

HEIDISONGS™

Sing-Along Songs that Teach!

Music For Classroom Management

Lyrics & Handmotions

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

Phone: (909) 331-2090 Fax: (909) 592-2110

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The Backpack Boogie

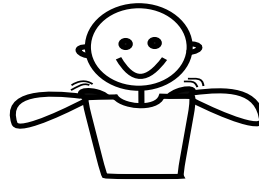
(By Heidi Butkus; Chorus)

Rock and step together
step to the right
in time to the music,
and then pat your
back on the word,
"backpack."

Rock and step together
step to the right!



Pat your back!



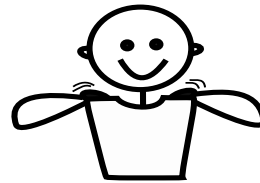
I'm gonna boogie! Boogie!
Boogie with my backpack!

Rock and step together
step to the left
in time to the music, and
then pat your back on
the word, "backpack."

Rock and step together
step to the left!



Pat your back!



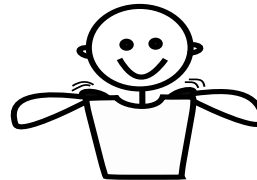
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Rock and step together
step to the right!



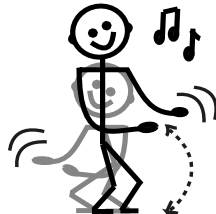
Pat your back!



Boogie! Boogie! Boogie with my backpack!

Do the twist!

Twist down and up!



Boogie right through the day!

The Backpack Boogie

(By Heidi Butkus; First Verse)

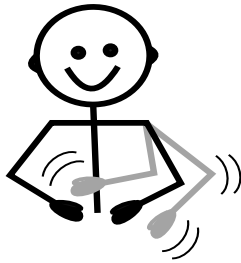
Pretend to unzip your
backpack and look
inside.

**Unzip your
backpack!**



I'm gonna check for books and notes and things,

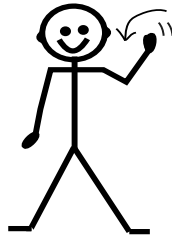
Pretend to put things
away or turn things in.



And turn in all the stuff I needed to bring,

Pretend to throw your
homework into the
box.

Throw something!



And if there's any homework, pop it in: ka-zing!

Twist down and up!

Twist down and up!



And boogie right through the day!

The Backpack Boogie

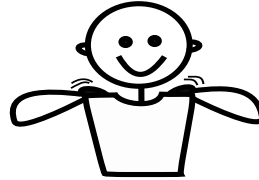
(By Heidi Butkus; Chorus)

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"backpack."

Rock and step together
step to the right!



Pat your back!



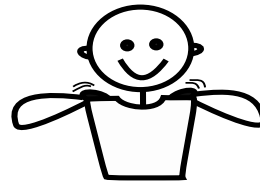
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Boogie with my backpack!

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step to the left
in time to the music, and
then pat your back on
the word, "backpack."

Rock and step together
step to the left!



Pat your back!



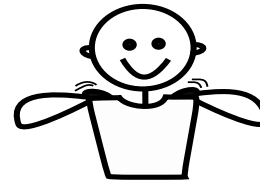
Boogie! Boogie! Boogie with my backpack!

Rock and step together
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in time to the music,
and then pat your
back on the word,
"backpack."

Rock and step together
step to the right!



Pat your back!



Boogie! Boogie! Boogie with my backpack!

Do the twist!

Twist down and up!

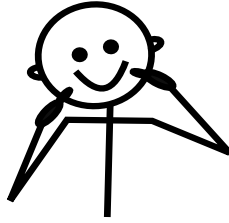


Boogie right through the day!

The Backpack Boogie

(By Heidi Butkus; Second Verse)

Point to your smile.
Then pretend to cry.



I say goodbye with a smile. I don't cry anymore!

Wave!

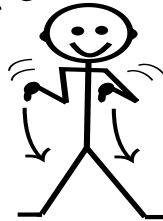
Wave to somebody!



And I greet my teacher as I walk through the door!

Point to the floor.

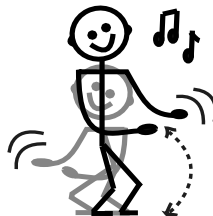
Point down!



And I know my things don't belong on the floor!

Twist down and up!

Twist down and up!



And I boogie right through the day!

The Backpack Boogie

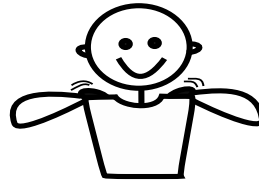
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and then pat your
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Rock and step together
step to the right!



Pat your back!



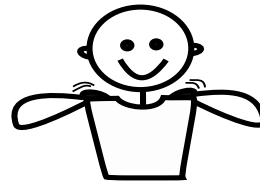
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Boogie with my backpack!

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step to the left
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the word, "backpack."

Rock and step together
step to the left!



Pat your back!



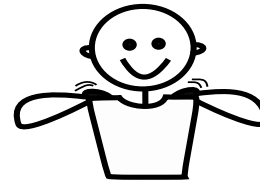
Boogie! Boogie! Boogie with my backpack!

Rock and step together
step to the right
in time to the music,
and then pat your
back on the word,
"backpack."

Rock and step together
step to the right!



Pat your back!



Boogie! Boogie! Boogie with my backpack!

Do the twist!

Twist down and up!

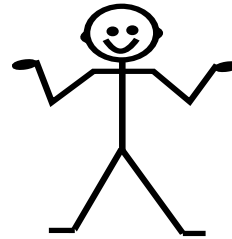
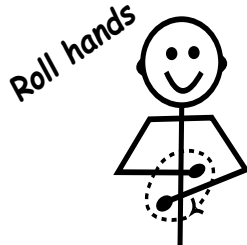


Boogie right through the day!

I Can Follow the Rules

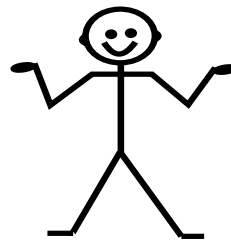
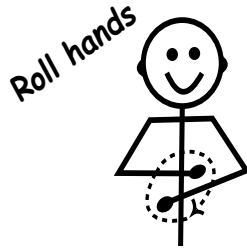
(By Heidi Butkus; Verse 1)

Roll your hands,
and then put
them out as
shown on the
word, "rules."



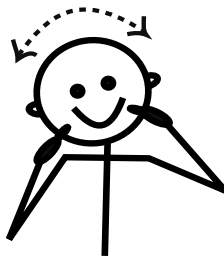
I can follow the rules!

Roll your hands,
and then put
them out as
shown on the
word, "rules."



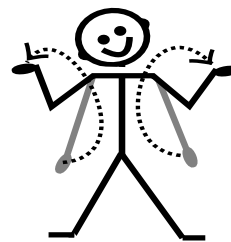
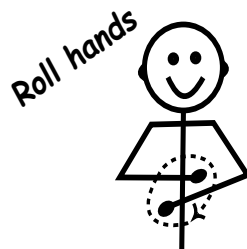
I can follow the rules!

Point to your
smile.



And we'll have a good day,

Roll your hands,
and then put
them out as
shown on the
word, "rules."

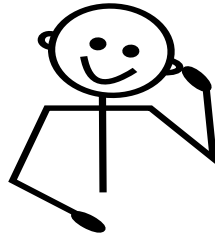


When we follow the rules!

I Can Follow the Rules

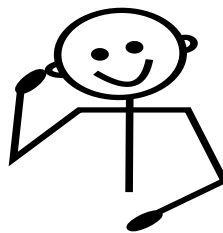
(By Heidi Butkus: Verse 2)

Put the right hand behind your ear and bounce along to the music.



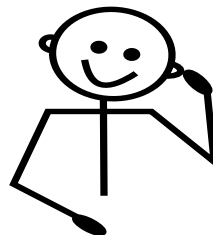
I can listen to my teacher,

Put the left hand behind your ear and bounce along to the music.



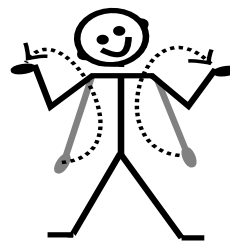
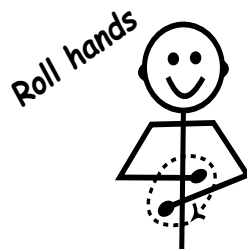
Listen to my teacher,

Put the right hand behind your ear and bounce along to the music.



Listen to my teacher,

Roll your hands, and then put them out as shown on the word, "rules."



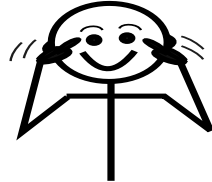
And I follow the rules!

I Can Follow the Rules

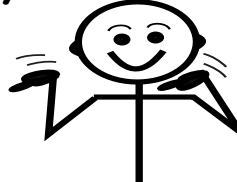
(By Heidi Butkus: Verse 3)

Point to your eyes, and then point to your teacher.

Point to your eyes!



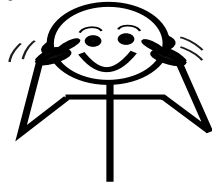
Point to your teacher!



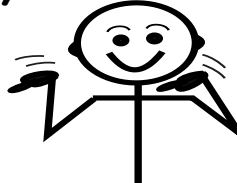
I can follow the directions,

Point to your eyes, and then point to your teacher.

Point to your eyes!



Point to your teacher!



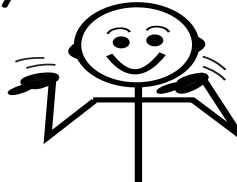
Follow the directions

Point to your eyes, and then point to your teacher.

Point to your eyes!

