

A photograph of a woman with dark hair reading a book to a young child. The child is wearing a pink sweater and looking at the book. The woman is leaning over the child, and they are both smiling. The background is white with yellow brushstrokes. A large orange circle is overlaid on the top left of the image.

A year of Nursery Rhymes

Lyrics and
actions inside!

**Sure Start
Children's Centres**



Sunderland
Children's Centres



'Hello' parents and carers,

Nursery rhymes are great fun for young children, offering a fantastic source of entertainment, whilst developing their communication skills and expanding their imagination.

Each rhyme your child sings with you will be a milestone in their speech, language and communication skills. Your child will love to sing along with you, watch the animation and learn the actions to the songs.

Together you can enjoy this collection of traditional nursery rhymes, brought together for parents and carers in Sunderland, to celebrate and support the 'Hello' National Year of Communication 2011.

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To find out more about the Year of Communication and Sunderland Children's Centres information you can visit us at www.sunderlandchildrenscentres.co.uk



Let's talk communication

- Communication is a skill like any other – the more you practice the better you get!
- It's fun to play with sounds and words
- Between the ages of birth to 5, your child will develop key language skills that they'll use for life
- Nursery rhymes are a fun way for you to build your child's counting and physical skills together!
- Listening and talking to your child makes a world of difference to the development of their communication skills
- Nursery rhyme actions and movement aid your child's coordination
- Being able to communicate is vital for your child, so they can make friends, do well at school and live life to the full.



It's great
to talk!

January

Wind the bobbin up

Wind the bobbin up,
wind the bobbin up,
(spin your hands and arms forward)
pull, pull, clap, clap, clap.
(clap your hands)
wind it back again,
wind it back again,
(spin your hands and arms backwards)
pull, pull, clap, clap, clap.
(clap your hands)

Point to the ceiling,
point to the floor,
point to the window,
point to the door.
Clap your hands together one, two, three,
put your hands upon your knee.



Classic nursery rhymes are wonderful for helping with speech development. Adding actions and movement to the nursery rhyme also improves coordination.

February

I'm a
little
teapot



I'm a little teapot,
short and stout,
here is my handle
(one hand on hip),
here is my spout.
(other arm out with elbow and wrist bent)

When I hear the tea cups,
hear me shout,
tip me up and pour me out!
(lean over toward spout)

March

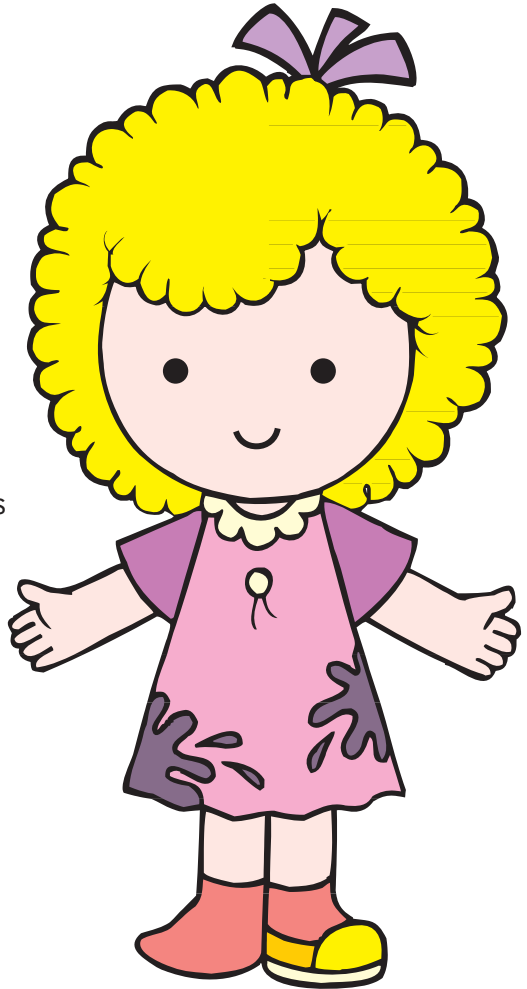
Miss Polly had a dolly

Miss Polly had a dolly who was sick,
sick, sick. *(rock a baby in your arms)*
So she called for the doctor to come
quick, quick, quick.
(hold a phone to your ear)

The doctor came with his bag and his
hat, *(touch your head)*
and he knocked on the door with a
rat-a-tat-tat. *(knocking motion)*

He looked at the dolly and he shook
his head, *(shake your head)*
and he said "Miss Polly, put her
straight to bed!" *(shake your finger)*

He wrote on a paper for some pills,
pills, pills *(write with an imaginary
pencil on your palm)*
"I'll be back in the morning
yes I will, will, will."





April

I hear thunder

I hear thunder, I hear thunder.

(hands cupping ears)

Hark don't you?

Hark don't you?

Pitter patter raindrops,

pitter patter raindrops,

(wiggle fingers like raindrops falling)

I'm wet through, so are you!

I see blue skies, I see blue skies,

(hand shading eyes)

way up high, way up high.

