fingers to your thumbs in time to the music.

Touch Both Fingers and Thumbs Together!

O-N-E, keep moving!

Do the same as before, but add in a bouncing foot.

Touch Both Fingers and Thumbs Together, and Bounce One Foot!

O-N-E, keep moving!

Keep going, but add in the last bouncing foot!

Touch Both Fingers and Thumbs Together, and Bounce Both Feet!

And we’ll all spell number one!
The Two Song
(Sounds like “We Did It Before”)

I write number two,
Hold Up Two Fingers
And Hop Like a Bunny
To The Left!

Just T-W-O,
Hold Up Two Fingers
And Hop Like a Bunny
To The Right!

Just T-W-O,
Hold Up Two Fingers
And Hop Like a Bunny
To The Left!

I
Show Two Fingers!
Point to yourself.

Hold up two fingers
and hop like a bunny
to the left.

Hold up two fingers
and hop like a bunny
to the right.

Hold up two fingers
and hop like a bunny
to the left.

Just T-W-O!
(Repeat one more time)
Three
(Sounds like “Do Your Ears Hang Low?”)

Put up three fingers one at a time. Then wave hands back and forth with those three fingers up as shown.

T-H-R-E-E! Can you spell the number three?

Jump three times, then slap your legs close to your knees when the music says to.

Can you jump, two, three? Can you slap your knee?

Put up three fingers one at a time. Then wave hands back and forth with those three fingers up as shown.

T-H-R-E-E! Can you spell the number three?

Put up three fingers one at a time.

T-H-R-E-E!
(Repeat once more very fast!)
Four  
(By Heidi Butkus)

Hold your fingers up one at a time as you spell the word, "Four." Then do the twist as you wait for the next line to start!

F-O-U-R, that spells number four!

Hold your fingers up one at a time as you spell the word, "Four." Then do the twist as you wait for the next line to start!

F-O-U-R, that spells number four!

Show four fingers on one hand, and then four fingers on the other hand.

Number four! Number four!

Get the mop and shine the floor!

Hold your fingers up one at a time as you spell the word, "Four." Then do the twist until the end of the song.

F-O-U-R, that spells number four!
Five
(Sounds like “Sur La Pont”)

Push forward right-left-right with five fingers in time to the music.

Number five! Number five!

Swing arms overhead left-right-left, then right-left-right in time to the music.

F-I-V-E, F-I-V-E!

Push forward right-left-right with five fingers in time to the music.

Number five! Number five!

Swing arms overhead left-right-left!

F-I-V-E, number five! One, two, three, four, five!
Six
(By Heidi Butkus)

Punch Left, Then Right!

Punch left and right in time to the music.

S-I-X is number six!

Punch Left, Then Right!

Kick twice on the words, "kicks, kicks. Then punch right and left on the words, "number six," Jump and punch on "Go six!"

He kicks, kicks, at number six. Go, six!

Punch Left, Then Right!

Turn to the left and punch left, then right. Then do the same thing facing to the right.

S-I-X! Number six! S-I-X! Number six!

Jump and punch the air, and then fall to the ground as the song ends.

GO SIX!!!!
Seven
(Sounds like “The Song That Never Ends”)

Wave Hands and Turn Around!

Seven is S-E-V-E-N! Seven is S-E-V-E-N!

Count With Your Fingers Up to Number Seven!

Keep counting: one, two, three, four, five, six, seven,

Hold out your hand as shown no the word, “stop.” Then pretend to conduct a band as you keep on counting it forever.

Then you stop! And then you keep on counting it

Let yourself hang down from the waist like a rag doll on the word, “drop.” Then the whole thing starts over again!

Forever 'til you drop! Seven is S-E-V-E-N....
Eight
(Sounds like "The Eency Weency Spider")

Make your hands crawl up like a spider as in the Eency Weency Spider song.

The eight legs on the spider went E-I-G-H-T!

Make the rain fall, wiggling your fingers as your hands come down as shown. Then brush away the spider back and forth in time to the music.

Down came the rain and E-I-G-H-T!

Make a circle over-head for the sun. Then pat the air down in time to the music as shown.

Out came the sun and E-I-G-H-T!

Make your hands crawl up like a spider as in the Eency Weency Spider song.

The eight legs on the spider went E-I-G-H-T!

One, two, three, four, five, six, seven, eight!

Count by showing the given number of fingers as you say the numbers up to eight.
Nine
(Sounds like “Engine, Engine, Number Nine”)

Chug like a train!

Chug like a train to the right.

Engine, engine, number nine!

Chug like a train!

Chug like a train to the left.

N-I-N-E, number nine!

Chug like a train!

Chug like a train to the right.

N-I-N-E, number nine!

Chug like a train!

Roll Your Hands!

