





**Activity:** Building Character  
**Related Activity:** Learning



## Award Winner



*Clean Up Time* is the winner of the *Practical Preschool Silver Award*, 2007. These awards, presented in England, are judged by teachers who trial the entries in early childhood centres. This award is a guarantee that the music works well with teachers and children.

## Building Character

Children grow in character through doing positive, hands-on activities. *Clean Up Time* nurtures this development in delightful new ways, strengthening positive attitudes and habits. This album, like several other UCA *Building Character* resources, compliments *The Virtues Project*: a fresh, positive approach to bringing out the best in us all. The *Clean Up Time* songs help strengthen the following virtues in children:

- |               |               |                  |
|---------------|---------------|------------------|
| - Cleanliness | - Orderliness | - Responsibility |
| - Helpfulness | - Respect     | - Joyfulness     |

## When it's Time to Tidy Up ...

Sing along as you tidy up and the mess will disappear in no time! Teachers in many early childhood centres play *Clean Up Time* routinely enthusing children to tidy up. It is fun to spontaneously sing along or to play as background 'clean-up' music at preschool or home.

## Acknowledging Children's Efforts

Teachers & parents! Acknowledge children: catch them in the act of practising a virtue. The most effective results are when praise or acknowledgement is *specifically* related to a virtue the child is exhibiting. For example, "That was responsible of you, wiping up that spilt paint!", is better than saying "Good boy." Children respond when adults are thoughtful, observant and sincere. Be attentive to how children relate to the *Clean Up Time* songs and acknowledge them accordingly in a relaxed way.

## Versions of this Album

*Clean Up Time* has been released in two versions.  
 This 13 page book of *Activity Notes* covers both versions:

1. *Clean Up Time* – an English-only version, and
2. *Clean Up Time ~ Te Wa Whakapai* – in English & Maori

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**For your reference, this document totals 13 pages.**

**Building Character Activity Notes for *Clean Up Time* / *Te Wa Whakapai***

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## Track 1



### Clean Up Time

by Radha Sahar

*Verse 1* It's clean up time, clean up time x3  
Get down! Clean up! Right now!

*Verse 2* Helping is fun, you will see  
Now you are in the helping family  
Helping is good for you and me  
Get down! Clean up! Right now!

#### **Activity Notes**

Sing along as you clean up. Try dancing along too! As a fun dramatic exercise, you and the children can also relate your singing to various activities, as if the whole scene were a stage musical. In the instrumental sections, feel free to make up new words pertinent to your situation – e.g. 'Sweeping is fun, you will see ...'

**Building Character:** Cleanliness, Helpfulness

## Track 2



### This is the Way

words by Radha Sahar

- Verse 1* This is the way we pick up the toys at clean up time  
*Verse 2* This is the way we sweep the floor at clean up time  
*Verse 3* This is the way we wash the dishes at clean up time  
*Verse 4* This is the way we tidy the books at clean up time  
*Verse 5* This is the way we wipe up the paint at clean up time  
*Verse 6* This is the way we tidy the shelves at clean up time



#### **Activity Notes**

Children love the familiar 'here we go round the mulberry bush' melody, so they easily can sing along with this song. Either play the track in the background as you tidy up or sing the song any time as an action song, miming the various activities as you go. That way the song can also be sung as a 'sit-song' reinforcing the whole idea in children's minds.

**Building Character:** Orderliness, Cleanliness



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## Track 3



### Tidying Up is Fun! *by Radha Sahar*

- Verse 1* Clean up! Put things away; everything tidy, back in place  
 Look how fast we work!
- Chorus* Tidying up is fun today as we're putting all our things away  
 Clear up the mess and shout 'hooray!' See our happy, smiling faces! Well done!
- Repeat Verse 1 - Chorus – then verse 1 again*

#### Activity Notes

Play the song in the background or sing along as you tidy up. Children enjoy shouting, 'hooray', rewarding themselves as they make progress with the mess. Make 'smiley faces' with the children, pointing to the corners of your mouth as you all smile in a dramatic way. During the instrumental sections, comment enthusiastically on everyone's progress. For example, "All the books are on the shelf – well done Sarah!" or, "Great orderliness Zac - all the blocks packed so neatly away!"

