

To prepare: Print out the songs/rhymes on the following pages on heavyweight paper and cut apart OR print on regular paper, cut apart and mount to index cards. Cover a shoe box with colorful wrapping paper and put the cards inside. Each day, during singing time, have the children take turns closing their eyes and pulling a card for all to sing or say. Have fun!

### MY FRIEND IS...

(tune: "The Farmer in the Dell")

My friend is (child's name),  
 My friend is (child's name),  
 (Child's name) is my friend, it's true.  
 My friend is (child's name).



(Child's name) likes \_\_\_\_\_.  
 (Child's name) likes \_\_\_\_\_.  
 (Child's name) is my friend, it's true.  
 (Child's name) likes \_\_\_\_\_.

### HOMES

Homes are big and homes are small.  
 Homes are short and homes are tall.  
 Homes have windows,  
 Homes have doors.  
 Homes have ceilings.  
 Homes have floors.  
 Big or small, this much is true;  
 Homes are filled with love for you!



### (CHILD'S NAME) IS SPECIAL

(tune: "Mary Had a Little Lamb")

(Child's name) is special,  
 Yes...he/she is,  
 Yes...he/she is,  
 Yes...he/she is.  
 (Child's name) is special,  
 Yes...he/she is  
 Look what he/she can do!  
 (Child demonstrates action)



### FAMILIES

Families, families, Go on hikes. <i>(pretend to hike)</i>	Families, families, Cook and clean. <i>(pretend to cook &amp; clean)</i>
Families, families, Ride their bikes. <i>(pretend to ride a bike)</i>	Families, families, Run and play. <i>(run and play)</i>
Families, families, Like to read. <i>(pretend to read a book)</i>	Families, families, Shout, "Hooray!"



## WASH YOUR ARMS

Wash your arms and wash your feet.  
Wash your face and wash your knees.  
Wash your tummy, wash your hands.  
Wash, wash, wash...I know you can!



## GET YOUR REST

(tune: "Three Blind Mice")

Get your rest, get your rest,  
It will help, you feel your best.  
Take a nap, it will help you grow.  
When it is night, you must sleep, you know.  
Rest gives you energy so you're not slow.  
Get your rest.



## EXERCISING IS SO FUN

(tune: "Mary Had a Little Lamb")

Exercising is so fun,  
Is so fun, is so fun.  
Exercising is so fun,  
Let's move our arms together.

Let's move our feet together...  
Let's move our legs together...  
Let's move our hands together...



## SO HIGH, SO LOW

(tune: "The Farmer in the Dell")

Let's sing oh, so high,  
Let's sing oh, so high,  
Let's reach your arms up to the sky,  
Let's sing oh, so high.

Let's sing very low,  
Let's sing very low,  
Let's reach right down and touch the ground,  
Let's sing very low.



## LET'S MAKE MUSIC

(tune: "The Wheels on the Bus")

Let's make music with our hands,  
With our hands, with our hands.  
Let's make music with our hands,  
Clap, clap, clap, clap, clap!



## BOUNCING, BOUNCING

Bouncing, bouncing, up and down.  
See our bodies go up and down.

Higher, higher, to the sky,  
Up, up, up, our bodies fly!

Lower, lower, to the ground.  
See our bodies go down, down, down!



## SEE THE SHAPES

(tune: "The Farmer in the Dell")

Oh, do you see a shape?  
Oh, do you see a shape?  
Look around and find one now.  
Oh, do you see a shape?  
(children point out shapes and name them)



## (CHILD'S NAME'S) FAVORITE COLOR IS CALLED...

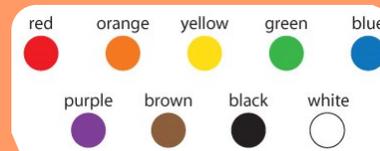
(tune: "The Wheels on the Bus")

(Child's name)'s favorite color is called \_\_\_\_\_.

Called \_\_\_\_\_, called \_\_\_\_\_.

(Child's name)'s favorite color is called \_\_\_\_\_.

Let's all touch some now!



## WE CAN MAKE A WORD

(tune: "The Farmer in Dell")

We can make a word,  
We can make a word,  
First a B  
Then A and T.  
We can make a word....  
BAT!



*(Repeat, using a different combination of letters each time)*

## YOU CAN BOUNCE UP (NUMBER) TIMES

(tune: "The Wheels on the Bus")

You can bounce up 3 times,  
3 times, 3 times.  
You can bounce up 3 times,  
Let's count your bounces now...  
1...2...3!



*(Repeat, using a different number each time)*

## FIVE LITTLE FINGERS

(tune: "The Wheels on the Bus")

Five little fingers on each hand,  
On each hand, on each hand.  
Five little fingers on each hand,  
1, 2, 3, 4, 5!  
*(children hold up and count fingers)*



## SPINNING, SPINNING

(tune: "Are You Sleeping?")

Spinning, spinning,  
Spinning, spinning,  
'Round and 'round.  
'Round and round.  
Twirling and whirling,  
Whirling and twirling,  
'Round and 'round.  
'Round and 'round.