Chug like a train to the left. Then roll your hands as you “wind up” for the next verse.

Engine, engine, number nine!

Repeat again, getting faster as you go along.
Ten
(Sounds like “Roll Over”)

There were ten in the bed and the little one said,
“T-E-N! T-E-N!”

Show ten fingers. Then, when you spell the word, spin around as you say each letter as shown.

Put your hands around your mouth as you sing this part.

So they all spelled ten 'til their mom found out!

There were ten in the bed and the little one said,


Show ten fingers. Then, when you spell the word, spin around as you say each letter as shown.

Show ten fingers.

Show ten fingers.

Show ten fingers.

Show ten fingers.

Show ten fingers.

About
(Sounds like “There’s a Hole in the Bottom of the Sea”)

Spin around and around while you sing.

Spin about, A-B-O-U-T! Spin about, A-B-O-U-T!

Keep spinning and stop when the music tells you to.

Spin about! Spin about! Spin about, A-B-O-U-T! And stop!

Stomp around in time to the music. Some children may enjoy jumping and coming down in a stomp!

Stomp about, A-B-O-U-T! Stomp about, A-B-O-U-T!

Keep stomping, and then stop when the music tells you to.

Stomp about! Stomp about! Stomp about, A-B-O-U-T! And stop!
Around
(Sounds like “Shoo Fly, Don’t Bother Me”; First Verse)

Do a little hip hop dance around, or hop and turn around in time to the music.

Hip hop around with me!  A-R-O-U-N-D!

Do a little hip hop dance around, or hop and turn around in time to the music.

A-R-O-U-N-D!  Come hop around just like me!

Dance around any way you want.

Around!  Around!  I’m dancing all around!

Keep dancing!

Around!  Around!  I’m dancing all around!

Freeze when the music says to freeze!
Around
(Sounds like “Shoo Fly, Don’t Bother Me”; Second Verse)

Shake It!
Shake your hands and dance around in time to the music.

Shake it around with me! A-R-O-U-N-D!
Shake your hands and dance around in time to the music.

A-R-O-U-N-D! Come shake around just like me!

Dance!
Dance around any way you want.

Around! Around! I’m dancing all around!

Dance!
Keep dancing!

Around! Around! I’m dancing all around!

Freeze when the music says to freeze!
But
(By Heidi Butkus; chorus)

"But" is spelled with a B-U-T!

But, but, B-U-T!
But, but, B-U-T!

Bounce Your Hands
Up and Down!

Put your hands up and
bounce them in the
air in time to the
music.

Step And Push To the Left!

Step And Push To the Right!

Boogie to the
left and right in
time to the music
each time you
say, "/b/ But,
but, B-U-T!"

/b/ But, but, B-U-T! /b/ But, but, B-U-T!

Bounce Your Hands
Up and Down!

Put your hands up and
bounce them in the
air in time to the
music.

"But" is spelled with a B-U-T!

Step And Push To the Left!

Step And Push To the Right!

Boogie to the
left and right in
time to the music
each time you
say, "/b/ But,
but, B-U-T!"

/b/ But, but, B-U-T! /b/ But, but, B-U-T!
But
(Continued; Verse One)

Now jump, jump, jump, but don’t you bump!

Keep jumping!

Jump, jump, jump, but don’t you bump!

Keep jumping!

Jump, jump, jump, but don’t you bump!

Step And Push To the Left!

Step And Push To the Right!

/b/ But, but, B-U-T!

Boogie to the left and right in time to the music each time you say, "/b/ But, but, B-U-T!"

Repeat the chorus on the previous page. Then continue with the next verse on the next page.
But
(Continued; Second Verse)

No hip hip hop, but don’t you stop!

Keep on dancing!

Hip hip hop, but don’t you stop!

Keep on dancing!

Hip hip hop, but don’t you stop!

Boogie to the left and right in time to the music each time you say, "/b/ But, but, B-U-T!"

/b/ But, but, B-U-T!
Eat
(Sounds like “I’m Gonna Sing, Sing, Sing”)

Pretend to feed yourself with your right, then your left, and then your right hand each time you spell the word.

Pretend To Feed Yourself!

I’m gonna E-A-T! I’m gonna E-A-T!

Pretend to feed yourself with both hands at once. Then rub your stomach on the word food.

Pretend To Feed Yourself With Both Hands!

Rub Your Tummy!

I’m gonna eat! I’m gonna eat all my food!

Put one hand on your heart on the word, “Dear,” and the other hand on your heart on the word, “Mom.” Then hold them out towards someone that is “dear” to you!

Point to your watch!

Pretend To Feed Yourself!

When it’s time to eat my lunch, I’m gonna sit and munch, munch, munch!

Pretend to feed yourself with both hands at once. Then rub your stomach on the word food.

