





# Handmotions to Accompany Nursery Rhymes: Music with Mother Goose



© 2014 Heidi Butkus & HeidiSongs P.O. Box 603, La Verne, CA 91750 Phone: (909) 331-2090 Fax: (909) 992-3061 www.heidisongs.com



# Nursery Rhymes: Music with Mother Goose:

Baa Baa Black Sheep Diddle Diddle Dumpling Georgie Porgie Hey Diddle Diddle Hickety Pickety Hickory Dickory Dock **Humpty Dumpty** Jack and Jill Jack Be Nimble Jack Be Sprat Little Boy Blue Little Jack Horner Little Miss Muffet London Bridge Mary Had a Little Lamb Mary, Mary, Quite Contrary The Muffin Man Old King Cole

Each nursery rhyme has been given a melody on HeidiSongs' Music with Mother Goose CD-even those that didn't already have a traditional tune! If it previously existed only as a poem, chant, or rhyme, we have turned it into new song, but keeping the old words exactly the same.

Pat-a-Cake
Pease Porridge, Hot
Peter, Peter, Pumpkin Eater
Rain, Rain, Go Away
Ring Around the Rosie
Rub-a-Dub-Dub
See Saw Sacradown
Sing a Song of Sixpence
Wee Willie Winkie

One, Two, Buckle My Shoe

And the Bonus Song...

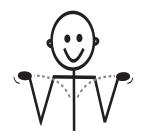
ABC Song (Sorry, no hand motions provided for the ABC Song!)

© 2014 Heidi Butkus www.heidisongs.com

## Baa Baa Black Sheep

Put both of your hands up by your ears (like the floppy ears on a sheep) and dip down and up in time with the music.





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

# Baa baa black sheep, have you any wool?

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





Hold three fingers up.

Yes sir, yes sir, three bags full!

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



One for the master, and one for the dame,

Hold up one finger with your other hand.





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

One for the little boy who lives down the lane.

## Baa Baa Black Sheep

Put both of your hands up by your ears (like the floppy ears on a sheep) and dip down and up in time with the music.





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

# Baa baa black sheep, have you any wool?

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





Hold three fingers up.

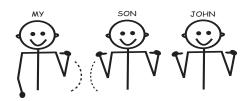
Yes sir, yes sir, three bags full!

## Diddle Diddle Dumpling

Twist your body going down and up with the words.



Point to yourself.

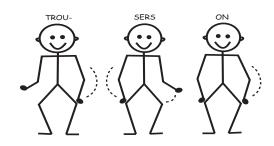


Diddle, diddle, dumpling, my son John,

Put your hands on your knees.

Put hands by your head like you're sleeping.





Went to bed with his trousers on!

Point to your shoes with the words.



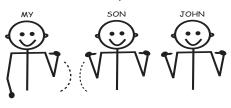


One shoe off and the other one on,

Twist your body going down and up with the words.



Point to yourself.



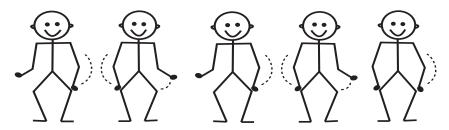
Diddle, diddle, dumpling, my son John!

# Diddle Diddle Dumpling

Twist your body going down and up with the words.



# Diddle, diddle, dumpling!

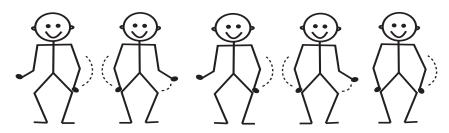


Put your hands on your knees to the beat.

Twist your body going down and up with the words.



# Diddle, diddle, dumpling!



Put your hands on your knees to the beat.

## Georgie Porgie

Put your hands on your cheeks and move your head from side to side.











Georgie Porgie, puddin' and pie,



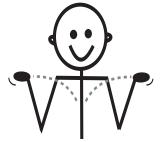




Pretend to cry.

