

Infants, 0 - 6 mos

Criss-Cross Applesauce

concepts: massage, relaxation, stimulation

Criss- cross

(trace an "X" with your finger on baby's back)

Applesauce

(pat baby's shoulder's two times in rhythm)

Spider's crawling up your back

(crawl your finger's up baby's back)

Spider's crawling down your back

(crawl your fingers down baby's back)

Gentle squeeze

(gently squeeze baby's arms)

Cool breeze

(blow on the back of the baby's neck)

Now you've got the shivers!

(gently tickle all over baby's back)

5 Fingers on Each Hand, a chant

I have 5 fingers on each hand

10 toes on my two feet

2 ears, 2 eyes

1 nose, 1 mouth

With which to sweetly speak.

My hands can clap, my feet can tap

My eyes can clearly see

My ears can hear

My nose can sniff

My mouth can say, "I'm me."

Touch the baby's body parts as you speak.

Tickle Bugs, a tickle chant

Tickle bugs, tickle bugs hunting feet

(creep fingers from baby's toes up baby's body

Creeping and crawling over the sheets

(creep fingers back down)

1, 2, (push each leg toward torso)

Catch them like this (push legs quickly)

Tickle, tickle, tickle (tickle baby)

And a great big kiss! (kiss baby)

Wiggle Waggle, a tickle chant (good for diaper changes!)

Wiggle waggle went the bears (cross baby's legs)

Chasing bees in his underwear

One bee out and one bee in (legs open, legs closed)

And one bee bit him on his little bear bum (tickle)

Peek-a-Boo, by Lynn Kleiner

from Kids Make Music, Babies Make Music Too CD

available on itunes - \$.99

materials: transparent scarf

Peek-a-boo, where are you (hide)

Hiding in your place?

Peek-a-boo, where are you

With your smiling face? (peek)

Place scarf over your face as you sing to baby.

Toddlers also enjoy this game and can play using an individual scarf.

Tummy Time

concept: strengthening the neck and core muscles

1. Tummy to tummy - place baby on your chest as you sit in a slightly reclining position
2. Eye level smile - place baby on a solid surface such as a changing table. Interact with baby on her eye level
3. Lap soothe - as you are in a seated position, place baby across your knees, with one knee lightly higher than the other supporting baby's chest
4. Tummy down carry - move with your arms under baby's body (baby is facing downward)
5. Tummy minute - place rolled up towel under baby's arms. (Diaper changes are a good time)
6. Exercise ball - use an exercise ball

6 - 12 months

Baby Goes Bumpy Boo, a bouncing song

tune: Looby Loo, from intellidance

(Sit on floor with legs outstretched. Baby sits on your thighs facing away from you)

Chorus: Here we go bumpy boo (bounce baby)

Baby goes bumpy bye

Baby goes bumpy bee

All on top of my knee

I bounce you to the left (bounce on L knee)

I bounce you to the right (bounce on R knee)

I bounce you up and down (raise knees up and down)

I bounce you out of sight (roll backward holding baby)

Whoop

Chorus

I bounce you very fast

I bounce you very slow

I bounce you up and down

And then way back you go (roll backward holding baby)

Whoop

Trot Old Joe, a bouncing song, from intellidance

(sit on floor w/ baby same as baby Goes Bumpy Boo)

Begin by clicking your tongue as you bounce baby on your knees

Trot old Joe, trot old Joe
(bounce baby @ a moderate tempo)
You ride better than any horse I know
Trot old Joe, trot old Joe
You're the best horse in the country -o. (shake legs)
Whoa (rock baby backward, as if pulling on reins)

Trot slow Joe, trot slow Joe
(bounce baby @ slow tempo)
You ride slower than any horse I know
Trot slow Joe, trot slow Joe
You're the slowest horse in the country-o
(rock baby side to side)
Whoa (rock baby backward, as if pulling on reins)

Trot fast Joe, trot fast Joe
You ride faster than any horse I know
Trot fast Joe, trot fast Joe
You're the fastest horse in the country-o
(wiggle knees fast)
Whoa (rock baby backward, as if pulling on reins)

There Was a Mouse - clapping & tickling song

There was a mouse (clap clap)
Who liked to tap (clap clap)
But most of all (clap clap)
She liked to clap (clap clap)
She clapped all night (clap clap)
She clapped all day (clap clap)
She clapped to frighten (clap clap)
The cat away (tickle)

Peek a Boo - object permanence

Dolly, dolly, where are you? (Hide an object under a scarf)
There you are! Peek-a-boo! (lift scarf to reveal the object)

Repeat using a different object.

