

It's Brain Smart Time

© Mr. Al and Decky Bailey

It's brain smart time. Hands to the left.
It's brain smart time. Hands to the right.
It's brain smart time. Hands up high.
It's brain smart time. Hands down low.

Follow me

Wave your hands left and right, left and right, left and right.
Move your hands up and down, up and down, up and down.

It's brain smart time. Touch elbow to elbow.
It's brain smart time. Touch thumb to thumb.
It's brain smart time. Touch knee to knee.
It's brain smart time. Touch toe to toe.

Work together

Touch elbows with a friend.
Touch thumbs with a friend.
Touch knees with a friend.
Touch toes with a friend.

It's brain smart time. Hop on one foot.
It's brain smart time. Hop on the other foot.
It's brain smart time. Jump up and down.
It's brain smart time. Jump all around.

Follow me

Can you hop on one foot?
Can you hop on the other foot?
Can you jump up and down?
Can you jump all around?

It's brain smart time. Point to your brain.
It's brain smart time. Hands over heart.
It's brain smart time. Hands by your side.
It's brain smart time. Hands way up high.
It's brain smart time. Hands way down low.
It's brain smart time. How low can you go?
It's brain smart time. Come on wiggle something!
You did it!

Now everybody sit crisscross, applesauce. Hands in your lap.

Hop, Jump, Leap, Bounce, Pounce

Charity Kahn

© 2002 "Charity and the JAMband" *JAM: Music for Movement with Children*

Verse 1:

You're gonna hop, hop, hop like a bunny,
Hop, hop, hop like a bunny,
Hop, hop, hop like a bunny,
Hop like a bunny all the day long,



Verse 2:

You're gonna jump, jump, jump like a frog,
Jump, jump, jump like a frog,
Jump, jump, jump like a frog,
Jump like a frog all the day long,

Verse 3:

You're gonna leap, leap, leap like a mountain goat,
Leap, leap, leap like a mountain goat,
Leap, leap, leap like a mountain goat,
Leap like a mountain goat all the day long,

Verse 4:

You're gonna bounce, bounce, bounce like a kangaroo,
Bounce, bounce, bounce like a kangaroo,
Bounce, bounce, bounce like a kangaroo,
Bounce like a kangaroo all the day long,

Verse 5:

You're gonna pounce, pounce, pounce like a kitty cat,
Pounce, pounce, pounce like a kitty cat,
Pounce, pounce, pounce like a kitty cat,
Pounce like a kitty cat all the day long,

Bridge:

And after all that hoppin' and jumpin' and leaping
And after all that bouncin' and pouncin'

Verse 6:

You'll sleep and sleep and
Sleep, sleep, sleep like a baby,
Sleep, sleep, sleep like a baby,
Sleep, sleep, sleep like a baby,
Sleep like a baby all the night long,



Wiggle in My Toe

Lyrics and music by Joe and Linda Scruggs

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There's a wiggle in my toe, Teacher don't you know,
I'd love to stop the wiggle 'cause it makes me want to giggle.
I've done everything I can, and I wanted you to know,
I just can't stop the wiggle in my toe.

There's a wiggle in my feet, and I think I should repeat
That I'd like to stop the wiggle, 'cause it makes me want to giggle.
I've done everything I can, and I know that it's not neat.
I just can't stop the wiggle in my feet, and in my toe; OH, NO!

There's a wiggle in my seat, and just like my feet
I'd love to stop my wiggle, 'cause it makes me want to giggle.
I've done everything I can, and I know that it's not neat.
I just can't stop the wiggle in my seat, and in my feet, and in my toe. OH, NO!

There's a wiggle in my knee, and it sure bothers me.
I'd love to stop the wiggle, 'cause it makes me want to giggle.
I've done everything I can, and I hope that you can see.
I just can't stop the wiggle in my knee, and in my seat, and in my feet, and in my toe. OH, NO!

There's a wiggle in my tummy, and it's not very funny,
I'd love to stop the wiggle, 'cause it makes me want to giggle.
I've done everything I can, I even tried a little honey.
I just can't stop the wiggle in my tummy, and in my knee, and in my seat, and in my feet
And in my toe. OH, NO!

There's a wiggle in my arm, though it's doing me no harm.
I'd love to stop the wiggle, 'cause it makes me want to giggle.
I've done everything I can, and I hope you're not alarmed.
I just can't stop the wiggle in my arm, and in my tummy, and in my knee, and in my seat,
and in my feet, and in my toe. OH, NO!

There's a wiggle in my hand, and it's nothing that I planned.
I'd love to stop the wiggle, 'cause it makes me want to giggle.
I've done everything I can, and I hope you understand.
I just can't stop the wiggle in my hand, and in my arm, and in my tummy, and in my knee,
and in my seat, and in my feet, and in my toe. OH, NO!

There's a wiggle in my head, and it's something that I dread.
I'd love to stop the wiggle, 'cause it makes me want to giggle.
I've done everything I can, I even tried a nap in bed.
I just can't stop the wiggle in my head, and in my hand, and in my arm, and in my tummy,
and in my knee, and in my seat, and in my feet, and in my toe. OH, NO!

Now there's a wiggle in my hair, and I think that I'll stop there...