Kissed the girls and made them cry,

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





When the boys came out to play,

Put your hands on your cheeks.







Pretend to run!

Georgie Porgie ran away!

## Hey Diddle Diddle

Wave to somebody!





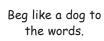
Make cat ears with your hands on your head.

Hey diddle diddle, the cat and the fiddle,

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



The cow jumped over the moon,







The little dog laughed to see such sport,



Pretend to run!

And the dish ran away with the spoon!

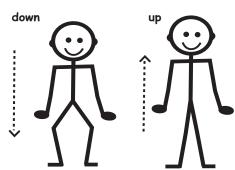
## Hickety Pickety

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



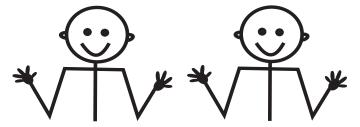
Hickety, pickety, my black hen,

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



She lays eggs for gentlemen,

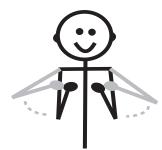
Hold up nine fingers.



Hold up ten fingers.

Sometimes nine and sometimes ten,

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



Hickety, pickety, my black hen!

# Hickory Dickory Dock

Wave your hands from side to side in time to the music.





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

# Hickory dickory dock, the mouse ran up the clock,

Hold up one finger.





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

The clock struck 1, the mouse ran down,

Wave your hands from side to side to the words.



Hickory dickory dock!

Wave your hands from side to side to the words.



Hickory dickory dock!

## **Humpty Dumpty**

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



# Humpty Dumpty sat on a wall,





Roll your arms in a tumbling motion forward and down.

# Humpty Dumpty had a great fall,

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



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

Shake your finger back and forth in front of you.



Couldn't put Humpty together again!

## Jack and Jill



# Jack and Jill went up a hill,

Pretend to grab a pail of water.





Pretend to take a drink of water.

# To fetch a pail of water,

Put your head down like you're falling.





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

## Jack fell down and broke his crown,



Roll your arms in a tumbling motion forward and down.

# And Jill came tumbling after!

## Jack Be Nimble

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

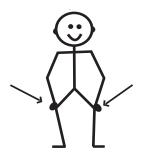




Pretend to run!

## Jack be nimble, Jack be quick,

Slap your legs on the word "Jack."





Pull your arms up when you jump!

# Jack jump over the candlestick!

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

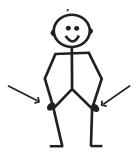




Pretend to run!

## Jack be nimble, Jack be quick,

Slap your legs on the word "Jack."





Pull your arms up when you jump!

Jack jump over the candlestick!

## Jack Sprat

Make a fat belly with your arms.



Jack Sprat could eat no fat,

Pull in your arms to your sides to make yourself look as skinny as possible.



His wife could eat no lean,

Put your arms out in a question pose.



And so between them both you see,



Motion with your hands like you are eating.

They licked the platter clean!

# Little Boy Blue

Play a horn!

Put both of your fists up to your mouth like you're blowing a horn and sway side to side.



# Little boy blue, come blow your horn,

Put your hands up on your head like floppy sheep ears and sway side to side with the music.

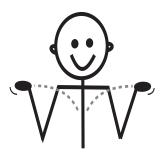




Pretend you're a cow! Make cow horns with your pointer fingers and sway side to side with the music.

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

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



But where is the boy who looks after the sheep?

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



He's under the haystack fast asleep!

## Little Jack Horner

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





Little Jack Horner sat in the corner,



Motion with your hands like you are eating.

Eating his Christmas pie,

Hold your hand flat in front of you and with your other hand, put your thumb down into your hand.





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

He put in his thumb and pulled out a plumb,

Two thumbs up.





Point to yourself.

And said, "What a good boy am I?!"

## Little Miss Muffet

Frame your face with your hands.





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

Little Miss Muffet sat on her tuffet,



Motion with your hands like you are eating.