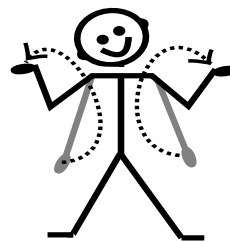
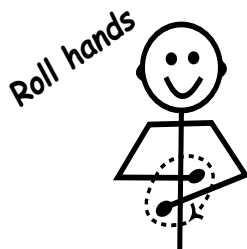


Point to your teacher!



Follow the directions,

Roll your hands, and then put them out as shown on the word, "rules."

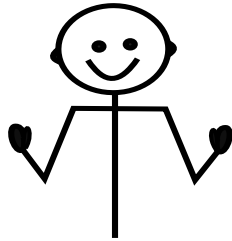


And I follow the rules!

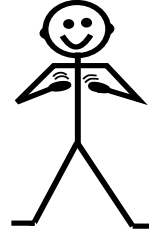
I Can Follow the Rules

(By Heidi Butkus; Verse 4)

Show your hands
and then pat
your chest.

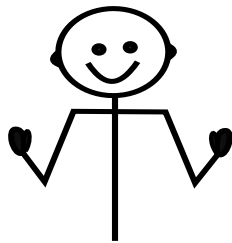


Pat your chest!

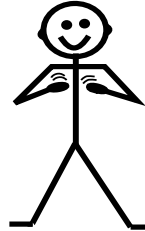


I keep my hands to myself,

Show your hands
and then pat
your chest.

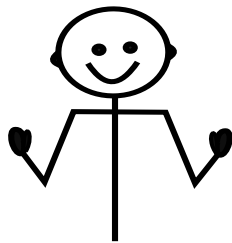


Pat your chest!

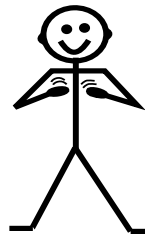


Keep my hands to myself,

Show your hands
and then pat
your chest.

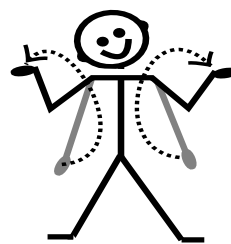
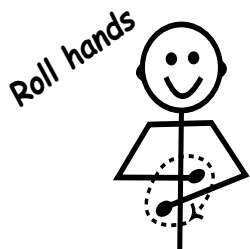


Pat your chest!



Keep my hands to myself,

Roll your hands
and then hold
them out as
shown.



And I follow the rules!

I Can Follow the Rules

(By Heidi Butkus; Verse 5)

While pointing to
your watch, step
together step to
the right.

Rock and step together
step to the right!



It gives us more time to learn,

While pointing to
your watch, step
together step to
the left..

Rock and step together
step to the left!



And more time to play,

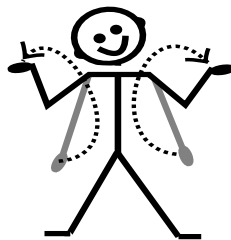
While pointing to
your watch, step
together step to
the right.

Rock and step together
step to the right!



More time for fun stuff

Hold hands out
as shown.



every day!

I Can Follow the Rules

(By Heidi Butkus; Verse 5, continued)

While pointing to
your watch, step
together step to
the right.

Rock and step together
step to the right!



It gives us more time to learn,

While pointing to
your watch, step
together step to
the left..

Rock and step together
step to the left!



And more time to play,

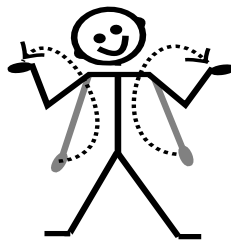
While pointing to
your watch, step
together step to
the right.

Rock and step together
step to the right!



More time for fun stuff

Hold hands out
as shown.

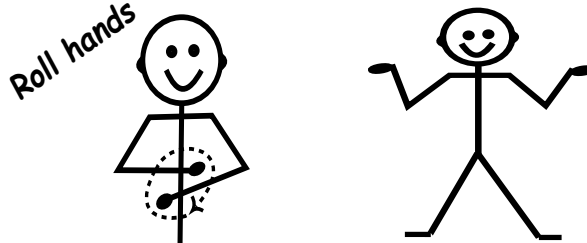


every day!

I Can Follow the Rules

(By Heidi Butkus; Ending)

Roll your hands,
and then put
them out as
shown on the
word, "school."

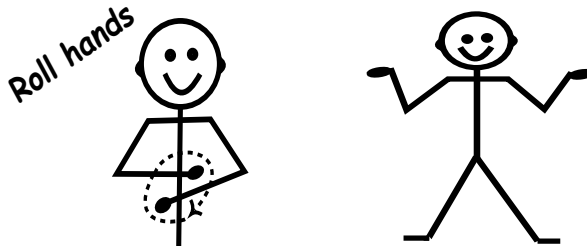


When we follow the rules at school,

Rock right and
left with hands
out as shown.

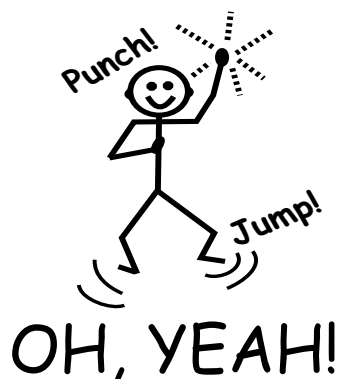


Roll your hands,
and then put
them out as
shown on the
word, "school."



When we follow the rules at school,

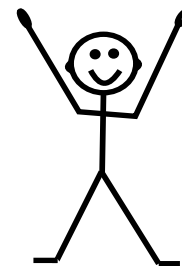
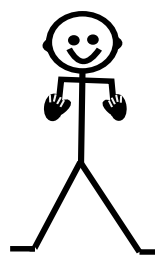
Jump and punch
the air!



When the Bell Rings, Freeze!

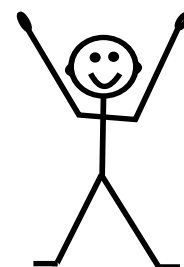
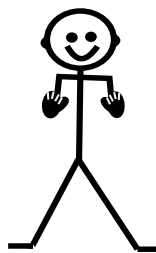
(By Heidi Butkus; Chorus)

Dance to the music and then freeze on the word, "freeze." Then put both hands forward on the word, "Stop!" Hold both hands up on the words, "Hands Up!"



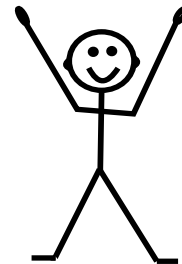
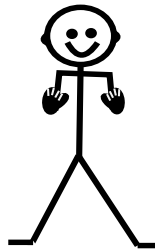
When the bell rings, freeze! Stop! Hands up!

Dance to the music and then freeze on the word, "freeze." Then put both hands forward on the word, "Stop!" Hold both hands up on the words, "Hands Up!"



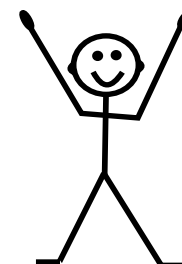
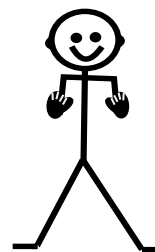
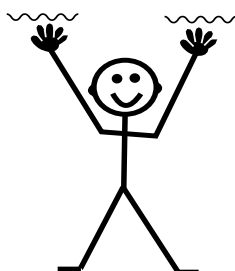
When the bell rings, freeze! Stop! Hands up!

Dance to the music and then freeze on the word, "freeze." Then put both hands forward on the word, "Stop!" Hold both hands up on the words, "Hands Up!"



When the bell rings, freeze! Stop! Hands up!

Freeze with your hands up and wiggle your fingers until the bell stops.



FREEZE! Stop! Hands up!

When the Bell Rings, Freeze!

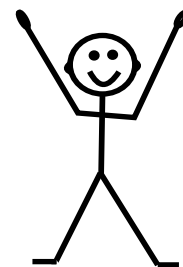
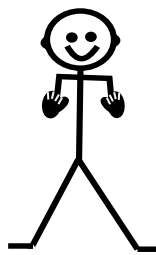
(By Heidi Butkus; Verse)

Shake hands over head
and turn around, as if
playing wildly.



You can play all day! You can play, play, play!

Dance to the music and
then freeze on the
word, "freeze." Then
put both hands forward
on the word, "Stop!"
Hold both hands up on
the words, "Hands Up!"



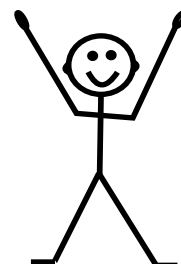
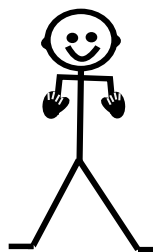
But when the bell rings, freeze! Stop! Hands up!

Shake hands over head
and turn around, as if
playing wildly.



You can play all day! You can play, play, play!

Freeze with your
hands up and wiggle
your fingers until
the bell stops.

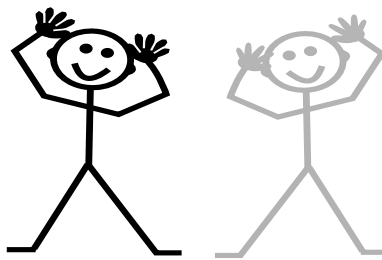


But when the bell rings, freeze! Stop! Hands up!

The Tattling Song

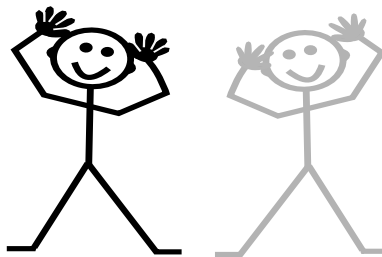
(By Heidi Butkus; Chorus)

Put your hands on your head as if teasing somebody.



Nobody likes a tattle tale!

Put your hands on your head as if teasing somebody.



Nobody likes a tattle tale!

Shake your finger in front of you.



If you tattle every day,

Shake finger from right to left!

