

DR. JEAN AND FRIENDS

Today Is Sunday

Today is Sunday. Sunday – chicken. All you lucky children, Well, that’s O.K.	(Put hands in arm pits and flap like a chicken.)
Monday – peanut butter	(Extend left hand and pretend to spread peanut butter on it with right hand.)
Tuesday – snap beans	(Snap fingers.)
Wednesday – soup	(Pretend to slurp soup.)
Thursday – ice cream	(Pretend to lick a cone.)
Friday – hotdogs	(Slap hands together.)
Saturday - pizza	(Extend palm in air as if carrying a pizza.)

Five Little Monkeys

(Tune: “Down in the Meadow by the Itty Bitty Pool”)

Five little monkeys swinging from a tree, Teasing Mr. Alligator, “Can’t catch me.” Along came Mr. Alligator quiet as can be, And snatched a monkey right out of that tree!	(Hold up five fingers.) (Point finger as if teasing.) (Palms together and swish.) (Clap hands.)
Four little monkeys... Three...two...one...	(Hold up appropriate number of fingers on hand.)
“Missed me, missed me- Now you gotta kiss me!”	(Stick thumbs in ears and tease.)

Activities: Children will love to act out this song. Choose one child to be the alligator and five children to be the monkeys.

Tarzan

(Echo chant)

Tarzan. Swinging on a rubber band.	(Cup hands around mouth as if calling.) (Swing arms in air.)
Tarzan. Fell into a frying pan. Now Tarzan has a tan.	(Pretend to hold frying pan.) (Point to hand.)
Jane – flying in an airplane. Jane – crashed into a freeway lane. Now Jane has a pain.	(Extend arms as if flying.) (Clap hands.) (Bend back.)
Cheetah – rocking to the beat – a. Cheetah – got caught by an amoeba. Now Cheetah is Velveeta.	(Snap fingers.) (Clasp hands.) (Pretend to spread on left arm.)

Activities: Identify the words that rhyme in the chant.

Ask children what's "silly" about this chant.

Elephants

(Tune: "I'm a Little Teapot")

Elephants walk like this and that. They're terribly big and terribly fat. They have no hands, they have no toes. But goodness, gracious, what a nose!	(Extend one arm and swing like a trunk.) (Hold arms out beside you.) (Hold up hands. Point to feet.) (Extend arm again like a trunk.)
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Mother Goony Bird

(Tune: "Father Abraham")

Mother Goony Bird had 7 chicks. And 7 chicks had Mother Goony Bird. And they couldn't swim – NO! And they couldn't fly – NO! All they did was go like this – right arm.	(Hold up 7 fingers.) (Shake head and extend right hand.) (Shake head and extend left hand.) (Flap right arm.)
Add left arm...right foot...left foot... Nod your head...turn around, sit down!	(Add other movements.)

Activities: Have children illustrate pictures of Mother Goony Bird and her chicks.

My Mother Is a Baker

(Tune: "I Am a Pretty Little Dutch Girl")

My mother is a baker, a baker, a baker.

My mother is a baker.

She always goes like this, "Yum! Yum!"

(Pat tummy.)

Father – trash man – "Pee yew!"

(Hold nose.)

Sister – singer – "La da de da and toodley doo."

(Hold up arms.)

Brother – cowboy – "Yee haw!"

(Twirl finger over head.)

Doggie – licker – "Slurp, slurp."

(Lick with tongue.)

Kitty – scratcher – "Hsssss!"

(Hold out fingers like claws.)

Baby – whiner – "Waaaa!"

(Pretend to cry.)

Grandpa – engineer – "Toot! Toot!"

(Pretend to blow whistle.)

Grandma – tickler – "Tickle, tickle, tickle!"

(Tickle each other.)

Activities: Make body puppets from grocery sacks representing the different characters in this song. Tie a piece of yarn to the top corners so they can be worn around the neck.

Dr. Knicker Bocker

Dr. Knicker Bocker, Knicker Bocker, Number 9,

(Clap and snap

We can get the rhythm most any old time.

fingers to the beat.)

So let's get the rhythm in our hands – clap, clap.

Oh, we can get the rhythm in our hands – clap, clap.

(Clap hands.)

Feet – stomp, stomp.

(Stomp feet.)

Heads – ding dong.

(Move head from side to side.)

Hips – hotdog!

(Wiggle hips.)

Arms – whoopee!

(Shake arms in air.)

Sides – sides.

(Run arms up sides.)

All over!

(Repeat all movements.)

Activities: Do this chant as children wait in line or to entertain them during other transition times.

Nursery Rhyme Rap

(Tune: "100 Bottles of Beer on the Wall")

Jack and Jill went up the hill (Clap hands.)
To fetch a pail of water.
Jack fell down and broke his crown,
And Jill came tumbling after.

Chorus:

A B C D E F G

H I J K L

M N O P

Q R S

T U V W X Y Z

(Cross over touching right hand
to left knee, then left hand to right
knee.)