**Building Character:** Orderliness, Joyfulness

## Track 4



### Helpful Humpty *new words by Radha Sahar*

- Verse 1* Humpty Dumpty sat on the wall. Humpty Dumpty had a great fall ...  
 Someone helpful I can guess, will pick up humpty and clean up the mess  
 Who's been practising helpfulness? (me!)
- Verse 2* You are being helpful today, now pick our Humpty up again (thank you)  
 You are helping me to learn that cleaning up the mess is fun!
- Verse 3* Imagine Humpty is there when you ask, helping out with every task  
 When you help, Humpty helps you to be a helpful humpty too!

#### Activity Notes

This music game is great for acknowledging the efforts children make during the day. All the children will want a turn so choose all the children over a period of time. Children take turns to place a soft toy 'humpty' on their heads – one child each time the song is sung. The child lets the toy fall, (the fun part!), then an adult helps another child, naming what the child *did* that was helpful.

**Building Character:** Helpfulness



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## Track 5

### **Helping You is Helping Me** *by Radha Sahar*

- Chorus* Helping you is helping me – a win, win situation x2
- Verse 1* I want to help. What can I do to be of service just like you?  
Feeling useful, being on call, playing a special part in it all
- Verse 2* Now Humpty helpful every day, helping in a real fun way  
And if the wall gets bored a lot, Humpty helps by sitting on top!
- Repeat Chorus, then Verse 1, then half the chorus to conclude*

#### **Activity Notes**

This song follows *Helpful Humpty* via a humorous reference in verse two. Learn the chorus so you can chant it with the children in spontaneous situations.

Look out for other situations to acknowledge children being of service. For example, "That was a good service you did passing the plate around to everybody," and, "I see you were being of service for everyone when you cleared the dirty leaves out of the water-play trough."

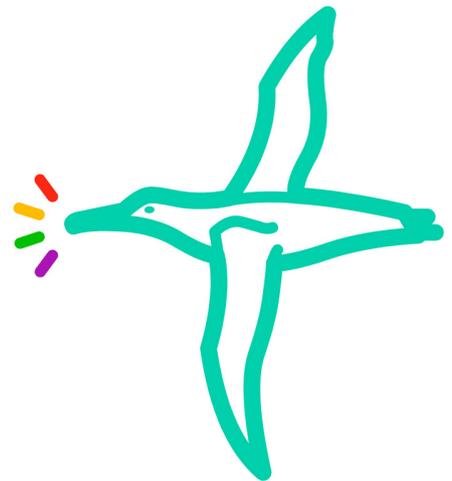
**Building Character:** Helpfulness, Service

#### **Virtues Acknowledgement Examples**

Preschoolers mainly learn through the five senses and through direct experience. Trying to 'teach' abstract concepts such as peace, respect etc, can only be done successfully through children experiencing situations many times where virtues are directly 'named' while the children are practising them. Here are some examples:

"I see your cleanliness keeping the play-dough on the table, and you washed your hands afterwards too!"

"I see you respect the boundaries by putting the rubbish in the bin. Well done"





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## Track 6



### So Orderly this Morning

words by Radha Sahar

- Verse 1* This is the way we tidy up, tidy up, tidy up, so orderly this morning
- Refrain* Everything has got a place - Let's create a harmonious space!
- Verse 2* This is the way we make the bed, straighten the covers, tuck them in  
This is the way we make the bed so orderly this morning ...
- Chorus* Everybody tidy up, tidy up, tidy up. Everybody tidy up so orderly this morning ... *Refrain*
- Verse 3* This is the way we tidy our room, toys away, clothes away  
This is the way we tidy our room so orderly this morning ... *Chorus, Refrain*
- Verse 4* This is the way we sort our things, this one here, that one there  
This is the way we sort our things so orderly this morning
- Verse 5* This is the way we do the recycling, glass in there, plastic here  
This is the way we do the recycling, orderly this morning ... *Chorus, refrain*
- Verse 6* This is the way we put things in place, pile for this, shelf for that  
This is the way we put things in place so orderly this morning ....
- Verse 7* What fun it is to tidy up, tidy up, tidy up!  
What fun it is to tidy up so orderly this morning! ... *Refrain*