SHake your finger from side to side.

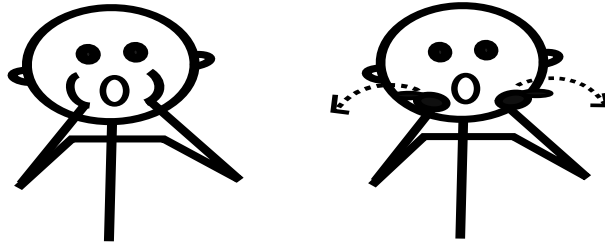


Nobody's going to want to play!

The Tattling Song

(By Heidi Butkus; Verse)

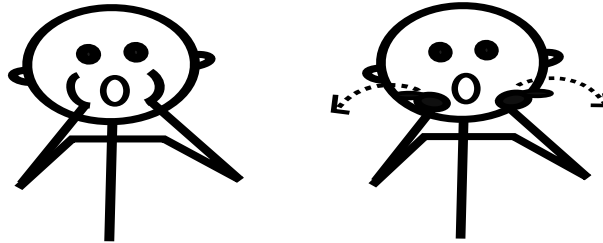
Slap your cheeks, as if you are frightened. Then point out from the mouth on "Do tell us!"



Is it dangerous? Do tell us!

(Echo): Is it dangerous? Do tell us!

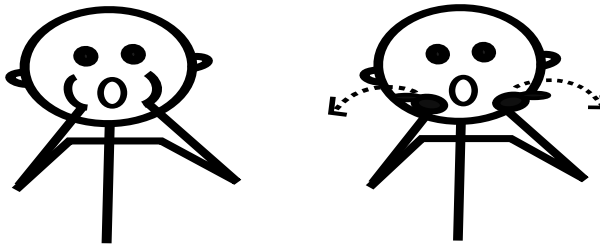
Slap your cheeks, as if you are frightened. Then point out from the mouth on "Tell for sure.!"



Is someone hurt? Tell for sure!

(Echo): Is someone hurt? Tell for sure!

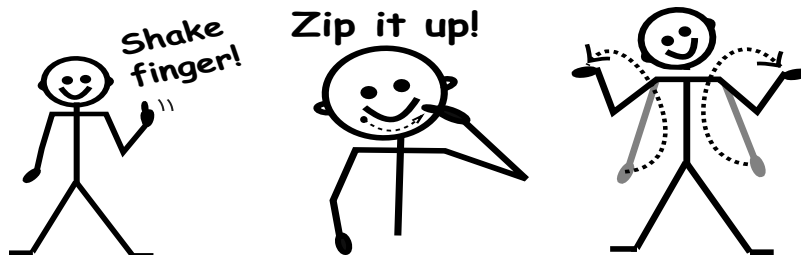
Slap your cheeks, as if you are frightened. Then point out from the mouth on "Tell us please!"



An emergency? Tell us please!

(Echo): An emergency? Tell us please!

Shake your finger in front of you. Then zip your lips and put your hands out as shown.



But if it's not, be a friend!

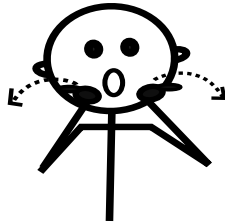
Zip it up and that's the end!

(Repeat from the beginning.)

Interrupting

(By Heidi Butkus)

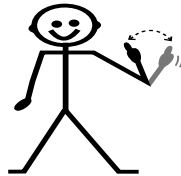
Point out from
your mouth to
show that you are
talking.



Interrupting is very disrupting!

Shake your finger
from side to side.

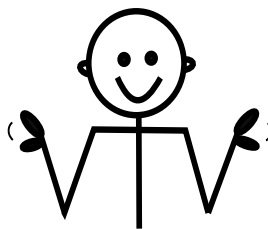
Shake finger from
right to left!



Don't start squawking,

Make a "talking"
motion with your
hands.

Talk!



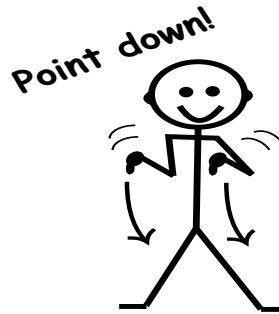
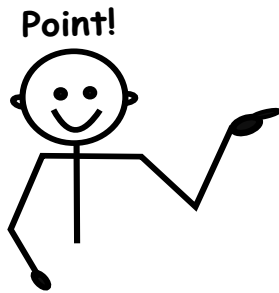
When someone else is talking!

(Repeat three more times!)

Outside Voices, Inside Voices

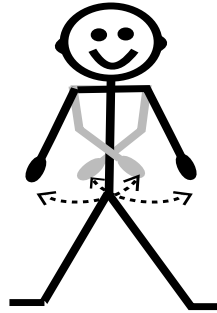
(By Heidi Butkus; Verse)

Walk like a dinosaur with one hand up.



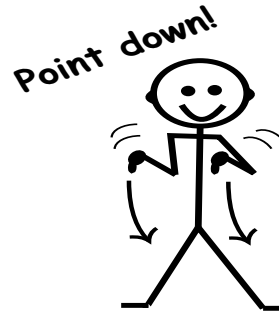
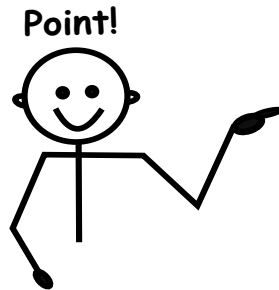
Outside voices inside make it hard for us to learn!

Cross your hands in front of you in time to the music as if to say, "No, no!"



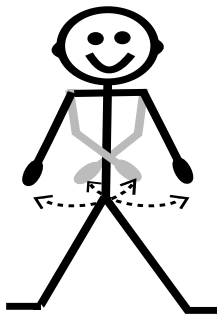
Screaming's not okay! Screaming's not okay!

Walk like a dinosaur with one hand up.



Outside voices inside make it hard for us to learn!

Cross your hands in front of you in time to the music as if to say, "No, no!"

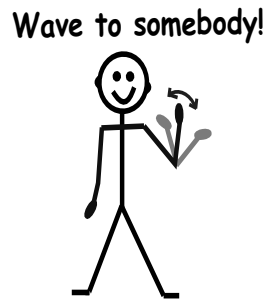
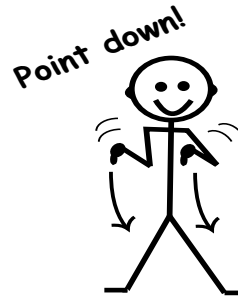
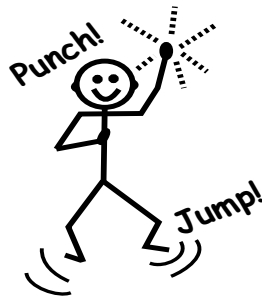
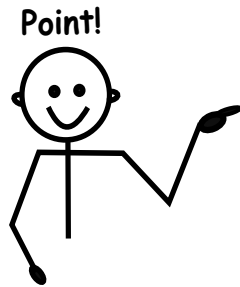


Screaming's not okay! Screaming's not okay!

Outside Voices, Inside Voices

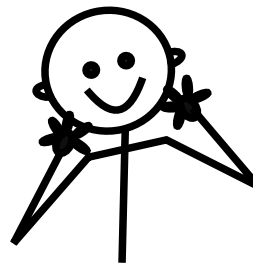
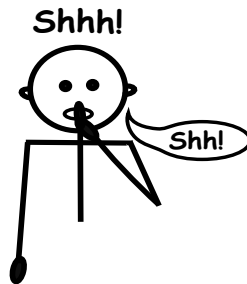
(By Heidi Butkus; Chorus)

Point outside, and punch and jump on the word, "Hooray!"
Point down on the word, "inside."
Wave to somebody on the word, "Hello."



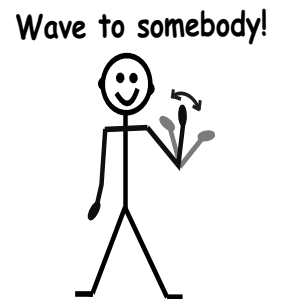
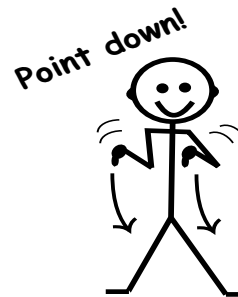
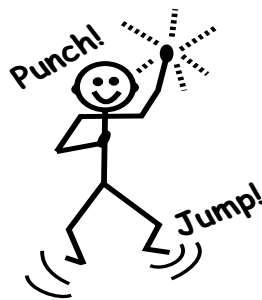
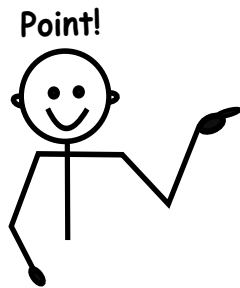
Outside voice: Hooray! Inside voice: Hello!

Put one finger in front of your mouth on the word, "Whisper." Then open fingers on the word, "Okay!"



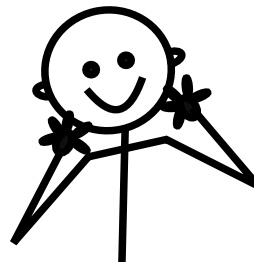
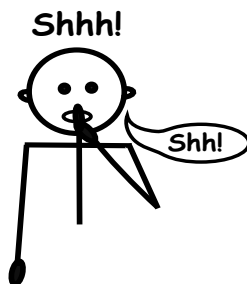
Whisper: Okay! Whisper: Okay!

Point outside, and punch and jump on the word, "Hooray!"
Point down on the word, "inside."
Wave to somebody on the word, "Hello."



Outside voice: Hooray! Inside voice: Hello!

Put one finger in front of your mouth on the word, "Whisper." Then open fingers on the word, "Okay!"