Eating her curds and whey,

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





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

Along came a spider who sat down beside her,



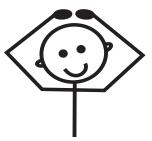
Pretend to run!

And frightened Miss Muffet away!

## London Bridges

Note: The motions shown here are if you don't want the children to hold hands and form a bridge, as is done in the traditional activity.

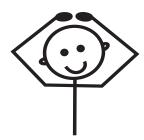
Make a bridge with her arms above your head.

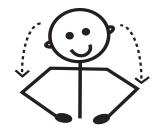




Make the bridge fall each time you say "down".

# London bridges falling down, falling down, falling down,







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

# London bridges falling down, my fair lady,

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







Repeat with the words, switching sides.

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



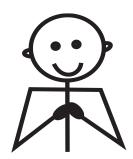


Frame your face with your hands and sway side to side.

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

## Mary Had a Little Lamb

Fold your hands together in front of you like a good little girl on "Mary".

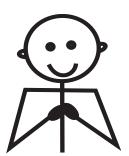




Put your floppy lamb's ears up on your head and sway side to side each time you say "little lamb".

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

Fold your hands together in front of you like a good little girl on "Mary".







Stroke your arm as if you were petting a sheep or a dog, etc.

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







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

Everywhere that Mary went, Mary went, Mary went,







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

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

# Mary Mary Quite Contrary

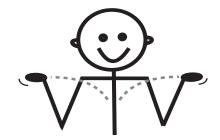
Cross your arms in front of you to one side and then switch sides, because you are feeling "contrary."





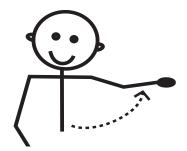
Mary Mary, quite contrary,

Put your arms out in a question pose.



How does your garden grow?

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





Do the same motion with the other arm.

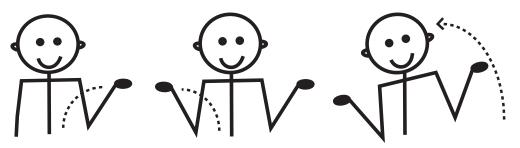
With silver bells and cockle shells,

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



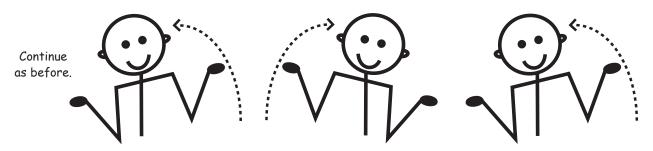
And pretty maids all in a row!

## Muffin Man

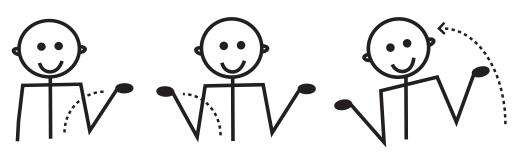


Put out your arms one by one into a question pose and then dip side to side.

Do you know the muffin man?



The muffin man, the muffin man,

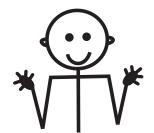


Put out your arms one by one into a question pose and then dip side to side.

Do you know the muffin man?

Point your thumb out motioning to the side.





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

Who lives on Drury Lane. Yeah!

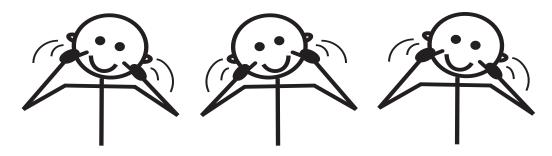
## Old King Cole





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

Old King Cole was a merry old soul,



And a merry old soul was he!

Hold a pipe up to your mouth!



Hold out your bowl!

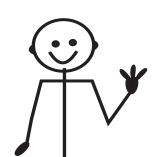


Shape your hands into a bowl in front of your body.