12 months - 24 months

Come, Butter, Come, a chant - lang development

props: shakers, plastic fruits, bag for hiding the fruits

We're going to bake a cake
We're going to bake a cake
What kind of cake would you like to make?

Come, butter, come.

Come, butter, come.
(Child's name)'s at the garden gate,
Waiting with (banana) cake.
Come, butter, come.

Give each child a shaker to play as the chant is spoken. Invite a child to choose a plastic fruit from the bag. The child's name and her chosen fruit will be spoken as all shake. For older toddlers, include some objects from which cake is not made - tube of toothpaste, a sock, a spoon - silly fun!

Gray Squirrel, a movement chant

concepts: intro to colors/ movement

Gray squirrel, gray squirrel (stand with hands on knees)
Swish your bushy tail (wiggle your behind)
Gray squirrel, gray squirrel (stand with hands on knees)
Swish your bushy tail (wiggle your behind)
Wrinkle up your funny nose (wrinkle nose)
Hold an acorn in your toes (touch toes or pinch index and thumb together)
Gray squirrel, gray squirrel (stand with hands on knees)
Swish your bushy tail (wiggle your behind)

Make squirrel cutouts from different colors of paper. Present the gray squirrel and do the poem with the children. Present a squirrel of a different color and repeat poem changing the color of the squirrel, "Blue squirrel, blue squirrel ..."

Scarves

Fill an empty tissue box with scarves, leaving the end of one exposed. Put on some music and allow toddler to explore scarves (by pulling them out of the box and perhaps moving to the music)

I Know a Chicken, by Laurie Berkner from

Whaddaya Think of That CD,
materials: shakers
concepts: high-low, fast-slow

I know a chicken and she laid an egg

Ten Little Froggies by Lynn Kleiner from Jungle Beat available from cdbaby.com/lynn_kleiner - \$1.29
materials: drums, display board with frogs labeled 1-10
concepts: self-regulation; ability to stop & start playing

Distribute drums to babies. Display #1 frog on board. Instruct babies to stop playing on the word "stop." Begin by playing a steady beat on your drum:

1 little froggie goes hop - 1 (speak the numbers)
Along comes another and they just can't stop.
(stop playing and add frog #2)

2 little froggies go hop - 1, 2

Along comes another and they just can't stop.

Continue adding froggies and stopping until you reach 10 (or the number you prefer).

Jungle Beat, a chant, by Lynn Kleiner from Jungle Beat - Excellent Recordings!
available from cdbaby.com/lynnkleiner - \$1.29
materials: shakers, bells, or drums

Teacher begins with a steady beat on the drum:
(Babies play freely throughout)

Jungle beat (ti ti taps on the drum)
Jungle beat (ti ti taps on the drum)
Let's all get together for the jungle beat (ti ti)

Repeat and allow time between verses for movement and improvisation.

Five Little Kittens, a fingerplay

Five little kittens all black and white
Sleeping soundly in the night
(curl your hand into a fist)
Meow, meow, meow, meow, meow,
It's time to get up now.
(raise one finger on each "meow")

If I Could Have a Windmill

by Sharon, Lois, and Bram
on "Great Big Hits" CD - vol. 1
available: iTunes - \$.99

With child seated on your lap or across from you, or lying on a pillow, hold child's hands out to the side and gently sway arms side to side (windmill arms):

If I could have a windmill, a windmill, a windmill,
This is what I would do.
I'd have it pump some water, some water, some water
I'd have it pump some water
That is what I would do.