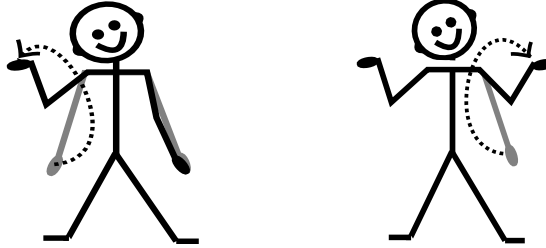


Whisper: Okay! Whisper: Okay!

Please and Thank You

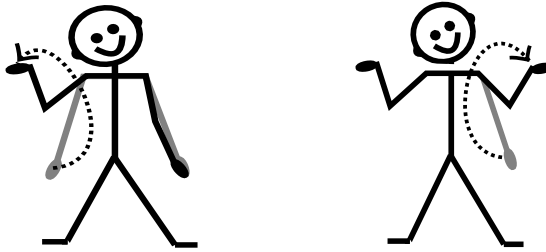
(By Heidi Butkus)

Put one hand out and then
the other.



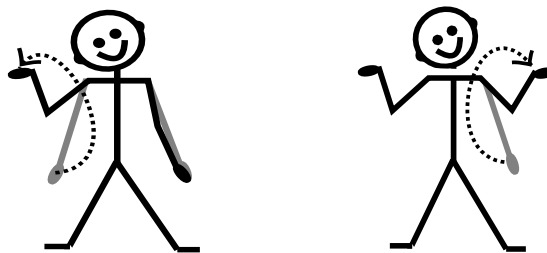
Start with please, and then say thank you!

Put one hand out and
then the other.



Start with please, and then say thank you!

Put one hand out and then
the other.



Start with please, and then say thank you!

Shake your finger.



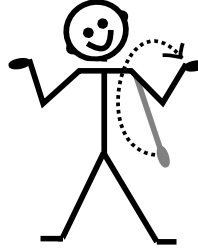
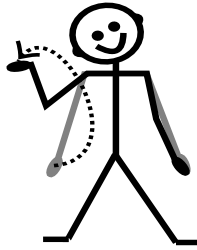
Always be polite!

((Repeat from the beginning))

Question or a Story?

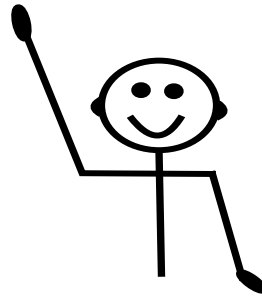
(By Heidi Butkus; Chorus)

Put one hand out and then the other each time you say, "question" or "story."



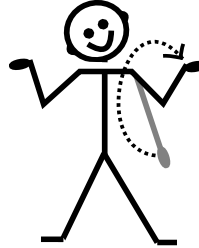
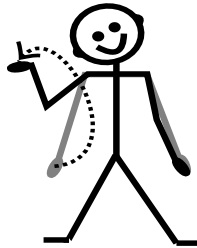
Is it a question or a story? Question or a story?

Point to your head.
Then raise your hand.



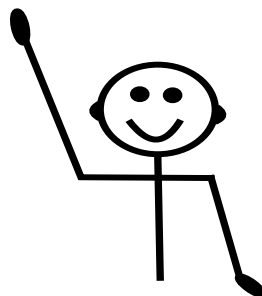
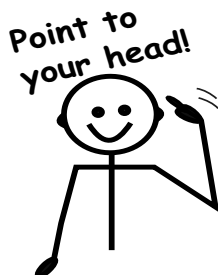
That's what I have to figure out,
Before I raise my hand!

Put one hand out and then the other each time you say, "question" or "story."



Is it a question or a story? Question or a story?

Point to your head.
Then raise your hand.

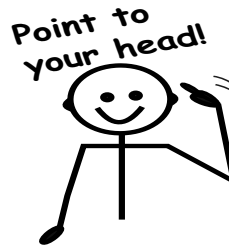
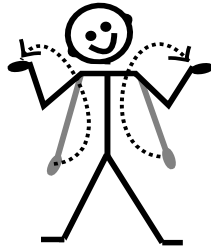


That's what I have to figure out,
Before I raise my hand!

Question or a Story?

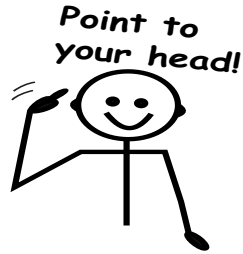
(By Heidi Butkus; Verse 1)

Hold hands out as shown on the word, "question." Then point to your head with your right hand on "find something out."



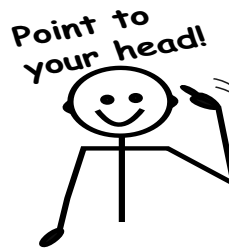
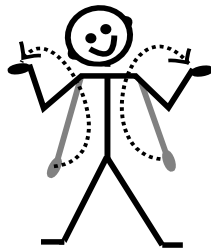
A question's what I ask to find something out,

Point to your head with your left hand and then your right on "find something out."



Find something out, find something out!

Hold hands out as shown on the word, "question." Then point to your head with your right hand on "find something out."



A question's what I ask to find something out,

Shake finger from side to side.

Shake finger from right to left!



When I don't understand!

Question or a Story?

(By Heidi Butkus; Verse 2)

Clasp your hands together on the word story, like a story teller. Then roll on hand as if you are going on, and on, and on....

Clasp hands together!



Roll one hand.



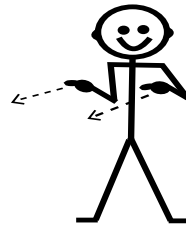
A story's what I tell about something I did,

Point to the right and then to the left.

Point to someone



Point to someone



Or what happened here or what happened there!

Clasp your hands together on the word story, like a story teller. Then roll on hand as if you are going on, and on, and on....

Clasp hands together!



Roll one hand.



A story's what I tell about something I did,

Point to your watch.

Point to your watch!

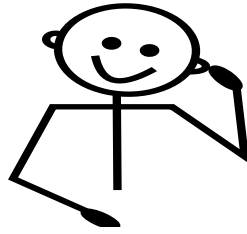


When there's extra time!

Question or a Story?

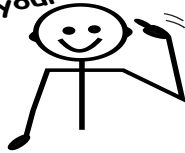
(By Heidi Butkus; Examples)

Put your hand behind your ear as if you are listening.



*(Spoken:) "Okay, let's try some examples, and see if you can figure out if it's a question or a story."
"Can you explain that again? I don't understand."*

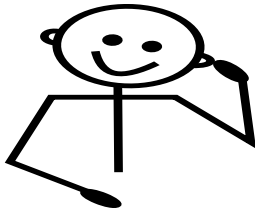
Point to your head!



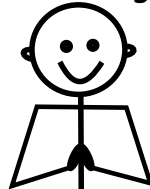
Shake finger!



Question! That's important!



Clasp hands together!

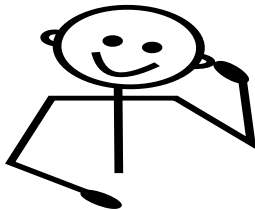


Point to your watch!



"I saw you at the grocery store yesterday!"

Story! That can wait!



Point to your head!



Shake finger!



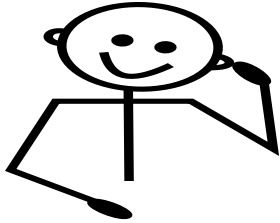
"What does that word mean? I don't know it!"

Question! That's important!

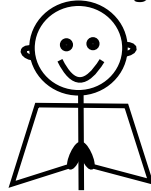
Question or a Story?

(By Heidi Butkus; Examples)

Put your hand behind your ear as if you are listening. Clasp hands together on the word, "story," and touch your watch for "wait."



Clasp hands together!

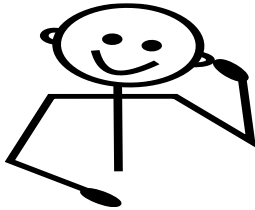


Point to your watch!



"Today... um... is my little brother's birthday!"
Story! That can wait!

Put your hand behind your ear as if you are listening. Point to your head on the word, "story," and then shake your finger on, "That's important."



Point to your head!

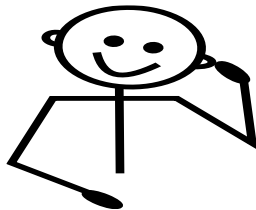


Shake finger!

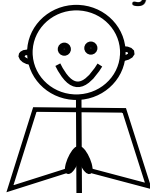


"Can you help me with this? I'm confused!"
Question! That's important!

Put your hand behind your ear as if you are listening. Clasp hands together on the word, "story," and touch your watch for "wait."



Clasp hands together!



Point to your watch!

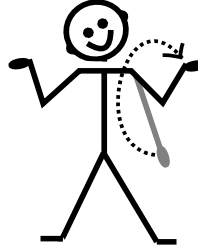
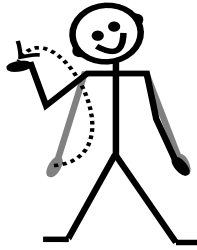


"Once I went to the zoo and I saw a tiger!"
Story! That can wait!

Question or a Story?

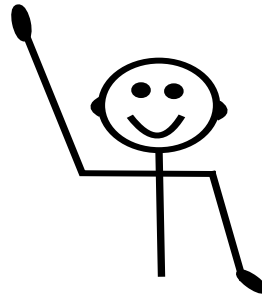
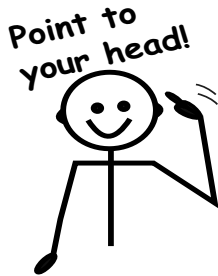
(By Heidi Butkus; Chorus)

Put one hand out and then the other each time you say, "question" or "story."