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

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

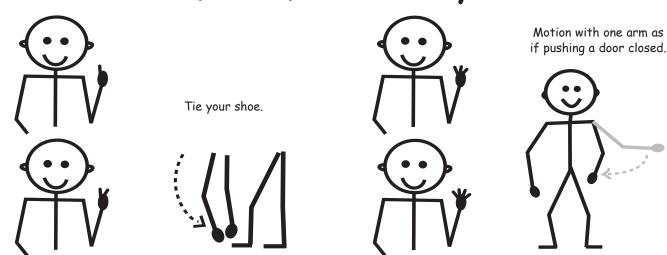




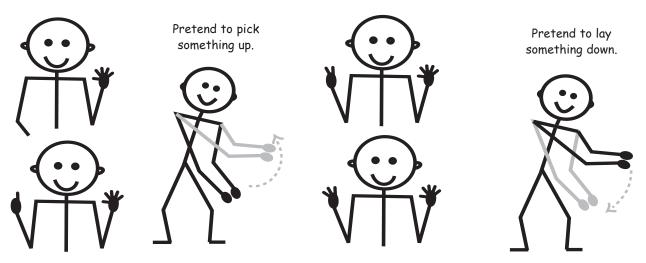
Hold up three fingers.

And he called for his fiddler's three!

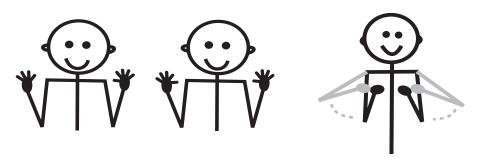
## One, Two, Buckle My Shoe



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



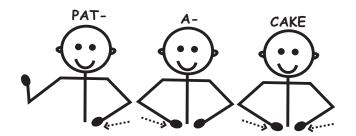
Five, six, pick up sticks, seven, eight, lay them straight,



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

Nine, ten, a big fat hen!

## Pat-A-Cake

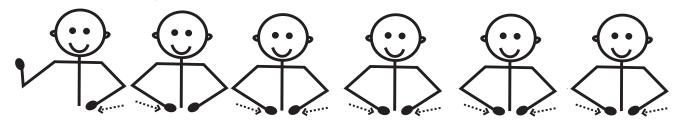


Pat your stomach to the words in the sequence 3 times.

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

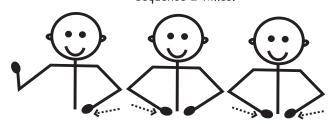
Pat your stomach to the words in the sequence 2 times.

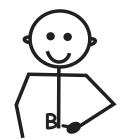
Pat your stomach 3 more times.



## Bake me a cake as fast as you can,

Pat your stomach to the words in the sequence 2 times.





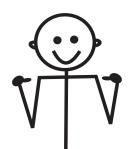
Draw a "B" on your tummy.

Pat it, roll it, and mark it with a "B",

Rub your tummy in a circular motion.







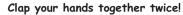
Point to yourself.

Put it in the oven for baby and me!

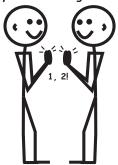
## Pease Porridge Hot



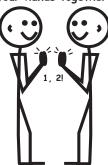




Slap each other's hands!

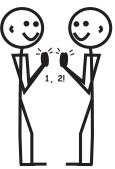




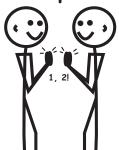




Pease porridge hot, pease porridge cold,

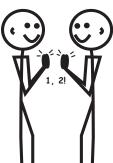








Pease porridge in the pot, nine days old,









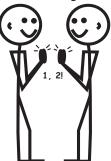
Some like it hot, some like it cold,

Clap your hands together twice!

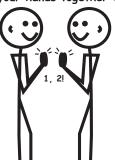
Slap each other's hands!

Clap your hands together twice!

Slap each other's hands!









Some like it in the pot, nine days old!

# <u>Peter Peter Pumpkin Eater</u>



Motion with your hands like you are eating.

Peter, Peter, pumpkin eater,

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



Had a wife but couldn't keep her,

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



He put her in a pumpkin shell,



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

And there he kept her very well!

