

#### **Books**

From Head to Toe Eric Carle

Dancing Feet! Lindsey Craig

Wiggle
Doreen Cronin

I Love You Nose! I Love You, Toes! Linda Davick

Monkey & Me Emily Gravett

The Croaky Pokey
Ethan Long

If You're Happy and You Know It James Warhola

Can You Make a Scary Face? Jan Thomas

## Other Items

#### CD

Jim Gill Sings Moving Rhymes for Modern Times Jim Gill

3 wrist ribbons

# **Action Rhymes**

#### This Is Big

This is big, big, big (stretch arms far to sides). This is small, small, small (cup hands together).

This is short, short, short (hold hands close to ground).

This is tall, tall, tall (hold hands high in the sky).

This is fast, fast, fast (roll hands quickly).

This is slow, slow, slow (roll hands slowly).

This is yes, yes, yes (nod head). This is no, no, no (shake head).

## Jump Like a Frog

Jump like a frog,
Stretch like a cat.
Hop like a bunny,
Flap like a bat.
Wiggle like a worm,
Slither like a snake.
Be a wet dog and shake, shake,
shake!

## Dance Your Fingers Up

Dance your fingers up,
Dance your fingers down.
Dance your fingers to the side,
Dance them all around.
Dance them on your shoulders,
Dance them on your head.
Dance them on your tummy,
And put them all to bed.

#### Two Little Feet

Two little feet go tap, tap, tap. Two little hands go clap, clap, clap. Two little hips go bump, bump, bump.

Two little legs go jump, jump, jump, jump.

All the children turn slowly around. All the children sit quietly down.

## Songs

## Head and Shoulders Knees and Toes

Head and shoulders, knees and toes, knees and toes.

Head and shoulders, knees and toes, knees and toes.

Eyes and ears and mouth and nose.

Head and shoulders, knees and toes, knees and toes.

Feet and tummies, arms and chins, arms and chins.
Feet and tummies, arms and chins, arms and chins.
Eyes and ears and mouth and

shins.

Feet and tummies, arms and chins, arms and chins.

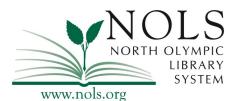
Hands and fingers legs and lips, legs and lips.

Hands and fingers, legs and lips, legs and lips.

Eyes and ears and mouth and hips.

Hands and fingers, legs and lips, legs and lips.







# Songs

## If You're Happy and You Know It

If you're happy and you know it, clap your hands.

If you're happy and you know it, clap your hands.

If you're happy and you know it then your face will surely show it

If you're happy and you know it, clap your hands.

If you're happy and you know it, stomp your feet.

If you're happy and you know it, stomp your feet.

If you're happy and you know it then your face will surely show it

If you're happy and you know it, stomp your feet.

If you're happy and you know it shout, hurray. Hurray! If you're happy and you know it shout, hurray. Hurray! If you're happy and you know it then your face will surely show it

If you're happy and you know it shout, hurray. Hurray!



## It's a Simple Dance to Do

Come on and do a dance with me,

me,
It's just a little step or two.
I'll teach you how.
We'll start right now.
It's a simple dance to do.
First you clap your hands, then you stomp your feet.
It's a simple dance to do.
Wait! I forgot to tell you!
There's another little step or

Turn around, and touch your toes.

Put it together!

Clap your hands, stomp your feet.

Turn around and touch your toes.

It's a simple dance to do! Wait! I forgot to tell you! There's another little step or two. Pull your ears, and flap your arms.

It's a simple dance to do!

Clap your hands, and stomp your feet.

Turn around, and touch your toes.

Pull your ears, and flap your arms.

It's a simple dance to do! Wait! I forgot to tell you! There's another step and then we're through.

Stretch up high, all fall down. Ready?

Clap your hands, stomp your feet.

Turn around, and touch your toes.

Pull your ears, and flap your arms.

Now stretch up high, and all fall down.

It's a simple dance to do!

# **Art Projects**

## **Dancing Ring**

Materials Needed: Ring (wooden or plastic shower curtain ring) Various colors of ribbons, 1/4 inch

Cut ribbons into 36-inch pieces.

Tie ribbon onto ring.
Dance! Dance! Dance!

## **Early Literacy Take Home:**

Learning comes alive for children when they are actively involved. Research shows that when people move their brains are more receptive to learning. Dance, skip, hop, stretch, and leap with your child! You'll be helping them learn.

Questions about this kit? Email youth services staff at youth@nols.org or contact staff at (360) 417-8500 x7705.

www.nols.org