I’m gonna E-A-T all my food!

Repeat again two more times with increasing speed.
Fight
(By Heidi Butkus)

Punch Left, Then Right!  Shake Finger From Right to Left!

Punch right and left as you spell the word, and then shake your finger on the words, “We don’t fight!”

F-I-G-H-T! We don’t fight!  F-I-G-H-T! We don’t fight!

Make your hands “talk” as shown, and then thumb a ride on the words, “Walk away.” Put your hand over your eyes as if looking for another game to play.

Talk it over! Walk away! Find another game to play!

Make your hands “talk” as shown, and then thumb a ride on the words, “Walk away.” Put your hand over your eyes as if looking for another game to play.

Talk it over! Walk away! Find another game to play!

Punch Left, Then Right!  Shake Finger From Right to Left!

Punch right and left as you spell the word, and then shake your finger on the words, “We don’t fight!”

F-I-G-H-T! We don’t fight!  F-I-G-H-T! We don’t fight!
Find
(Sounds like “How Dry I Am”)

Play the guitar and rock right and left in time to the music when you spell the word the first time. Then face the side, and play the guitar, rocking front to back in time to the music on the second time you spell the word.

F-I-N-D! F-I-N-D!

Put your hand over your eyes and bounce in time to the music while you try to “find” something. Tap your back in time to the music on the words, “backpack please.”

Oh, help me find my backpack, please!

Play the guitar and rock right and left in time to the music when you spell the word the first time. Then face the side, and play the guitar, rocking front to back in time to the music on the second time you spell the word.

F-I-N-D! F-I-N-D!

Put your hand over your eyes and bounce in time to the music while you try to “find” something. Pretend to write on your hand for the word, “homework.”

Oh, help me find my homework, please!
Funny
(Sounds like "My Dog Rags"; Verse 1)

Shake your finger in time to the music.

Here's a funny thing to try!

Twirl your fingers in opposite directions with a silly look on your face.

It's funny, F-U-N-N-Y!

Continue twirling your fingers, but in the opposite directions as before, still with a silly look on your face!

It's funny, F-U-N-N-Y!

Change directions again, and twirl your fingers one more time.

It's funny, F-U-N-N-Y!
Funny
(Sounds like "My Dog Rags"; Chorus)

Flip, Flop! Wibble, Wobble! Zig Zag!

Flip, flop, wibble, wobble, zig, zag!

Flip, Flop! Wibble, Wobble! Zig Zag!

Flip, flop, wibble, wobble, zig, zag!

Flip, Flop! Wibble, Wobble! Zig Zag!

Flip, flop, wibble, wobble, zig, zag!

Shake your finger and then jump and punch the air and shout, "Rags!"

That’s my funny dog named Rags!
Get
(Sounds like “Rabbit Ain’t Got No Tail At All”)

“Get” is just a G-E-T, G-E-T, G-E-T!

“Get” is just a G-E-T! Go and get your stuff!

Same song, second verse.

A little bit louder and a little bit worse!

(Repeat one more time from the beginning!)
(By Heidi Butkus)

Put your finger into your ear, and then slip it inside the collar of your shirt. Then jump and punch on each letter, "I-N-T-O!"

Into my ear, into my clothes! I-N-T-O!

Put your finger into your hair, and then touch your shoe or toes. Then jump and punch on each letter, "I-N-T-O!"

Into my hair, into my toes! I-N-T-O!

Shake finger from side to side. Then jump and punch on each letter, "I-N-T-O!"

No matter what, everyone knows! I-N-T-O!

Shake your finger as if you are teaching someone something or saying, "I told you so!" Then jump and punch on each letter, "I-N-T-O!"

Don’t put your finger into your nose! I-N-T-O!
New
(Sounds like “Let Everyone Clap Hands Like Me”)

A new and fun little game! (Clap, clap!)

You’ll find that it’s always the same! (Clap, clap!)

(Repeat one more time with increasing speed)
Please
(Sounds like “Loopy Loo”)

Fold your hands together as if you are begging for something or praying for something, and then bounce them in time to the music as you spell the word. Then point to your head on the next line.

P-L-E-A-S-E! P-L-E-A-S-E! Oh, please, say please!

Keep pointing to your head on “Remember it please.” Then fold your hands and bounce them again as you spell the word, “please” again.

Remember it, please! P-L-E-A-S-E!

Do the sign for “good” each time you say the word, by touching your hand to your mouth and then touching it to your hand.

I need a paper, please! I need a pencil, please!

Pretend you're a dog! Then fold your hands and bounce along as before.

I need a puppy, please! Pretty, /p/ pretty, /p/ please!

(Repeat chorus only from beginning)
Pretty
(Sounds like "Pretty Dutch Girl")

Be a cat!
Put your hands up as if they were ears on a cat.