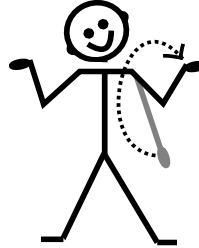
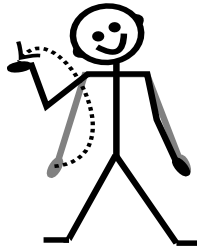
Is it a question or a story? Question or a story?

Point to your head.
Then raise your hand.



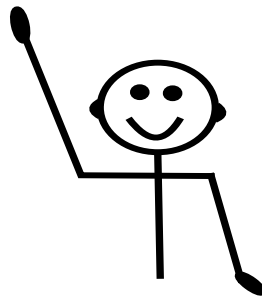
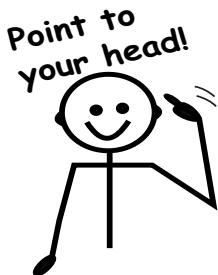
That's what I have to figure out,
Before I raise my hand!

Put one hand out and then the other each time you say, "question" or "story."



Is it a question or a story? Question or a story?

Point to your head.
Then raise your hand.

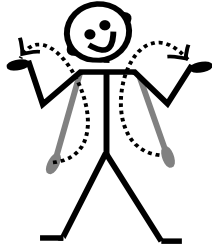


That's what I have to figure out,
Before I raise my hand!

Question or a Story?

(By Heidi Butkus; Verse 1)

Hold hands out as shown on the word, "question." Then point to your head with your right hand on "find something out."

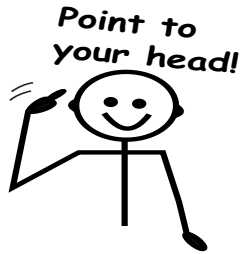


Point to your head!



A question's what I ask to find something out,

Point to your head with your left hand and then your right on "find something out."

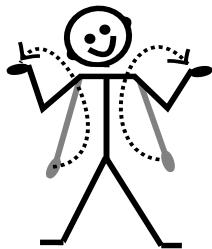


Point to your head!



Find something out, find something out!

Hold hands out as shown on the word, "question." Then point to your head with your right hand on "find something out."



Point to your head!



A question's what I ask to find something out,

Shake finger from side to side.

Shake finger from right to left!



When I don't understand!

Question or a Story?

(By Heidi Butkus; Verse 2)

Clasp your hands together on the word story, like a story teller. Then roll on hand as if you are going on, and on, and on....

Clasp hands together!



Roll one hand.



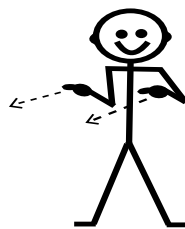
A story's what I tell about something I did,

Point to the right and then to the left.

Point to someone



Point to someone



Or what happened here or what happened there!

Clasp your hands together on the word story, like a story teller. Then roll on hand as if you are going on, and on, and on....

Clasp hands together!



Roll one hand.



A story's what I tell about something I did,

Point to your watch.

Point to your watch!



When there's extra time!

Cover Your Mouth

(By Heidi Butkus; Verse)

Cover your mouth with your right hand, placing your elbow over your mouth.

Cover your mouth!



When everybody's coughing,

Cover your mouth with your left hand.

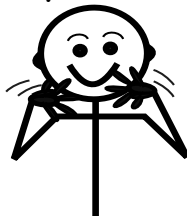
Cover your mouth!



It's happening too often,

Brush your hands away from your mouth.

Brush your hands away from your mouth!



To keep the germs from spreading,

Shake your finger.



There's something you must do:

Cover Your Mouth

(By Heidi Butkus; Chorus)

Put your hands in the "praying" position on the word, "please."

Cover your mouth with your right hand, placing your elbow over your mouth.

Cover your mouth! Cover your mouth!



Cover your mouth! Cover your mouth!

Cover your mouth with your left hand.

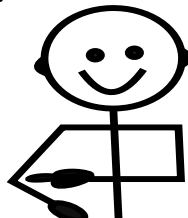
Cover your mouth!



Just cover your cough or your sneeze,

Point to your elbow.

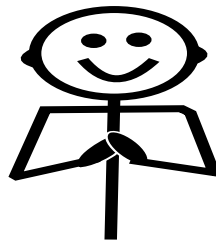
Point to your elbow!



With your elbow or your sleeve!

Put your hands in the "praying" position on the word, "please."

Please!



Please!

Cover Your Mouth

(By Heidi Butkus; Chorus, continued)

Cover your mouth!

Cover your mouth with your right hand, placing your elbow over your mouth.



Cover your mouth!

Cover your mouth!

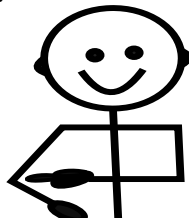
Cover your mouth with your left hand.



Just cover your cough or your sneeze,

Point to your elbow.

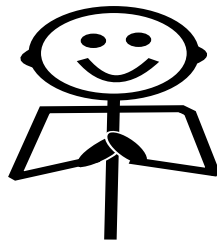
Point to your elbow!



With your elbow or your sleeve!

Put your hands in the "praying" position on the word, "please."

Please!



Please!

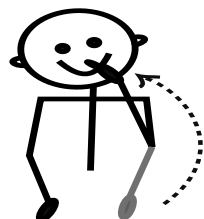
(Repeat from the beginning)

Blow Your Nose

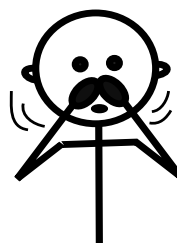
(By Heidi Butkus)

Point to your nose on the word, "Blow." Then pretend to blow your nose.

Point To Your
Nose!



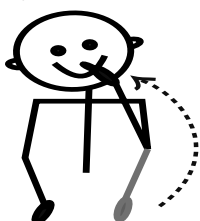
Blow your nose!



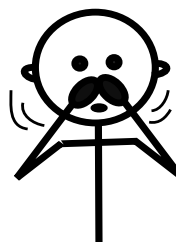
Blow! Blow your nose!

Point to your nose on the word, "Blow." Then pretend to blow your nose.

Point To Your
Nose!



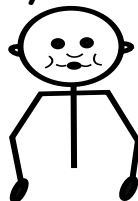
Blow your nose!



Blow! Blow your nose!

Pretend to take a deep breath and close your mouth.

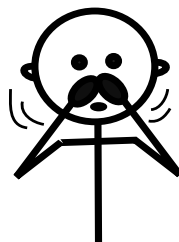
Take a breath and
close your mouth!



Take a breath and close your mouth,

Blow your nose!

Blow your nose!



Blow that icky mucas out!

Blow Your Nose

(By Heidi Butkus)

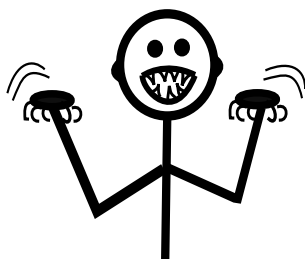
Shake your finger.

Shake finger from
right to left!



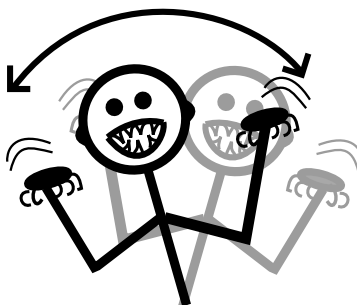
Wiping's not enough!

Pretend to be a dragon.



Be a dragon!

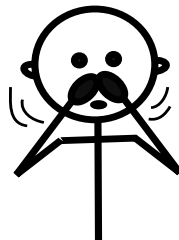
Walk like a dragon.



Blow your stuff!

Blow your nose!

Blow your nose!



Blow!

(Repeat from the beginning!)

The Potty Dance

(By Heidi Butkus; verse)

Dance!



If you're doing the potty dance, it's time to go!

Dance!



If you're doing the potty dance, it's time to go!

Shake your finger.



Even if you're playing or you're watching a show,

Dance!



If you're doing the potty dance, it's time to go!

The Potty Dance

(By Heidi Butkus; verse)

Dance, and then twist on
"Go, go, go!"



Twist down and up!



Dance, dance. Go, go, go!

Dance, and then twist on
"Go, go, go!"



Twist down and up!



Dance, dance. Go, go, go!

Dance, and then twist on
"Go, go, go!"



Twist down and up!



Dance, dance. Go, go, go!

Dance, and then twist on
"Go, go, go!"



Twist down and up!



Dance, dance. Go, go, go!

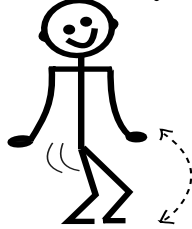
(Repeat from the beginning!)

Potty, Potty, Flush, Flush

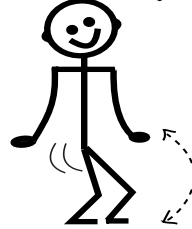
(By Heidi Butkus; verse)

Bend your knees down and up two times.

Bend knees down and up!



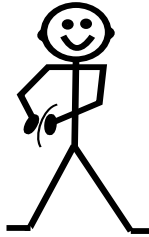
Bend knees down and up!



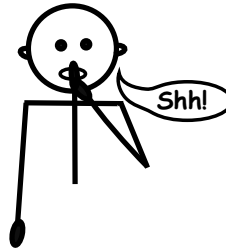
Potty, potty, flush, flush,

Pretend to wash your hands, and then put one finger on your lips for "hush, hush."

Wash hands.



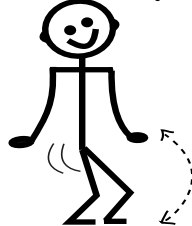
Shhh!



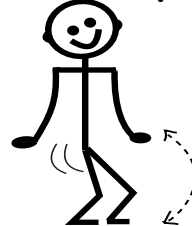
Wash, wash, hush, hush!

Bend your knees down and up two times.

Bend knees down and up!