(point up)

Hurry up the sunshine, hurry up
the sunshine,

*(raise your arms high and bring
them round and down to make a
big sun circle)*

we'll soon dry, we'll soon dry!

(shake arms)



This is a great rhyme to introduce your child to weather themes. You can also build on looking and listening as methods of communicating with each other.



Goldilocks went to the house of the three bears

When Goldilocks went to the house of the bears, what did her blue eyes see? *(peer around the room)*

A bowl that was huge, a bowl that was small, a bowl that was tiny, *(make increasingly smaller shapes with arms for each bowl)* and that was all, she counted them one, two, three. *(point your finger to count each bowl)*

When Goldilocks went to the house of the bears, what did her blue eyes see? *(peer around the room)*

A chair that was huge, a chair that was small, a chair that was tiny, *(show the height of the chairs with your hand as they get smaller)* and that was all, she counted them one, two, three. *(point your finger to count each chair)*

When Goldilocks went to the house of the bears, what did her blue eyes see? *(peer around the room)*

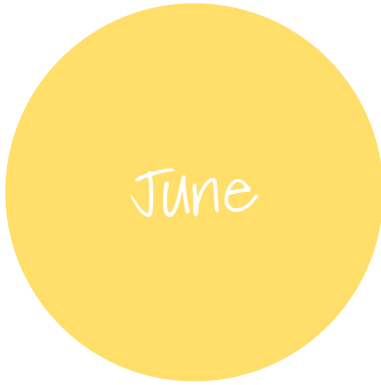
A bed that was huge, a bed that was small, a bed that was tiny *(use hands to show size of each bed)* and that was all, she counted them one, two, three. *(point your finger to count the beds)*

When goldilocks went to the house of the bears, what did her blue eyes see? *(peer around the room)*

A bear that was huge, a bear that was small, a bear that was tiny, *(use arms to indicate the size of each bear)* and that was all, they growled at her one, two, three.

Grrrrrrrrrrrrrrrrrr!

(Growl as loud as you can)



If you're
happy and you
know it

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

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

If you're happy and you know it
and you really want to show it,
if you're happy and you know it, clap
your hands. (*clap, clap*)

If you're happy and you know it,
stamp your feet. (*stamp, stamp*)

If you're happy and you know it,
stamp your feet. (*stamp, stamp*)

If you're happy and you know it
and you really want to show it,
if you're happy and you know it,
stamp your feet. (*stamp, stamp*)

If you're happy and you know it,
shout 'Hooray!' (*shout hooray!*)

If you're happy and you know it,
shout 'Hooray!' (*shout hooray!*)

If you're happy and you know it
and you really want to show it,
if you're happy and you know it,
shout 'Hooray!' (*shout hooray!*)

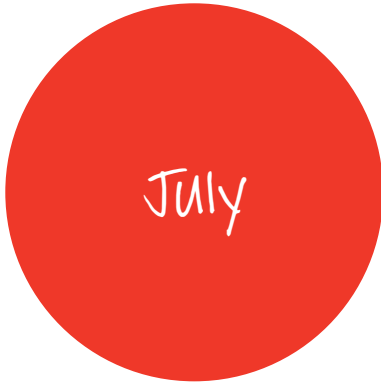
If you're happy and you know it, do all
three! (*clap-clap, stamp-stamp, hooray!*)

If you're happy and you know it, do all
three! (*clap-clap, stamp-stamp, hooray!*)

If you're happy and you know it, then
your face will surely show it,
(*big smiles!*)

if you're happy and you know it, do all
three! (*clap-clap, stamp-stamp, hooray!*)

**This rhyme is fun because there
are actions and sound effects to go
with the words. Why not make up
new verses with other actions or
sound effects too?**



Three little firemen

Three little firemen standing in a row,
one, two, three, shh, shh, shh they go.
(count one, two, three on fingers)
Hop on the engine with a shout,
(jump to the side and shout)
quicker than a wink the fire's out!
(wink)

Two little firemen standing in a row,
one, two shh, shh, shh they go
(count one, two on fingers)
Hop on the engine with a shout,
(jump to the side and shout)
quicker than a wink the fire's out!
(wink)



One little fireman standing in a row,
one, shh, shh, shh, shh he goes.
(count one on finger)
Hop on the engine with a shout,
(jump to the side and shout)
quicker than a wink the fire's out!
(wink)

August

There's a worm at the bottom of the garden

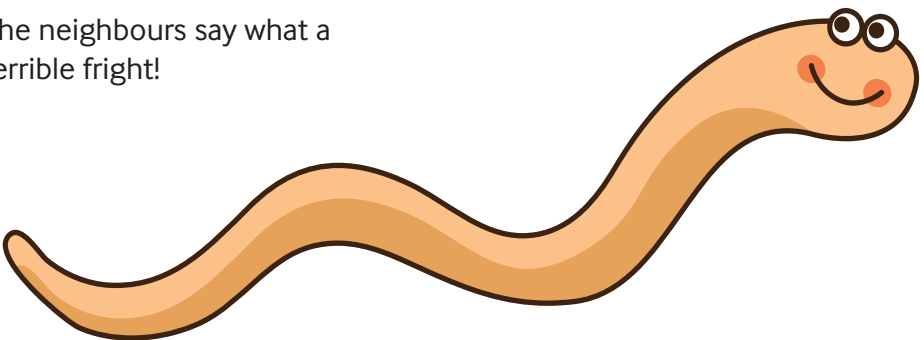
There's a worm at the bottom of my garden, and his name is Wiggly Woo.