The Muscle Hustle

Ronno

Lyrics by Judy Millar, Liz Jones-Twomey, Ron Hiller/RONNO, Pam Schiller
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Hey everybody, you need muscles to move! Let's do The Muscle Hustle!

Roll left shoulder back.
Roll right shoulder back.
Roll both shoulders back.
Move those muscles!

Here we go:

Touch toes, knees, shoulders, head. (2x)
Hop two, three, four, five, six, seven, eight.

*Hey here's something fun. Put your arms up and out to the side. Make little circles. Now grow those circles bigger.
Can you make really big circles?*

Roll left shoulder back.
Roll right shoulder back.
Roll both shoulders back.
Move those muscles!

Here we go:

Touch toes, knees, shoulders, head. (2x)
Kick straight leg forward, three, four, five, six, seven, eight.

Can you touch your fingers to your nose? One hand at a time. Now, can you add your legs kicking to the side at the same time. Look at you go!

Roll left shoulder forward.
Roll right shoulder forward.
Roll both shoulders forward.
Move those muscles!

Here we go:

Touch toes, knees, shoulders, head. (2x)
Jog two, three, four, five, six, seven, eight.

*Keep jogging. Get those knees up. Can you move your arms up and down when you jog? Of course you can!
Hey, let's kick our legs side to side. Are you swinging those arms? Wow, you're really moving!*

Roll left shoulder forward.
Roll right shoulder forward.
Roll both shoulders forward.
Move those muscles!

Here we go:

Touch toes, knees, shoulders, head. (2x)
Skip two, three, four, five, six, seven, eight.

Keep skipping. Can you skip from side to side? Wow, you are a terrific skipper! Hey, here's a cool idea. Can you move your arms and legs all at the same time? Move those muscles. Wow! Look at you go! Do the Muscle Hustle.

Let's Shake It Out!

Stephen Fite

You're feelin' antsy, kind of dancey
You've got some ants in your pants.
You didn't choose them. You want to lose them.
Time to do a shakin' dance.
Get the shakes in your hips.
Come on get the shakes in your legs.
Come on get the shakes in your feet.
Come on now let's shake it out.

You're feelin' squirmy, kind of wormy.
You can't sit still. You want to stop now.
But you don't know how.
I know something that will.
Get the shakes in your hands.
Come on get the shakes in your shoulders.
Come on get the shakes in your tummy.
Come on now let's shake it out.

You've got to twist and turn to shake it out.
Cause that's what shakin's all about.
You feel a tingle. The wiggles mingle.
Crawling on your face.
They're excited. They're uninvited.
Shake them off all over the place.
Get the shakes in your head.
Come on get the shakes in your hair.
Come on get the shakes in your ears and your eyes,
and your nose and your mouth.
Come on now let's shake it out. Let's shake it out.
Shake your arms out. Shake your legs. Shake your body.
Come on now let's shake it out.

Jump Up, Bend Down

Don Monopoli

© 2004 *La Di Da, La Di Di, Dance with Me*

Jump up, bend down.

Shake your head all around.

Jump up, bend down.

Hands on your head and turn around.

Spin left, spin right.

Hands on your head and hold on tight.

Spin left, spin right.

Hands on your head, you did it right.

Replace underlined words
with: shoulders, arms,
hips, knees, feet to create
new verses.

Itsy Bitsy Spider

Richele Bartkowiak

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The itsy bitsy spider
climbed up the waterspout.
Down came the rain
and washed the spider out.
Out came the sun
and dried up all the rain,
And the itsy bitsy spider
climbed up the spout again!

The itsy bitsy spider
climbed to the very top.
Hesitated for a moment
but she never stopped.
When she reached her goal
she waved to all her friends,
Feeling proud inside she
climbed up the wall again!

Can You Move with Me?

Richele Bartkowiak

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Can you wiggle like a worm?

Can you squiggle?

Can you squirm?

Can you flutter?

Can you fly like a gentle butterfly?

Can you crawl upon the ground

Like a beetle that is round?

Can you move with me?

Can you flip? Can you flop?

Can you give a little hop?

Can you slither like a snake?

Can you give a little shake?

Can you dance like a bee

Who is buzzing round a tree?

Can you move with me?

I Can Dance

Ronno

Lyrics by Judy Millar, Liz Jones-Twomey, Ron Hiller/RONNO, Pam Schiller

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*OK, sit down on the floor.
Now, fold your hands in your lap.
And close your eyes.
There, that's nice!
Now, stay that way
Until it's time to dance!*

Sitting still is hard to do
With mouths closed and both eyes too.
I can't always stay that way
Can you?

Chorus:

But I can dance
With my hands in the air
Wave my arms all around
Twist my feet on the ground.
Yes, I can dance
'Till the blues go away
Like I'm some kind of clown
Until it's time to sit down.
Back down on the floor.

Sitting still can be good, too.
Sometimes it's the thing to do.
But right now is not the time
It's true. (*Here we go*)

Repeat chorus and then sit back down.

Sitting like a big brown toad
Staring straight ahead – uh, oh!
Stay this way too long
And I'll explode!

Repeat chorus.

Well, no way!
'Cause I can dance
Never gonna sit down
Let's jump! (*Whew!*)