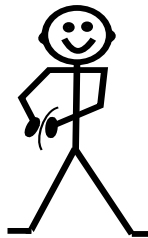
Bend knees down and up!



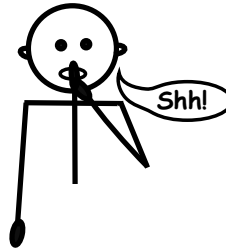
Potty, potty, flush, flush,

Pretend to wash your hands, and then put one finger on your lips for "hush, hush."

Wash hands.



Shhh!



Wash, wash, hush, hush!

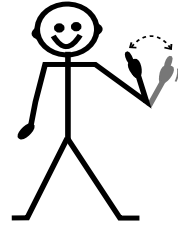
Potty, Potty, Flush, Flush

(By Heidi Butkus; verse)

Pretend to play, and then
shake your finger from
right to left.



Shake finger from
right to left!



Stop to play? No way!

Pretend to play, and then
shake your finger from
right to left.



Shake finger from
right to left!



Stop to play? No way!

Pretend to play, and then
shake your finger from
right to left.



Shake finger from
right to left!



Stop to play? No way!

Pretend to play, and then
shake your finger from
right to left.



Shake finger from
right to left!



Stop to play? NO WAY!

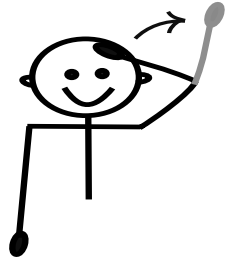
(Repeat from the beginning!)

Right Hand, Left Hand

(By Heidi Butkus; verse)

Salute with your right hand.

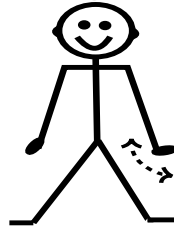
Give a salute!



With my right hand, I give a salute,

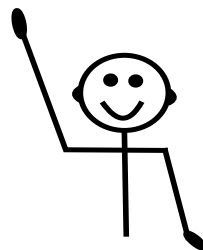
Brush your hand on your thigh with your left hand.

Brush your thigh.



With my left hand, I brush off my suit.

Pretend to play, and then shake your finger from right to left.



With my right hand, I reach for the sky,

Wave goodbye with your left hand.

Wave to somebody with one hand!



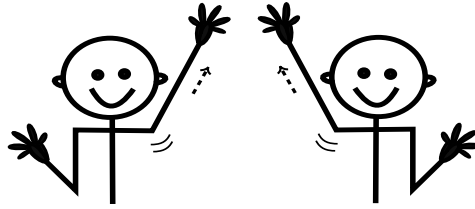
With my left hand, I wave goodbye.

(Repeat from the beginning!)

Right Hand, Left Hand

(By Heidi Butkus; verse)

Show your right hand, and then your left hand. Then pound on your legs.

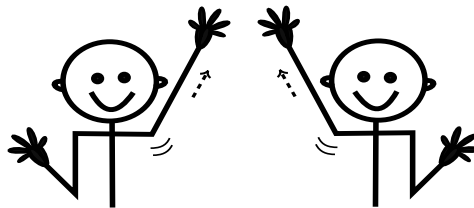


Pat one knee, then the other!



Right hand, left hand, pound, pound, pound!

Show your right hand, and then your left hand. Then touch the ground with your left hand.

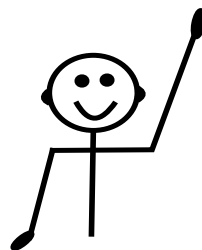


Touch the floor



Right hand, left hand, touch the ground!

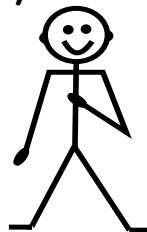
Pretend to play, and then shake your finger from right to left.



Take your right hand, and give it a squeeze,

Put your hand on your heart.

Put one hand on your heart.



Put it over your heart, and face the flag please!

(Repeat from the beginning!)

Red, White and Blue

(Traditional tune; Lyrics by Heidi Butkus)

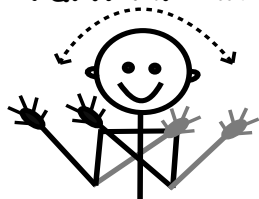
March!



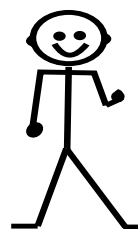
Red, white, and blue! Red, white, and blue!

**Wave Hands and
Turn Around!**

Wave your hands back and forth as shown while turning around. Then point to someone on the word, "you."



**Point
meone!**



An ABC pattern just for you!

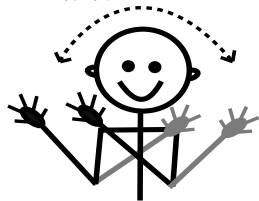
March!



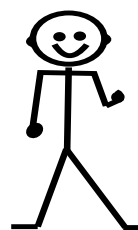
Red, white, and blue! Red, white, and blue!

**Wave Hands and
Turn Around!**

Wave your hands back and forth as shown while turning around. Then point to someone on the word, "you."



**Point
meone!**



An ABC pattern just for you!

The Days of the Week

(By Heidi Butkus)

**Sit on the floor
and pat your knees!**

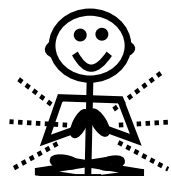
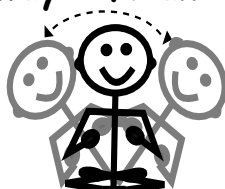
Sit on the floor and pat
your knees in time with the
music.



Sunday, Monday, Tuesday, Wednesday, Thursday, Friday!

**Sit on the floor
and sway left and right!** **Sit on the floor
and clap three times!**

Sitting on the floor, sway
back and forth, then clap
three times on "It's time to
go again!"



Saturday, the week is done! It's time to go again!

**Sit on the floor
and pat your knees!**

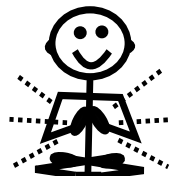
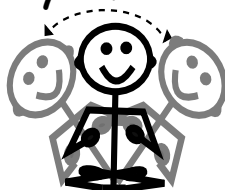
Sit on the floor and pat
your knees in time with the
music.



Sunday, Monday, Tuesday, Wednesday, Thursday, Friday!

**Sit on the floor
and sway left and right!** **Sit on the floor
and clap three times!**

Sitting on the floor, sway
back and forth, then clap
three times on "It's time to
go again!"



Saturday, the week is done! No more and that's the end!

The Days of the Week

(Traditional Tune; Lyrics by Heidi Butkus)

**Sit on the floor
and pat your knees!**

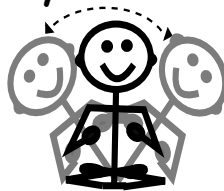
Sit on the floor and pat
your knees in time with the
music.



Sunday, Monday, Tuesday, Wednesday, Thursday, Friday!

Sitting on the floor, sway
back and forth, then clap
three times on "It's time to
go again!"

**Sit on the floor
and sway left and right!** **Sit on the floor
and clap three times!**



Saturday, the week is done! It's time to go again!

**Sit on the floor
and pat your knees!**

Sit on the floor and pat
your knees in time with the
music.



Sunday, Monday, Tuesday, Wednesday, Thursday, Friday!

Sitting on the floor, sway
back and forth, then clap
three times on "It's time to
go again!"

**Sit on the floor
and sway left and right!** **Sit on the floor
and clap three times!**



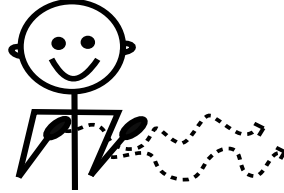
Saturday, the week is done! No more and that's the end!

The Months of the Year

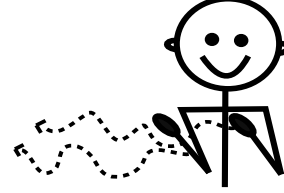
(By Heidi Butkus; First verse)

First listen to the singer,
and then on the ECHOS,
do the "hula" type of
move as shown.

Make wavy water hands
and dance to the right!



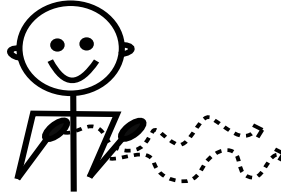
Make wavy water hands
and dance to the left!



January! (*January!*) February! (*February!*)

First listen to the singer,
and then on the ECHOS,
do the "hula" type of
move as shown.

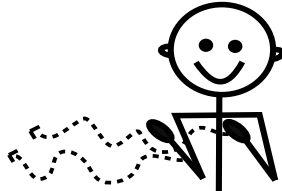
Make wavy water hands
and dance to the right!



March and April! (*March and April!*)

First listen to the singer,
and then on the ECHOS, do
the "hula" type of move as
shown.

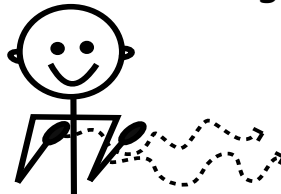
Make wavy water hands
and dance to the left!



May and June! (*May and June!*)

First listen to the singer,
and then on the ECHOS,
do the "hula" type of
move as shown.

Make wavy water hands
and dance to the right!



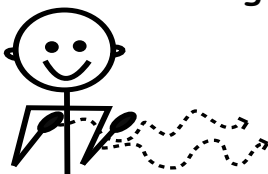
July and August! (*July and August*)

The Months of the Year

(By Heidi Butkus; First verse continued)

Make wavy water hands
and dance to the right!

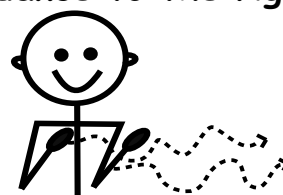
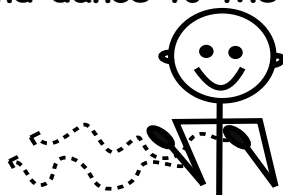
First listen to the singer,
and then on the ECHOS,
do the "hula" type of
move as shown.