There's a worm at the bottom of my garden and all that he can, do is wiggle all day and wiggle all night.

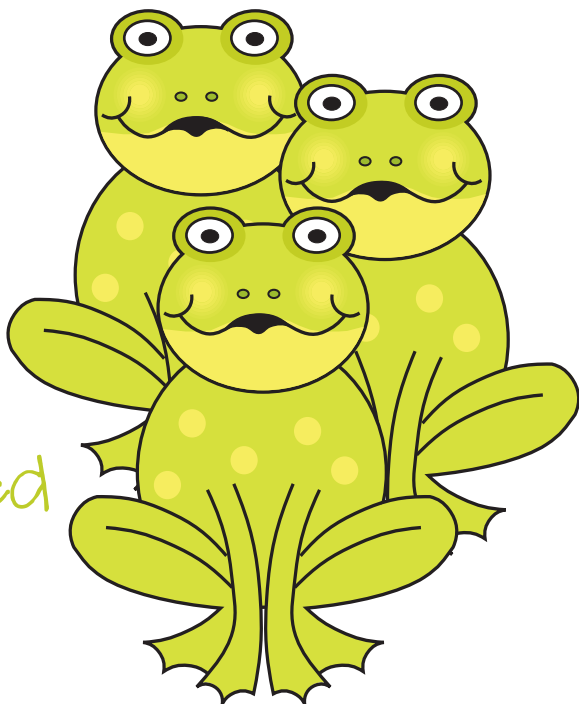
The neighbours say what a terrible fright!

There's a worm at the bottom of my garden, and his name is Wiggly, Wig-Wig-Wiggly, Wig-Wig-Wiggly Wooooooooo!

(Wiggle your finger like a wiggly worm as you sing the song!)



September



Three speckled frogs

Three little speckled frogs

(count to three on fingers)

sat on a speckled log *(sitting action)*
eating the most delicious bugs.

Yum! Yum! *(pretend to eat a yummy bug and rub your tummy!)*

One jumped into the pool,

(jump forward and swim)

where it was nice and cool,
now there are two green speckled frogs.

Two little speckled frogs

(count to two on fingers)

sat on a speckled log *(sitting action)*
eating the most delicious bugs.

Yum! Yum! *(pretend to eat a yummy bug and rub your tummy!)*

One jumped into the pool,

(jump forward and swim)

where it was nice and cool, now
there is one green speckled frog.

One little speckled frog sat on a
speckled log *(sitting action)*

eating the most delicious bugs.

Yum! Yum! *(pretend to eat a yummy bug and rub your tummy!)*

It jumped into the pool,

(jump forward and swim)

where it was nice and cool,
now there are no more speckled frogs.

Number songs are a great way to help children learn their numbers. Try to focus on the order of the numbers while you encourage your child to have fun doing the actions.

October

Baa
baa
black
sheep



Baa, baa, black sheep,
have you any wool?

(put your hands up and shrug)

Yes sir, yes sir,

three bags full. *(show three fingers)*

One for the master, *(count one finger)*

one for the dame, *(count two fingers)*

and one for the little boy *(count three fingers)*

who lives down the lane.

(walk your fingers along the lane!)

November

Grand old Duke of York

(march your feet as you sing the song)

Oh, the grand old Duke of York,
he had ten thousand men,
he marched them up to the top of
the hill, *(put your hands as high as
you can in the air)*
and he marched them down again.
(crouch down and touch the floor)

And when they were up, they were
up, *(hands high in the air!)*
and when they were down, they
were down, *(crouch down and
touch the floor)*



and when they were only halfway
up, *(put your arms around your
waist)* they were neither up nor
down! *(reach up as high as can then
touch the floor)*

Phew well done!

December



Here we go round the christmas tree

Sing this rhyme to the tune of 'Here we go round the Mulberry bush'.

Have fun singing along as you imagine dressing your Christmas tree.

Here we dance round the
Christmas tree, the Christmas
tree, the Christmas tree, here we
dance round the Christmas tree on
a happy Christmas morning!

We hang the baubles on the tree,
on the tree, on the tree, we hang
the baubles on the tree on a happy
Christmas morning!

We hang the tinsel round the tree,
round the tree, round the tree, we
hang the tinsel round the tree on a
happy Christmas morning!

We put the presents under the tree,
under the tree, under the tree, we put
the presents under the tree on a
happy Christmas morning!

We put the fairy on the tree, on the
tree, on the tree, we put the fairy on
the tree on a happy Christmas
morning!

The sparkly lights flash on and off, on
and off, on and off, the sparkly lights
flash on and off on a happy Christmas
morning!



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