Then I'd have a duck pond, a duck pond, a duck pond
Then I'd have a duck pond
That is what I would do.

The ducks would make their wings flap ...
That is what they would do.

If I could have a windmill ...

2 years - 3 years

The Washing Machine - parachute play, by Jim Gill
Sneezing Songs and Other Contagious Tunes CD
materials: a parachute, sheet, or table cloth

I took a bath (raise chute)
In a washing machine (lower chute)
I took a bath (raise chute)
In a washing machine (lower chute)

So I could get (raise chute)
myself really clean (lower chute)

Chorus: The washing machine is washing me clean
(twist chute R to L)
The washing machine is washing me clean (twist chute R to L)

I put in soap (shake chute)
up came the suds (raise chute)
I put in soap (shake chute)
up came the suds (raise chute)
They washed out dirt (shake chute)
they washed out mud (raise chute)

Chorus

It was just then (raise chute)
That I started to spin (child releases chute and spins around)
It was just then (raise chute)
That I started to spin (child releases chute and spins around)
And then I knew (raise chute)
the trouble I was in (child releases chute and spins around)

Chorus

I hope my mom (raise chute)
doesn't put me in the dryer (shake chute)

Mood Music

Tape large pieces of paper to a table or the floor. Make crayons available for each child. Play a distinctive type of music, such as jazz, opera, or country, and watch what the music inspires in each child's drawing. Repeat with different music. Notice the colors children choose as you talk about the drawings. You can also put out a large piece of paper so children can create a group picture. Don't be surprised if toddlers start dancing as they draw!

Trepak, The Russian Dance from The Nutcracker

by Peter Tchaikovsky
Activity by Artie Almeida from [Parachutes and Ribbons and Scarves, Oh My!](#), listening lessons with movement props
Heritage Music Press, A Lorenz Co., www.lorenz.com

materials: ribbon streamers or scarves

Foam Ball Sort

concepts; color recognition, sorting, fine motor skills

materials: small foam balls of different colors, buckets or containers the same colors as the balls

Place foam balls in a large container or on the floor. Place color buckets some distance away. Play some lively music as babies pick up a ball and put it in the color corresponding bucket.

One Green Jelly Bean, by Lee and Sandy Paley
available at Amazon - \$.99
objective: counting 1-4/movement

One green jelly bean down in my belly bean
Giving me a tummy ache
What am I gonna take?
All my friends are telling me
They've got a remedy.
Don't eat the green one and jump up and down.

Two green jelly beans down in my belly bean ...
Don't eat the green one and rub your tummy,
And jump up and down.

Three green jelly beans down in my belly bean ...
Don't eat the green one and pat your head,
And rub your tummy,
And jump up and down.

Four green jelly beans down in my belly bean ...
Don't eat the green one and kick your leg,
And pat your head,
And rub your tummy,
And jump up and down.

Who Can Make a Flower?

Oh, who can make a flower?
I'm sure I can't, can you?
Oh, who can make a flower?
No one but God, it's true.

Oh, who can make a raindrop? ...
Oh, who can make the sun shine? ...
Oh, who can make a rainbow? ...
Oh, who can make a butterfly? ...

Encourage students to suggest additional verses of things that God created. This song can continue as long as it holds interest for your class. This song makes a beautiful class book with each child illustrating their suggested verse.

I Went to Visit

concept: identifying animals/ movement
materials: pictures of farm animals or stuffed or plastic animals, container for the animals

I went to visit a farm one day.
I saw a cow across the way.
And what do you think I heard him say?
Moo, moo, moo.

Show me how a cow moves
Show me how a cow moves
Show me how a cow moves
Freeze!

Place animals in a container visible to the children. Ask a child to choose an animal. Chant the verse about that animal changing the sound to correspond with the animal. Allow children to move freely as they dramatize the song.

Jesus Is Our Friend Today, tune: London Bridge

Jesus is our friend today
Clap your hands, shout hooray!
Jesus is our friend today
We love Jesus!

Substitute other motor movements: stomp your feet, turn around, wiggle your hips, flap your arms ...