

## ♪ September 2015

### Exercise

Track 1 • Sung to “Pop! Goes the Weasel”

**Shake your (arms) and shake your (legs),  
Get up and exercise,  
Turn around,  
Jump off the ground  
Hey, let’s stay healthy!**

*Repeat with: hands/feet, elbows/knees, and head/hips*

### Little House

Track 2 • Sung to “I’m a Little Teapot”

**I’m a little house, open up my door.**  
*(Open arms wide.)*  
**Count my windows, one, two, three, four!**  
*(Count with fingers.)*  
**My roof keeps the inside warm and dry,**  
*(Form a roof with hands over head.)*  
**And my chimney’s on top, way up high!**  
*(Stretch arms high.)*

## ♪ October 2015

### Itsy Bitsy Mouse

Track 3 • Sung to “Itsy, Bitsy Spider”

**The itsy, bitsy mouse crawled up so quietly,  
Hid behind a pan and waited patiently,  
All through the day he didn’t make a sound,  
At night he munched some cheese and  
Scampered all around!**

**The itsy, bitsy mouse hiding in a kitchen door,  
Loved that cheese and is looking for some more,  
In comes the cat who sees mouse tracks,  
Pounce, pounce! Meow!  
The mouse scampers past!**

### Farmers Grow Good Things to Eat

Track 4 • Sung to “Mary Had a Little Lamb”

**Farmers grow good things to eat,  
Things to eat, things to eat.  
Farmers grow good things to eat,  
To make me big and strong!**

**Corn, potatoes, milk, and fruit,  
Milk and fruit, milk and fruit.  
Corn, potatoes, milk, and fruit,  
To make me big and strong!**

## ♪ November 2015

### Dragons Skipping

Track 5 • Sung to “The Mulberry Bush”

Dragons go (skipping) ‘round their cave,  
‘Round their cave, ‘round their cave.  
Dragons go (skipping) ‘round their cave,  
On this sunny morning.

*Repeat with:* hopping and dancing

### Winter Animals

Track 6 • Sung to “Clementine”

Little geese, little geese,  
Can you feel it getting cold?  
Flap your wings and start your journey,  
Find a warm place to call home!

Fluffy fox, fluffy fox,  
Can you feel it getting cold?  
Grow your fur to keep you warm,  
Find a den to call your home!

Great big bear, great big bear,  
Can you feel it getting cold?  
Snuggle up tight for the winter,  
Find a cave to keep you warm!

All the animals, all the animals,  
They can feel it getting cold.  
They prepare and gather food,  
They find a place to call a home!

## ♪ December 2015

### Super Senses

Track 7 • Sung to “The Muffin Man”

Oh, do you use your ears to hear,  
Your ears to hear, your ears to hear?  
Oh, do you use your ears to hear?  
Oh, yes! We use our ears!

*Repeat with:* eyes to see, mouth to taste, nose to smell, and hands to touch.

### Little Evergreen

Track 8 • Sung to “I’m a Little Teapot”

Little evergreen, short and stout.  
(Place hands on hips.)

You decorate my house both inside and out.  
(Rock side to side with hands on hips.)

The snow outside makes your branches white,  
(Spread arms wide.)

But inside the house you shine so bright!  
(Spread arms wide and wiggle fingers.)

## ♪ January 2016

### Look for Colors

Track 9 • Sung to “Are You Sleeping?”

Look for (yellow), look for (yellow),  
On your clothes, on your clothes.  
If you’re wearing (yellow),  
(Wiggle like Jell-O).  
I found (yellow), I found (yellow)!

*Continue with the additional colors below:*

red...put your finger on your head  
purple...spin in a circle  
green...find a place to lean  
white...close your eyes good night  
brown...make your face frown  
pink...give your friend a wink  
blue...hold up number two  
orange...bite a juicy orange  
black...clap behind your back

### I’m a Little Penguin

Track 10 • Sung to “I’m a Little Teapot”

I’m a little penguin, short and stout.  
I cannot fly so I waddle about.  
When I want to eat, I have to swim.  
So I waddle to the water and dive right in!

## ♪ February 2016

### Valentine, Valentine

Track 11 • Sung to “Skip to My Lou”

Valentine, Valentine, I love you!  
Valentine, Valentine, I love you!  
Valentine, Valentine, I love you!  
(Child’s name), I pick you!

### Teddy Bear Rap

Track 12 • Sung to “Mary Had a Little Lamb”

Let’s all (clap our hands) to the beat,  
(Hands) to the beat, hands to the beat.  
Let’s all (clap our hands) to the beat,  
To the beat of the Teddy Bear Rap!

