

# **Body Bop**

Don Monopoli

©1986 *Singing, Moving and Fun!*

Take your hands high.

Take your hands low.

Bring them in the middle and shake 'em in a row.

## **Chorus:**

Do the bop, bop, bop.

Bop, body bop.

Bop, bop, bop.

Bop, body bop.

Now stop... and give a hop.

The body bop.

Sing the verse multiple times replacing the word *hands* with other body parts (head, knees, bottom, tongue, shoulders, body). Repeat the chorus after each verse.

# **Head, Shoulders, Knees, and Toes**

Richele Bartkowiak

© Schiller Educational Resources, LLC

Head, shoulders, knees and toes,  
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.

Eyes, eyebrows, mouth and nose  
Mouth and nose.

Eyes, eyebrows, mouth and nose.  
Mouth and nose.

And cheeks and tongue and teeth and chin

Eyes, eyebrows, mouth and nose.  
Mouth and nose.

# I Like Me

Ronno

lyrics by Judy Millar, Liz Jones-Twomey, Ron Hiller/RONNO, Pam Schiller  
© Song Support SOCAN

## Verse 1:

I like my skin  
It's the house I'm living in  
Well, it zips up tight  
And it fits just right  
So I like my skin.  
And I like my nose  
I kinda like the way it blows.  
It honks good and loud  
And that draws a crowd  
So, I like my nose.

## Chorus:

And I like me  
I'm an OK me to be!  
Though I'm not like you  
That's OK, too . . .  
'Cause I like me.  
(Repeat chorus after each verse.)

## Verse 2:

I like my lips  
Hey, they're great for catching drips.  
And when I want a kiss  
Well, I never miss  
Yes, I like my lips.

And I like my knees  
'though they rattle when I sneeze.  
They just bend one way  
But that's OK  
'Cause I like my knees.

## Verse 3:

Now, I like my feet  
They get a good grip on the street.  
You might say they smell  
But I think they're swell  
'Cause I like my feet.  
And I like my hair  
I'd like to grow it down to there.  
But then all I'd do  
Would just be shampoo!  
Still, I like my hair.

## Verse 4:

Well, I like my brain  
Like spaghetti in a drain.  
Sometimes my thoughts  
Get tied in knots  
But I like my brain.  
And I like my heart  
It's my very finest part.  
It's the part that shares  
And the part that cares  
Yes, I like my heart.



# Put Your Thumb in the Air

Joe Scruggs

Lyrics and music by Dee Gibson

© 1984-1997 Educational Graphics Press

Put your thumb in the air, and shake it all around. (3x)  
And now put it on your head and leave it there.

Put your elbow in the air, and shake it all around. (3x)  
And now put it on your knee and leave it there.

Put your chin in the air, and shake it all around. (3x)  
And now put it on your chest and leave it there.

Put your foot in the air, and shake it all around (3x)  
And now put it on your knee and leave it there.

Put your tongue in the air, and shake it all around. (3x)  
And now put it on your lip and leave it there.

Put your other foot in the air, and shake it all around. (3x)  
And now put it on your other elbow and leave it there.

Put your ear in the air, and shake it all around. (3x)  
And now put it on your shoulder and leave it there.

Put your thumb in the air, and shake it all around. (3x)  
And now put it somewhere else.

---

# This Ol' Skin

Shawn Brown  
Shawn Brown Role Model Productions, Inc.

Invite children to march while doing hand motions.

**Chorus:**

This ol' skin that I'm in

*(point to self)*

Is so different from my friends

I have black friends, white friends, brown and yellow, too.

*(hold up fingers one at a time)*

We have fun and so can you.

Black friends, white friends, red friends, brown friends, yellow friends.

Black friends, white friends, red friends, brown friends, yellow friends.

Black friends, white friends, red friends, brown friends, yellow friends, my friends.

My friends come from continents all over the world,

I have friends from Africa, Antarctica and Asia.

*(turn around for each continent named)*

*Repeat chorus.*

I have more friends from Australia, Europe, North America, and South America.

*(turn around for each continent named)*

*Repeat chorus.*

There are seven continents and I have friends from all of them and we sure have fun.

*Repeat chorus.*

Africa, Antarctica, Asia, Australia, Europe, North America, South America.

I have friends on every continent of the world.

*(turn around for each continent)*

# ♪ 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:

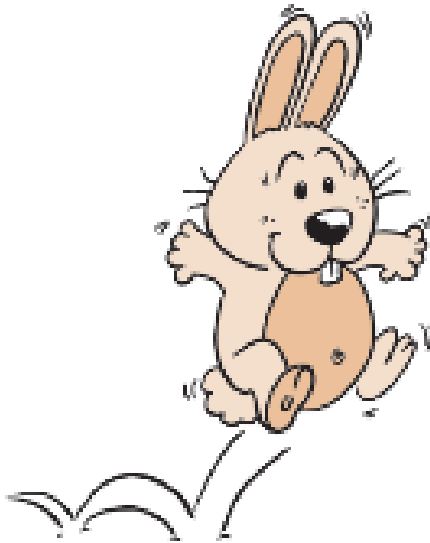
You're gonna pounce, pounce, pounce like a kitty cat,  
Pounce, pounce, pounce like a kitty cat,  
Pounce, pounce, pounce like a kitty cat,  
Pounce like a kitty cat all the day long.

## Bridge:

And after all that hoppin' and jumpin' and leapin'  
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.



# Tony Chestnut

Don Monopoli

©1997 Tony Chestnut and Fun-Time Action Songs

“Tony Chestnut” is a play on words. The actions for the word *Tony* are “toe”-“knee.” The actions for the word *chestnut* are “chest”-“head” (*nut* meaning *head*). Words that sound alike but have different meanings and spellings are called homophones. Tony Chestnut uses the homophone pairs: knows/nose and eye/I. Mostly this song is just fun for kids.

Tony Chestnut	<i>(touch toe, knee, chest, head)</i>
Knows I love you.	<i>(touch nose, eye, hand over heart; point to partner)</i>
Tony knows.	<i>(touch toe, knee, nose)</i>
Tony knows.	<i>(touch toe, knee, nose)</i>
Tony Chestnut	<i>(touch toe, knee, chest, head)</i>
Knows I love you.	<i>(touch nose, eye, hand over heart; point to others)</i>
That’s what Tony knows.	<i>(touch toe, knee, nose)</i>
Tony, Tony and his sister Eileen.	<i>(point to toes, knees, toes, knees then lean right)</i>
And Eileen loves Neil and Neil loves Pat.	<i>(lean to the right, kneel and pat your shoulders)</i>
But Pat still loves Bob.	<i>(pat shoulders and bounce head back and forth)</i>
And there’s Russell and Skip.	<i>(stand up, wiggle legs then skip in place)</i>
This song is silly, but it’s hip.	<i>(make a silly face then stick out right hip and point to it)</i>
How it ends, just one man knows.	<i>(turn and point to bottom)</i>
And guess what (what),	<i>(hold arms up in the air)</i>
It’s Tony Chestnut.	<i>(point to toes, knees, chest, head)</i>