

TWOSday



Song and Rhyme Lyrics

Bread and Butter

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say hello as quietly as we can
(*whisper*) Hello!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say hello as loudly as we can
(*shout*) Hello!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say hello as fast as we can
(*say quickly*) Hello!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say hello as slowly as we can
(*say slowly*) Hello!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say hello as high as we can
(*say in a high-pitched voice*) Hello!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say hello as low as we can
(*say in a low-pitched voice*) Hello!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say hello as nicely as we can
Hello!

I Wake Up My Hands

I wake up my hands with a clap, clap, clap
a clap, clap, clap, a clap, clap, clap
I wake up my hands with a clap, clap, clap
and I wiggle my waggles away

Other verses:

I wake up my feet with a stomp, stomp, stomp...
I wake up my head with a pat, pat, pat...
I wake up my belly with a beep, beep, beep...
I wake up my hips with a shake, shake, shake...

Stretch!

First you stretch high (*stretch arms up in the air*)
Then you stretch low (*reach down to touch the ground*)
Next you stretch wide (*stretch arms out to the sides*)
then you stretch narrow (*bring arms in*)
Stretch to the left (*stretch arms to the left*)
then stretch to the right (*stretch arms to the right*)
Stretch really fast (*hold arms out and move them quickly in circles*)
then stretch really slow (*hold arms out and move them slowly in circles*)
Everybody wave hello (*wave and say "hello!"*)
Show me a smile and now we're ready to go!

If You're Ready for a Story

If you're ready for a story, clap your hands!
If you're ready for a story, clap your hands!
If you're ready for a story,
If you're ready for a story,
If you're ready for a story, clap your hands!

Repeat verse, replacing "clap your hands" with nod your head, rub your tummy, sit so still

****Story****

Head, Shoulder, Knees, and Toes

Head, shoulders, knees, and toes, (*point to body parts as you say them*)

Knees and toes.

Head, shoulders, knees, and toes,

Knees and toes.

Eyes and ears and mouth and nose.

Head, shoulders, knees, and toes,

Knees and toes.

Lift One Leg

Lift one leg and then the other.

Lift one leg and then the other.

Lift one leg and then the other.

Lift them both together.

Repeat verses, replacing "lift one leg" with lift one arm, then clap your hands and keep on clapping.

My Body is Starting to Wiggle

My thumbs are starting to wiggle, (*wiggles thumbs around*)

My thumbs are starting to wiggle,

My thumbs are starting to wiggle,

And now so are my hands. (*wiggle thumbs, then entire hands*)

Repeat verse, extending wiggles to arms, toes, feet, legs, body.

Wave Your Scarf

Wave your scarf up and down, up and down, up and down.

Wave your scarf up and down.

Wave your scarf.

Repeat verse, replacing "up and down" with left and right, fast and low, high and low, around and around.

We Wave Our Scarves

We wave our scarves together

We wave our scarves together

We wave our scarves together because it's fun to do.

Wave them up high

Wave them down low

Wave them in the middle because it's fun to do.

Repeat verse, replacing "wave our scarves" with throw our scarves, shake our eggs

Can You Shake Along With Me?

Can you shake along with me, along with me, along with me?

Can you shake along with me?

Put your shaker on your... knee

Repeat verse, replacing "knee" with head, shoulder, elbow, toe

Shake It On Your Shoe

1, 2, shake it on your shoe

3, 4, shake it on the floor

5, 6, stir and mix

7, 8, stand up straight

9, 10 wave to your friends

Bread and Butter

Bread and butter (*pat hands on lap, then clap*)

Marmalade and jam (*pat hands on lap, then clap*)

Let's say goodbye as quietly as we can

(whisper) Goodbye!

Bread and butter (*pat hands on lap, then clap*)

Marmalade and jam (*pat hands on lap, then clap*)

Let's say goodbye as loudly as we can

(shout) Goodbye!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say goodbye as fast as we can
(*say quickly*) Goodbye!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say goodbye as slowly as we can
(*say slowly*) Goodbye!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say goodbye as high as we can
(*say in a high-pitched voice*) Goodbye!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say goodbye as low as we can
(*say in a low-pitched voice*) Goodbye!

Bread and butter (*pat hands on lap, then clap*)
Marmalade and jam (*pat hands on lap, then clap*)
Let's say goodbye as nicely as we can
Goodbye!