Then September! (*Then September!*)

Make wavy water hands and dance to the left!
Make wavy water hands and dance to the right!

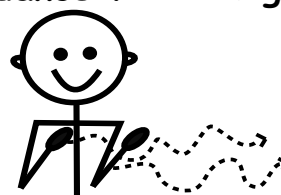
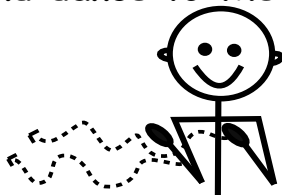
First listen to the singer,
and then on the ECHOS,
do the "hula" type of
move as shown.



October and then comes November! (*October and then comes November*)

Make wavy water hands and dance to the left!
Make wavy water hands and dance to the right!

First listen to the singer,
and then on the ECHOS, do
the "hula" type of move as
shown.

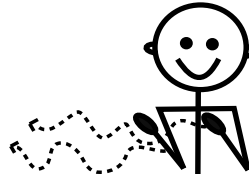
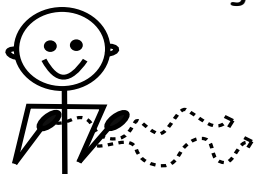


Last of all we have December! (*Last of all we have December!*)

Show one finger on the
left and two on the right
to form number twelve.
(Make sure you mirror
this for the children so
that they are not "read-
ing" it backwards when
they look at you!

Make wavy water hands and dance to the right!
Make wavy water hands and dance to the left!

Show "one ten" on the
left and "two ones" on
the right to make 12!



Twelve months in the year. Remember: twelve!

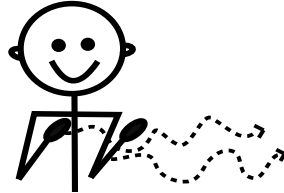
(The last line is sung altogether, with no echo.)

The Months of the Year

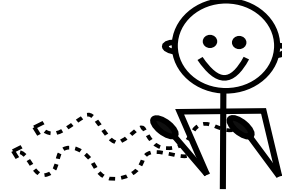
(By Heidi Butkus; Second verse)

Do the "hula" type of move as shown.

Make wavy water hands and dance to the right!



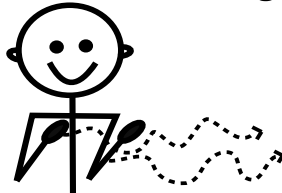
Make wavy water hands and dance to the left!



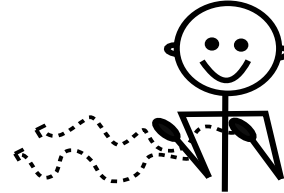
January, February!

Do the "hula" type of move as shown.

Make wavy water hands and dance to the right!



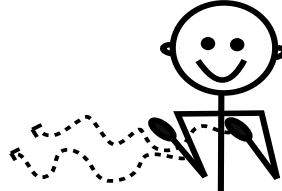
Make wavy water hands and dance to the left!



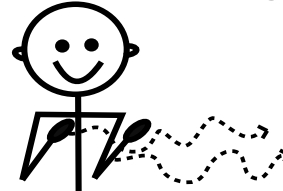
March and April! May and June!

Do the "hula" type of move as shown.

Make wavy water hands and dance to the left!



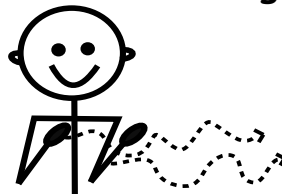
Make wavy water hands and dance to the right!



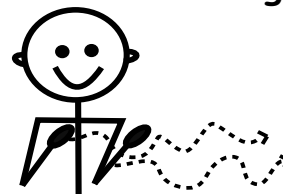
July and August! Then September!

Do the "hula" type of move as shown.

Make wavy water hands and dance to the right!



Make wavy water hands and dance to the right!



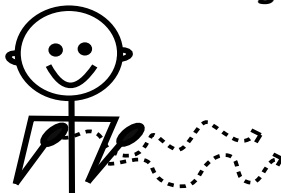
October and then comes November!

The Months of the Year

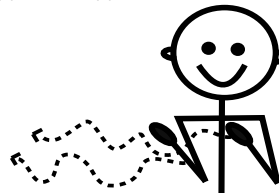
(By Heidi Butkus; Second verse continued)

Do the "hula" type of move as shown.

Make wavy water hands and dance to the right!



Make wavy water hands and dance to the left!

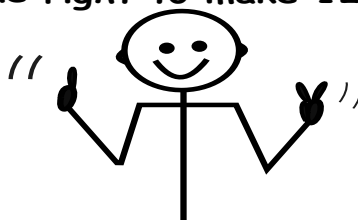


Twelve months in the year. Remember:

Show one finger on the left and two on the right to form number twelve.

(Make sure you mirror this for the children so that they are not "reading" it backwards when they look at you!

Show "one ten" on the left and "two ones" on the right to make 12!



Twelve!

Criss Cross Applesauce

(By Heidi Butkus)

Sit on the floor
and sway left and right!

Sit on the floor and sway
back and forth.



Criss cross, applesauce!

Sit on the floor
and clap three times!

Sit on the floor and clap
three times.

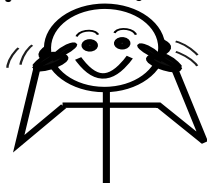


Clap, clap, clap!

Point to
your eyes!

Point to the
teacher!

Point to your eyes and then
point to the teacher.



Eyes on the teacher,

Hands in
your lap!

Put your hands in your
lap.



Hands in your lap!

(Repeat two more times, getting quieter each time.)

The Tracing Song

(By Heidi Butkus)

Sit on the floor and sway
back and forth.

Sit on the floor
and sway left and right!



Trace! Trace! Trace! Trace!

Sit on the floor and pat
your knees.

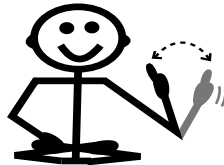
Sit on the floor
and pat your knees!



Hold the pattern down while you go around!

Shake your finger.

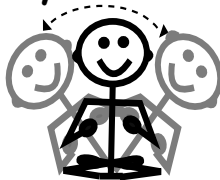
Sit on the floor and
shake your finger!



Don't let the pattern move! Stay right on the groove!

Sit on the floor and sway
back and forth.

Sit on the floor
and sway left and right!



Trace! Trace! TRA-A-ACE!

((Repeat.))

The Cutting Song

(By Heidi Butkus; First verse)

Sit on the floor and pretend to cut with your right hand.

Sit on the floor and pretend to cut!



Cut, cut, cut, cut, C-U-T,

Sit on the floor and pretend to cut with your left hand.

Sit on the floor and pretend to cut!



C-U-T, C-U-T!

Sit on the floor and pretend to cut with your right hand.

Sit on the floor and pretend to cut!



Cut, cut, cut, cut, C-U-T!

Sit on the floor and pretend to cut with your left hand.

Sit on the floor and pretend to cut!



Cut, cut, C-U-T!

The Cutting Song

(By Heidi Butkus; Second verse)

Sit on the floor and pretend to cut with both hands, this time keeping both hands straight ahead.

Sit on the floor and pretend to cut!



Keep the scissors straight ahead,

Sit on the floor and pretend to cut with both hands, this time keeping both hands straight ahead.

Sit on the floor and pretend to cut!



Straight ahead, straight ahead!

Sit on the floor and pretend to cut with both hands, this time keeping both hands straight ahead.

Sit on the floor and turn your hand around!



Turn the paper 'round instead,

Sit on the floor and pretend to cut.

Sit on the floor and pretend to cut!



Cut, cut, C-U-T!

The Glue Song

(By Heidi Butkus)

**Sit on the floor
and pat your knees!**

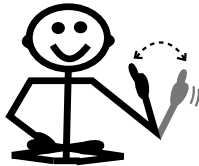
Sit on the floor and pat
your knees in time with
the music.



Glue, glue, glue, glue! Glue, glue, glue, glue!

**Sit on the floor and
shake your finger!**

Sit on the floor and shake
your finger from side to
side. Then hold up one
finger.



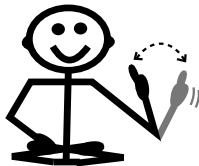
**Hold up
one finger!**



**Just a dot, not a lot! One dot!
Just a dot, not a lot! One dot!**

**Sit on the floor and
shake your finger!**

Sit on the floor and
shake your finger from
side to side. Then hold
up one finger.



**Hold up
one finger!**



**Just a dot, not a lot! One dot!
Just a dot, not a lot! One dot!**

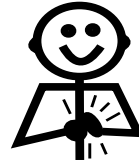
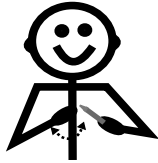
Snap That Cap

(By Heidi Butkus)

Twist on a cap!

Slap your fist!

Pretend to twist a cap on a marker. Then slap your fist on the word "that."



Snap that cap like that! Snap that cap like that!

Twist on a cap!

Twist on a cap!

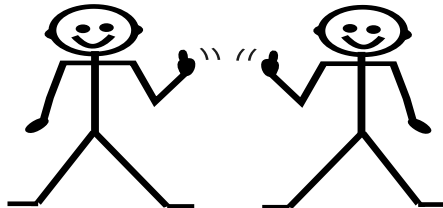
Twist on the cap.



Put it on tight! Put it on tight!

Shake finger on right hand, then left!

Shake your finger on one hand and then the other.



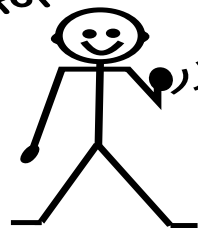
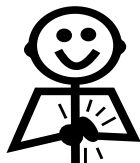
Next time we want it, it will write!

Next time we want it, it will write!