# Rain Rain Go Away

#### Make rain fall!





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

Rain, rain, go away,

Motion toward yourself with one arm two times.





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

Come again another day,





Wave your arms from side to side with the words.

Little children want to play,

#### Make rain fall!



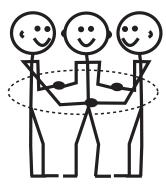


Sweep your arms across your body to motion "go away".

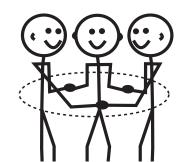
Rain, rain, go away!

# Ring Around The Rosie

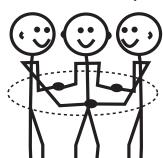
Hold hands and walk in a circle.



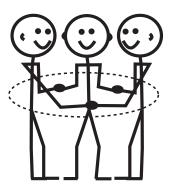
Ring around the rosie,



Pocketful of posies,



Ashes, ashes,





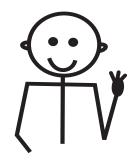
Still holding hands, together fall down.

We all fall down!

## Rub A Dub

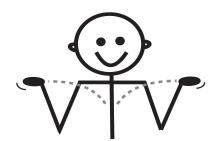
Hold out one hand in front of you and rub it with your other hand.





Hold up three fingers.

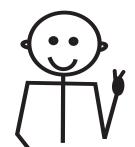
Rub-a-dub, dub, three men in a tub,



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

And who do you think they be?







The butcher, the baker, the candlestick maker,

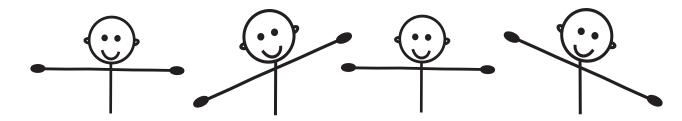
Make wavy water hands!

Show water with your hands.

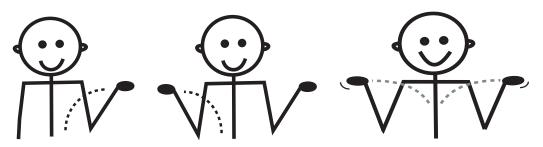


And all of them gone to sea!

## See Saw Sacradown

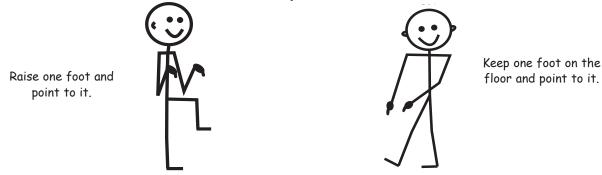


See, saw, sacradown,



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

Which is the way to London town?



One foot up and the other one down,



This is the way to London town!

## Sing a Song of Sixpence





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

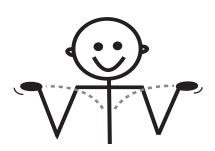






Put your hands out in front of you like you're holding a pie.

Four and twenty blackbirds baked into a pie,



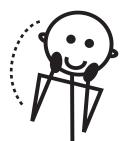




When the pie was opened, the birds began to sing,

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



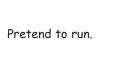




Make a crown on your head!

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

## Wee Willie Winkie





Wee Willie Winkie runs through the town,



Point down!





Motion to show what you are wearing.

Upstairs and downstairs in his nightgown,

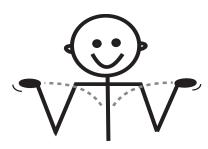
#### Knock! Knock!

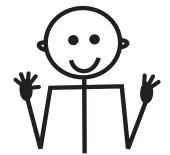


Alternate knocks in front of you.



Rapping on the window and crying through the lock,





Hold up eight fingers.

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

### Nursery Rhyme Lyrics

#### Baa Baa Black Sheep

Baa Baa black sheep, Have you any wool? Yes sir, yes sir, Three bags full.

One for the master,
One for the dame,
And one for the little boy
Who lives down the lane.