*Repeat with:* Stomp our feet... Blink our eyes...  
Nod our heads... Tap our toes...  
Touch our ears...

## ♪ March 2016

### Things to Eat

Track 13 • Sung to “If You’re Happy and You Know It”

**Fruits and veggies, grains and meat,  
We should eat.**

**Fruits and veggies, grains and meat,  
We should eat.**

**Candy, cookies, oils, and fat, limit those,  
We all know that!**

**Fruits and veggies, grains and meat,  
We should eat!**

*Repeat.*

### Will You Be a Bunny?

Track 14 • Sung to “The Muffin Man”

**Will you be a bunny for me,  
Can you hop (high), can you hop (high)?  
Will you be a bunny for me,  
This bright and sunny day?**

*Repeat with: low, fast, slow, and on one foot.*

## ♪ April 2016

### Guess the Bird

Track 15 • Sung to “Skip to My Lou”

**Can you guess which bird I am?  
Listen close and hear my sound.  
I say, (“Quack! Quack!”) all day long.  
Which bird can I be? (A duck!)**

*Repeat with: caw (crow), hoot (owl), cluck (chicken), and gobble (turkey).*

### My Umbrella

Track 16 • Sung to “The Mulberry Bush”

**My umbrella pops up. (Point up.)  
My umbrella folds down. (Point down.)  
I keep it up when rain comes to town.  
(Point up and then flutter fingers to the ground.)  
I’m as dry as I can be.  
(Point to head and nod head up and down.)  
Thanks to my umbrella!  
(Form circle over head with arms and hands.)**

## ♪ May 2016

### One Little Seed

Track 17 • Sung to “London Bridge”

One little seed is in the ground,  
In the ground, in the ground.  
One little seed is in the ground,  
Fast asleep.

Warm sunshine and big rain drops,  
Big rain drops, big rain drops,  
Warm sunshine and big rain drops,  
All falling down.

One little seed peeks through the ground,  
Through the ground, through the ground.  
One little seed peeks through the ground,  
Wide awake!

Repeat all.

### Animals Everywhere

Track 18 • Sung to “This Old Man”

Over here, over there,  
I see animals everywhere!  
Who is hiding behind the tree?  
I can’t guess, let’s listen and see!

“Chomp, chomp,” goes the alligator.  
“Roar, roar,” bellows the big black bear.  
“Screech, screech,” calls the bald eagle.  
“Peeyoo!” I smell a skunk in the air!

## ♪ June 2016

### My Swimming Suit

Track 19 • Sung to “The Muffin Man

Oh, have you seen my swimming suit?  
My swimming suit, my swimming suit?  
Have you seen my swimming suit?  
I lost it in the pool!

Oh, yes, we’ve seen your swimming suit!  
Your swimming suit, your swimming suit!  
Oh, yes we’ve seen your swimming suit,  
It’s down at the bottom of the pool!

### A-Camping We Will Go

Track 20 • Sung to “The Farmer in the Dell”

A-camping we will go,  
A-camping we will go,  
We’ll pack our bags and pitch our tents,  
A-camping we will go!

*Repeat with:*

A-hiking we will go...  
We’ll pack our bags and lace our boots.  
A-hiking we will go.

A-swimming we will go...  
We’ll pack our bags and grab a towel.  
A-swimming we will go.

## ♪ July 2016

### **Moving Through Summer**

Track 21 • Sung to “Ring Around the Rosie”

**Skipping, skipping, skipping,  
In the summer sunshine,  
Skipping, skipping,  
We all fall down!**

*Repeat with:* **hopping, marching, and running.**

### **Little Polliwog**

Track 22 • Sung to “The Itsy, Bitsy Spider”

**The little polliwog wiggled from its egg,  
Dreaming of the day when it would  
Grow some legs!  
Swimming in the pond and hiding near the mud,  
Oh, the little polliwog loves to  
Munch on tasty bugs!**

**Now that little polliwog has grown into a frog,  
Spends all the lazy day sunning in the bog,  
Hopping to and fro, still hiding near the mud,  
Still swimming in the pond and  
Munching tasty bugs!**

## ♪ August 2016

### **Busy Ants**

Track 23 • Sung to “Clementine”

**Ants are working, building anthills.  
They are busy as can be.  
They keep digging lots of tunnels.  
Ants are busy as can be!**

*Repeat.*

### **Let’s Go to the Beach**

Track 24 • Sung to “Row, Row, Row Your Boat”

**Let’s go to the beach.  
We’ll play and swim and run.  
Let’s build some castles in the sand.  
The day will be so fun!**

**Let’s go to the beach.  
We’ll splash and float around.  
Let’s build some castles in the sand.  
The day will be so fun!**