I am a pretty kitty!
Scratch like a cat with the right, left, and right!

Be a cat!
Put your hands up as if they were ears on a cat.

A pretty, pretty, kitty,
Scratch like a cat with the right, left, and right!

I’m P-R-E-T-T-Y!
Ride
(Sounds like “Oh, Bury Me Not”)

Gallop Like a Horse
To the Right!

Gallop like a horse to the right!

R-I-D-E!

Gallop Like a Horse
To the Left!

Gallop like a horse to the left!

R-I-D-E!

Pretend you’re a horse!

Pretend you are a horse and ride to the right!

I ride my horse,

Pretend you’re a horse!

Pretend you are a horse and ride to the left! Then punch the air and shout, “Yeehaw!”

On the old prairie! Yeehaw!
Saw
(Sounds like “Erie Canal Chorus”)

Pretend to saw something!

Pretend to saw something!

Pretend to saw something to one side, and then saw something to the other side.


Look to the right!

Look to the right, bouncing your head in time to the music.

Yes, I saw you at the party!

Look to the left!

Look to the left, bouncing your head in time to the music.

I saw you at the zoo!

Pretend to saw something to one side. (When the song repeats, switch to the other side for the beginning of the song.)

Yes, I saw you, saw you, saw you, S-A-W!
Say
(Sounds like “Rig-A-Jig-Jig”)

Put your hands around your mouth to shout on the word, “say.” Then pat your legs in time with the music as you spell the word.


Put your hands around your mouth to shout on the word, “say” (both times!). Then pat your legs in time with the music as you spell the word. Point to the right on the word, “Go.”

Say is written S-A-Y! Say so, say so, say so! Go!

Slide to the right as shown as you spell the word.


Slide to the left as shown.


Put your hands around your mouth to shout on the word, “say.

Say so, say so, say so!”
Says
(By Heidi Butkus; Chorus)

You always gotta do,
(clap!)
Point to lots of people!

You always gotta do,
(clap!)
Point to lots of people!

You always gotta do what the teacher says!
Says
(By Heidi Butkus; Verse)

The teacher says, “Jump.” Jump, jump, jump!

The teacher says, “Hop.” Hop, hop, hop!

The teacher says, “Spin.” Spin, spin, spin!

The teacher says, “Stop.” Freeze in any position!

And freeze!

Shake your finger on “The teacher says,” then jump in time to the music.

Shake your finger on “The teacher says,” then hop.

Shake your finger on “The teacher says,” then spin around.

Shake your finger, and then hold your hand out and stop moving on the word, “stop.”
So
(By Heidi Butkus; Verse 1)

So is an S-O!  S-O, S-O!
Wiggle, wiggle, just like so!

S-O, S-O!  Wiggle, wiggle, just like so!

Wiggle, wiggle, just like so!

Each time you say a letter, make the shape of it.

Wiggle around any way you want in time with the music!

Keep wiggling!

Wiggle, wiggle, just like so!

Each time you say a letter, make the shape of it. Then wiggle around as before.

S-O, S-O! Wiggle, wiggle, just like so!
So
(By Heidi Butkus; Verse 2)

Make An S Shape!  Make an O!

Each time you say a letter, make the shape of it.

So is an S-O! S-O, S-O!

Wiggle around any way you want in time with the music!

Move it, move it, just like so!

Dance!

Keep wiggling!

Move it, move it, just like so!

Make An S Shape!  Make an O!

Each time you say a letter, make the shape of it. Then wiggle around as before.

S-O, S-O! Move it, move it, just like so!

Dance!
Under
(By Heidi Butkus)

Make your hands go down and under something imaginary as shown. Then, make one hand go under, and then the other hand go under something imaginary as well.

U-N-D-E-R! Under, under!

Make your hands go down and under something imaginary as shown. Then, make one hand go under, and then the other hand go under something imaginary as well.

U-N-D-E-R! Under, under!

Put your hands under your chin!

Put your hands under your hair

Under my chin and under my hair!

Point under your elbow!

Point to your underwear!

Under my elbow, underwear!

(Continued on the next page)
Under
(By Heidi Butkus; continued

Put your hands under your chin!
Put your hands under your hair

Under my chin and under my hair!

Touch under your elbow and then point to your underwear!

Under my elbow, underwear!

Make your hands go down and under something imaginary as shown. Then, make one hand go under, and then the other hand go under something imaginary as well.

U-N-D-E-R! Under, under!

Make your hands go down and under something imaginary as shown, and then FREEZE!

U-N-D-E-R!
Which
(Sounds like “Jolly Old St. Nickolas”)

Which toy is for you?

Which toy is for me?

I can’t wait to see!

Which one it will be!