Baa Baa black sheep, Have you any wool? Yes sir, yes sir, Three bags full.

#### Diddle Diddle Dumpling

Diddle, diddle, dumpling, My son John, Went to bed with his trousers on;

One shoe off, and the other one on, Diddle, diddle, dumpling, My son John.

Diddle, diddle, dumpling, Diddle, diddle, dumpling.

#### Georgie Porgie

Georgie Porgie, pudding and pie, Kissed the girls and made them cry; When the boys came out to play, Georgie Porgie ran away.

#### Hey Diddle Diddle

Hey, diddle, diddle,
The cat and the fiddle,
The cow jumped over the moon;
The little dog laughed
To see such a sport,
And the dish ran away with the spoon.
© 2014 Heidi Butkus www.heidisongs.com

#### Hickety Pickety

Hickety pickety, my black hen. She lays eggs for gentlemen. Sometimes nine and sometimes ten, Hickety pickety, my black hen.

#### Hickory Dickory Dock

Hickory, dickory, dock,
The mouse ran up the clock;
The clock struck one,
The mouse ran down,
Hickory, dickory, dock.

Hickory, dickory, dock!

#### **Humpty Dumpty**

Humpty Dumpty sat on a wall, Humpty Dumpty had a great fall; All the king's horses and all the king's men Couldn't put Humpty together again.

#### Jack and Jill

Jack and Jill went up a hill
To fetch a pail of water;
Jack fell down and broke his crown,
And Jill came tumbling after.

#### Jack Be Nimble

Jack be nimble, Jack be quick, Jack jump over The candlestick.

#### Jack Be Sprat

Jack Sprat could eat no fat, His wife could eat no lean; And so between them both, you see, They licked the platter clean.

#### Little Boy Blue

Little boy blue, Come blow your horn, The sheep's in the meadow, The cow's in the corn. But where is the boy Who looks after the sheep? He's under the haystack, Fast asleep.

#### Little Jack Horner

Little Jack Horner Sat in the corner, Eating his Christmas pie; He put in his thumb, And pulled out a plum, And said, "What a good boy am I!"

#### Little Miss Muffet

Little Miss Muffet Sat on her tuffet, Eating her curds and whey; Along came a spider, Who sat down beside her, And frightened Miss Muffet away.

#### London Bridge

London Bridge is falling down, Falling down, falling down, London Bridge is falling down, My fair lady.

Take a key and lock her up, Lock her up, lock her up, Take a key and lock her up, My fair lady.

#### Mary Had a Little Lamb

Mary had a little lamb, Little lamb, little lamb. Mary had a little lamb, Its fleece was white as snow. And every where that Mary went,

© 2014 Heidi Butkus www.heidisongs.com

Mary went, Mary went. Evrywhere that Mary went The lamb was sure to go.

#### Mary, Mary, Quite Contrary

Mary, Mary, quite contrary How does your garden grow? With silver bells and cockleshells And pretty maids all in a row.

#### The Muffin Man

Do you know the muffin man, The muffin man, the muffin man? Do you know the muffin man, Who lives in Drury Lane?

#### Old King Cole

Old King Cole was a merry old soul, And a merry old soul was he. He called for his pipe, And he called for his bowl, And he called for his fiddlers three.

#### One, Two, Buckle My Shoe

One, two, buckle my shoe. Three, four, shut the door. Five, six, pick up sticks. Seven, eight, lay them straight. Nine, ten, a big fat hen!

#### Pat-a-Cake

Pat-a-cake, pat-a-cake, baker's man, Bake me a cake, just as fast as you can; Pat it, and prick it, and mark it with B, Put it in the oven for baby and me.

For baby and me, For baby and me, Put it in the oven for baby and me.

#### Pease Porridge, Hot

Pease porridge hot, Pease porridge cold, Pease porridge in the pot, Nine days old.

Some like it hot. Some like it cold. Some like it in the pot, Nine days old!