Slap your fist!

Stop!

Slap your fist on the word, "pop." Then push your hand out in front of you as shown on the word, "stop."



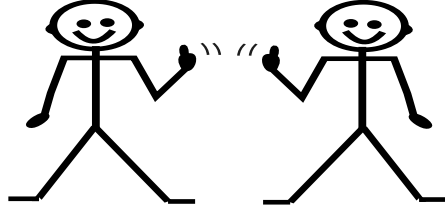
Make it go pop. Now stop!
Make it go pop. Now STOP!

Try Your Best

(By Heidi Butkus)

Shake your finger. on one hand and then the other.

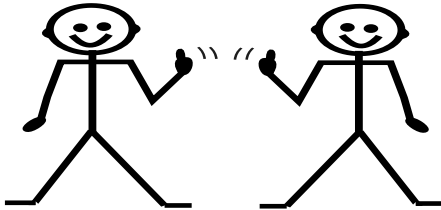
Shake finger on right hand, then left!



Just try your best!

Shake your finger. on one hand and then the other.

Shake finger on right hand, then left!



Just try your best!

Point to somebody. Then show your muscles.

Point meone! Show Both Muscles!



You can do it, if you try!

Point to somebody. Then show your muscles.

Point meone! Show Both Muscles!



You can do it, if you try!

The Smarty Pants Dance

(By Heidi Butkus)

Do the twist!

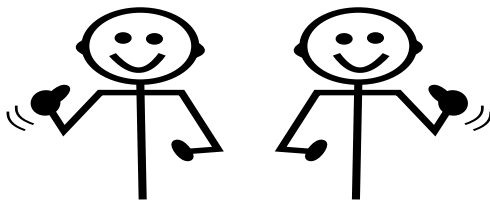
Do the twist or dance any way you want!



Do the smarty pants dance!

Bounce your thumbs left then right!

Point your thumbs to yourself, first one and then the other.



I get it! I got it!

Do the twist!

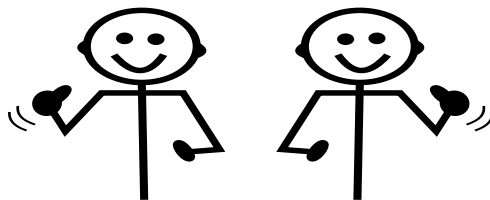
Do the twist or dance any way you want!



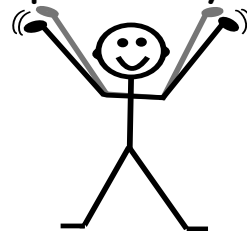
Do the smarty pants dance!

Bounce your thumbs left then right!

Point your thumbs to yourself, first one and then the other. Then on the words, "Woo, woo!" put your hands in the air and pat the sky.



Hands up and pat the sky!

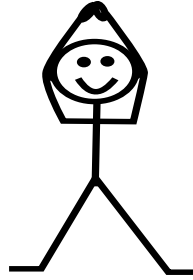


I get it! I got it! Woo woo! Woo woo!

Line Up!

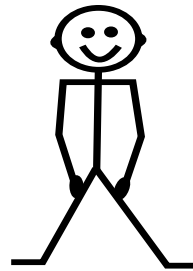
(By Heidi Butkus)

Clap your hands over your head.



Line up! (*Line up!*)

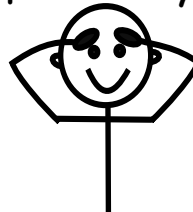
Slap your hands down at your sides.



Hands down! (*Hands down!*)

Open Your Eyes!

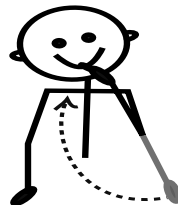
Put your hands around your eyes and show how you open them up.



Eyes open! (*Eyes open!*)

Point to your mouth and show how it closes.

Point To Your Mouth!

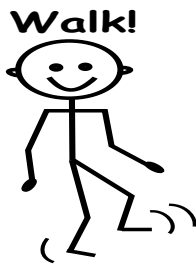


Mouths closed! (*Mouths closed!*)

Line Up!

(By Heidi Butkus; continued)

Keep walking!



Keep walking! (*Keep walking!*)

Shake your finger from side to side.

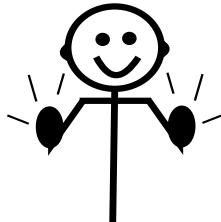
Shake finger from right to left!



No talking! (*No talking!*)

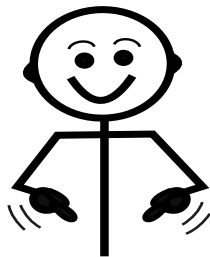
Push your hands out in front of you.

Push!



Pushing, NO! (*Pushing, NO!*)

Point forward.



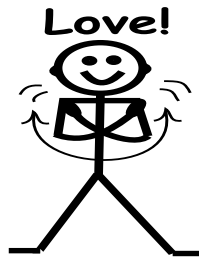
Here we go! (*Here we go!*)

(Repeat from the beginning)

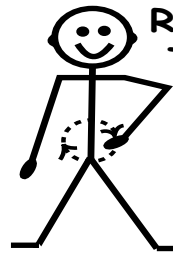
I Love My Lunchbox

(By Heidi Butkus; Verse 1)

Cross your arms and give yourself a hug. Then rub your tummy.



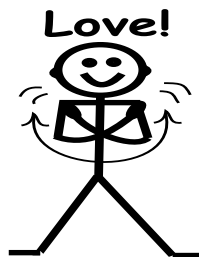
Love!



Rub Your Tummy!

I love my lunchbox! It's got a sandwich inside!

Cross your arms and give yourself a hug. Then rub your tummy.



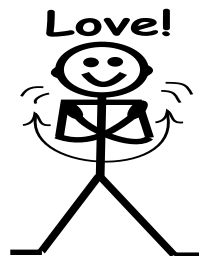
Love!



Rub Your Tummy!

I love my lunchbox! It's got some fruit inside!

Cross your arms and give yourself a hug. Then rub your tummy.



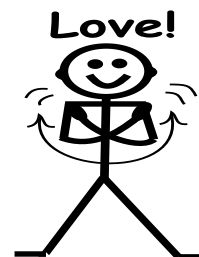
Love!



Rub Your Tummy!

I love my lunchbox! It's got some chips inside!

Cross your arms and give yourself a hug. Then do the twist!



Love!

Do the twist!



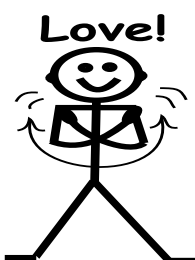
I love my lunchbox! Do doo doo doo doo!

(Repeat this verse from the beginning)

I Love My Lunchbox

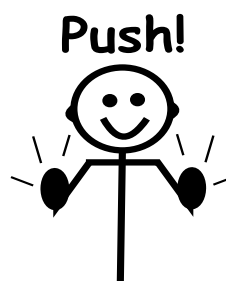
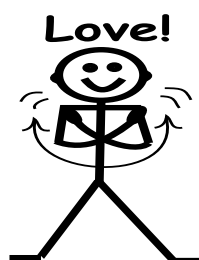
(By Heidi Butkus; Verse 2)

Cross your arms and give yourself a hug. Then dance!



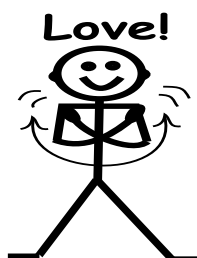
I love the lunch line! We rock and sing while we wait!

Cross your arms and give yourself a hug. Then push your hands forward.



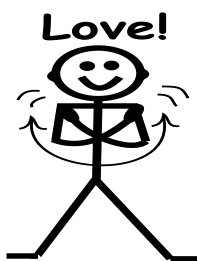
I love the lunch line! And pushing's never okay!

Cross your arms and give yourself a hug. Then dance!



I love the lunch line! Sometimes the food's really great!

Cross your arms and give yourself a hug. Then do the twist!



Do the twist!



I love the lunch line! Do doo doo doo doo!

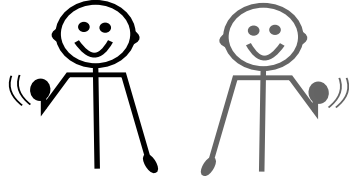
(Repeat this verse from the beginning)

Fight

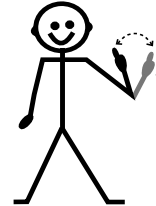
(An original rap by Heidi Butkus)

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

Punch Left, Then Right!



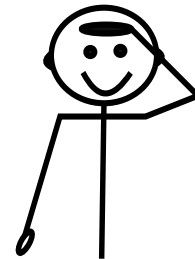
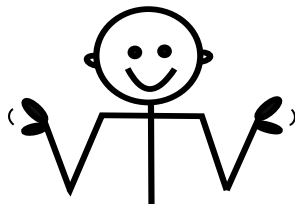
Shake finger from right to left!



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.

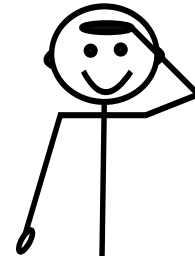
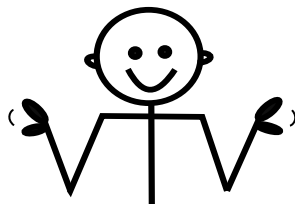
Talk!



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.

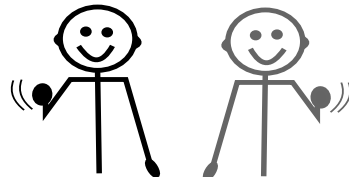
Talk!



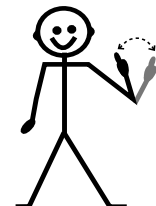
Talk it over! Walk away! Find another game to play!

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

Punch Left, Then Right!



Shake finger from right to left!



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