Humpty Dumpty...Little Miss Muffet...Hey, Diddle, Diddle...Little Boy Blue...
Hickory Dickory Dock

*Activities: Integrate other cross over movements such as touching elbow to opposite
knee; hand to opposite foot; hand to opposite shoulder, etc.*

*Have children draw pictures illustrating the different rhymes. Put them together to make
a book. Put a copy of the words on each page so the children can "sing along."*

Miss Sue from Alabama

Miss Sue, Miss Sue, (Snap fingers.)
Miss Sue from Alabama.
Sitting in her rocker,
Eating Betty Crocker, (Pretend to eat.)
Watching the clock go
Tick-tock, tick-tock banana rock. (Point index fingers up and then tick
tock from left to right.)
Tick-tock, tick-tock banana rock.
A B C D E F G,
Wash those spots right off of me. (Brush hands off shoulders.)
Oosha mama, oosha mama, (Point fingers and dance.)
Oosha mama, FREEZE! (Freeze and don't move!)

Activities: Use this chant to focus children's attention or to calm them.

My Hands on My Head

My hands on my head, (Point to head.)
Que esta aqui?
This is my cabeza my mamacita.
Cabeza, cabeza, la, la, la, la.
That's what I learned in my school. Si, si! (Snap fingers.)

Eyes –ojos (Point to eyes.)
Ears – orejas (Point to ears.)
Nose – nariz (Point to nose.)
Mouth – boca (Point to mouth.)
Stomach – estomago (Point to stomach.)
Feet – pies (Point to feet.)

Activities: Trace around children's bodies on large sheets of butcher paper. Label parts in English and Spanish.

Adapt this song to French, German, or other languages.

Tooty Ta

(Echo Chant)

Chorus: A tooty ta, a tooty ta,
 A tooty ta ta. (Hands over head and clap.)
Thumbs up. (Stick thumbs up in front of you.)
Elbows back... (Elbows back.)
Feet apart... (Extend feet.)
Knees together... (Put knees together.)
Bottoms up... (Stick bottom up in air.)
Tongue out... (Stick out tongue.)
Eyes shut... (Close eyes.)
Turn around... (Turn around.)

Days of the Week

(Tune: "The Addams Family")

Days of the week. Days of the week. (Snap fingers.)
Days of the week. Days of the week.
Days of the week.

There's Sunday and there's Monday, (Cross over right hand to tap left
There's Tuesday and there's Wednesday, knee; then left hand to right knee.)
There's Thursday and there's Friday,
And then there's Saturday.

*Activities: Point to the days on a calendar as you sing.
Learn to sing this song in sign language or other languages.*

Macarena Months

(Dance the Macarena as you sing.)

January,	(Left arm out palm down.)
February,	(Right arm out palm down.)
March,	(Left palm up.)
April,	(Right palm up.)
May,	(Right hand on left shoulder.)
June,	(Left hand on right shoulder.)
July,	(Right hand on back of head.)
August,	(Left hand on back of head.)
September,	(Right hand on left front hip.)
October,	(Left hand on right front hip.)
November,	(Right hand on back right hip.)
December,	(Left hand on back left hip.)
Then you turn around.	(Hands on hips and wiggle.)

Activities: Sing this song in Spanish or other languages.

Weather Song

(Tune: "My Darlin' Clementine")

Sunny, sunny,
Sunny, sunny,
It is sunny in the sky.
S – U – N – N – Y, sunny,
It is sunny in the sky.

(Make a circle with your hands
over your head.)

Cloudy...
Rainy...
Windy...
Snowy...

(Hold up palms and swish.)
(Wiggle fingers down.)
(Move hands in semi-circles.)
(Wrap arms around self and shiver.)

Activities: Have children draw pictures of different types of weather and put them together to make a book. Label the pictures, then point to the letters as you sing.

I Had a Bird

I had a bird, and the bird pleased me.
I fed my bird by yonder tree.
Bird went, "Tweedle dee dee."

(Flap arms like a bird.)

Duck – "quack, quack"
Pig – "oink, oink"
Cow – "moo-moo"
Dog – "woof-woof"

(Open and shut palms like a bill.)
(Stick nose in air.)
(Index fingers above head for horns.)
(Hands behind back like a tail
wagging.)

Activities: Let children make stick puppets and hold them up as the song is sung.

Patalina Matalina

(Tune: "Shortnin' Bread")

Chorus: Um plucka lucka lucka,
Um plucka lucka lucka,
Um plucka lucka lucka,
Pluck, pluck, pluck.

(Pretend to strum a guitar.)

Patalina Matalina Upsadina Walkadina
Hoca Poca Loca was his name...

His body looked like a frying pan,

(Extend arms in front of you.)

With two little arms and hands...

(Stick out hands.)

His head was shaped like a basketball,

(Hands in a circle over head.)

And he had no hair at all...

His ears were big and bright red,

(Palms up by side of head.)

And they flopped out from his head...

His nose was as long as a garden hose,

(Extend one arm from side of head.)

And it hung down to his toes...

He had two eyes that were yellow and red,

(Point to eyes.)

And they poked out from his head...

His feet were as big as sailboats,

(Point to feet and shuffle.)

And on the water he could float...

But his heart was so big; he was loved by all.

(Put hands on heart.)

His looks really didn't matter at all!

Activities: Do you know his sister? Yes, it's Katalina Matalina. How are they alike? How are they different.

Special Me

(Tune: "Twinkle Little Star")

Special, special, special me,

(Point to self.)

I'm as special as can be.

There is no one quite like me.

(Shake head "no.")

I'm as good as I can be.

Special, special, special me,

(Point to self.)

I'm as special as can be!

Activities: Glue a small mirror to the bottom of a show box. Tell children the most wonderful thing in the world is in the box. Have them look inside to see themselves! Let each child tell what makes them special.