#### Peter, Peter, Pumpkin Eater

Peter, Peter, pumpkin-eater Had a wife, but couldn't keep her. He put her in a pumpkin shell, And there he kept her very well.

#### Rain, Rain, Go Away

Rain rain go away, Come again another day. Little children want to play; Rain, rain, go away.

#### Ring Around the Rosie

Ring around the rosie, Pocket full of posies, Ashes! Ashes! We all fall down!

#### Rub-a-Dub-Dub

Rub-a-dub-dub!
Three men in a tub,
And who do you think they be?
The butcher, the baker,
The candlestick maker,
And all of them gone to sea!

The butcher, the baker, The candlestick maker, And all of them gone to sea!

#### See Saw Sacradown

See, saw, sacradown, Which is the way to London town? One foot up, and the other foot down, This is the way to London town.

#### Sing a Song of Sixpence

Sing a song of sixpence, A pocket full of rye, Four and twenty blackbirds, Baked in a pie!

When the pie was opened, The birds began to sing, "Wasn't that a dainty dish To set before the king?"

#### Wee Willie Winkie

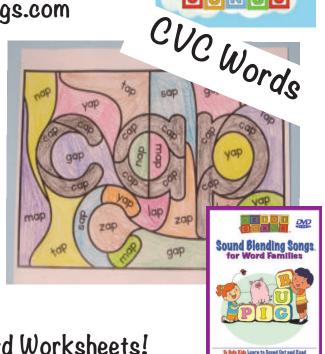
Wee Willie Winkie runs through the town, Upstairs and downstairs in his nightgown, Rapping on the window, And crying through the lock, "Are the children all in bed, For now it's eight o'clock?"

© 2014 Heidi Butkus www.heidisongs.com

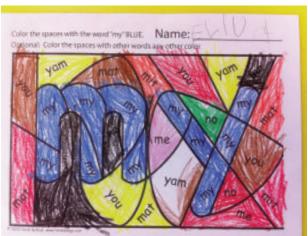
Have you seen our line of Sing & Spell the Sight Words Products?

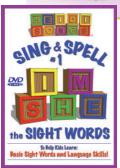
www.heidisongs.com



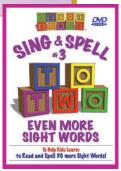


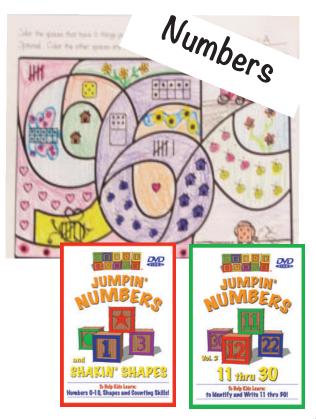
159 Different Hidden Sight Word Worksheets!











## Check out more of our great products!: 8 0 N G 8

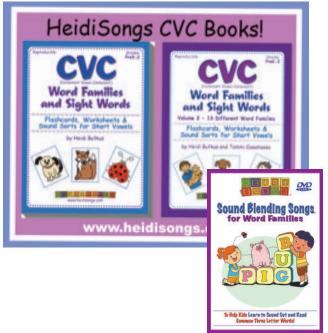
To Help Kids Learn: to identify and write upper and lower ease letters and learn their sounds

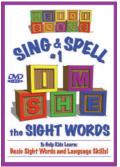
Warlokeets.

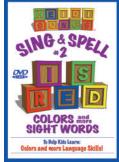
25 Siglet Words

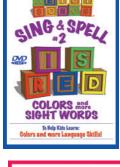
log-A familities Sight Horse







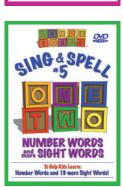








Workbooks, Mini Songbooks, and Flash Cards to Support all of the HeidiSongs' Sing and Spell the Sight Words CD's & DVD's!



EVEN MORE SIGHT WORDS To Help Kids Learn: to Read and Spell 30 more Sight Words!