#### **Activity Notes**

This is another action song to the popular 'Mulberry Bush tune. This time we focus on how we clean up at home, learning more specifically what *orderliness* is. Encourage children to add their own verses as they work.

Learning can also be strengthened through songs and games such as this one, where once again, children are relating to the abstract idea through a *concrete* activity such as the physical actions that go with the music.

**Building Character:** Orderliness, Responsibility





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## Track 7

### Babies or Big Kids? by Radha Sahar

- Verse 1* Babies always make a mess, make a mess, make a mess  
Babies always make a mess and they never clean it up!
- Verse 2* Big kids sometimes make a mess, make a mess, make a mess  
Big kids sometimes make a mess and they know how to clean it up!
- And that's the difference between babies and big kids!

#### **Activity Notes**

This little poem encourages young children to feel big and make 'big' – i.e. responsible – choices. Chant the poem for fun or enjoy it with the children as the *Clean Up Time* CD plays in the background while children tidy.

**Building Character:** Responsibility, Idealism

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## Track 8

### The Syncopated Clock by Leyroy Anderson

An Instrumental Track, where *The Syncopated Clock* melody is interwoven with the *Lili Marlene* melody.

#### **Activity Notes**

We included this track, with its relation to time, as a relaxed instrumental track to accompany us as we work. Being a combination of two well known melodies, you might like to tell the children which section is about a clock. Children can imagine the syncopated clock is timing them at their tasks.

**Building Character:** Truthfulness, Loyalty, Reliability, Trustworthiness



**Activity:** Building Character  
**Related Activity:** Learning

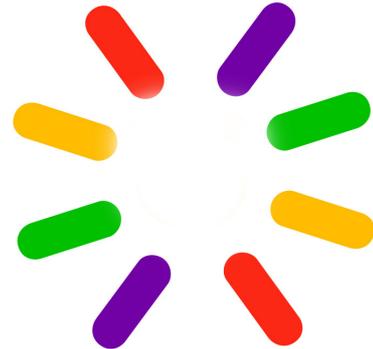


## Track 9

### I Am Healthy & I Know It

words by Radha Sahar

- Verse 1* I am healthy and I know it and I wash my hands x2  
I'm a happy human bean being healthy and clean  
I am healthy and I know it and I wash my hands
- Verse 2* I am healthy and I know it and I clean my teeth ...
- Refrain* My body belongs to me. I want to stay healthy and strong  
That's the way to be. Everybody sing along!
- Verse 3* I am healthy and I know it and I blow my nose ...  
*Instrumental Verse*
- Verse 4* I am healthy and I know it and I eat my veggies ...



#### **Activity Notes**

New words for a popular melody. Add your own verses in real life situations, or just clap and sing along.

**Building Character:** Cleanliness, Respect

## Track 10

### Wash Our Hands *by Radha Sahar*

- Verse 1* Wash, wash, wash our hands, time to wash our hands  
Soap, water, turn on the tap, time to wash our hands  
Scrub, scrub, swish and rinse, no more dirt to see  
Shake them, dry them, take a look – now they're super clean!

#### **Activity Notes**

This personal hygiene song was composed especially to encourage children to wash their hands. Sing it before eating, after going to the toilet, or cleaning up etc. It's also a good motivator to sing with the children as you guide them towards the bathroom.

**Building Character:** Cleanliness



**Activity:** Building Character  
**Related Activity:** Learning



## Track 11

### Bubbles

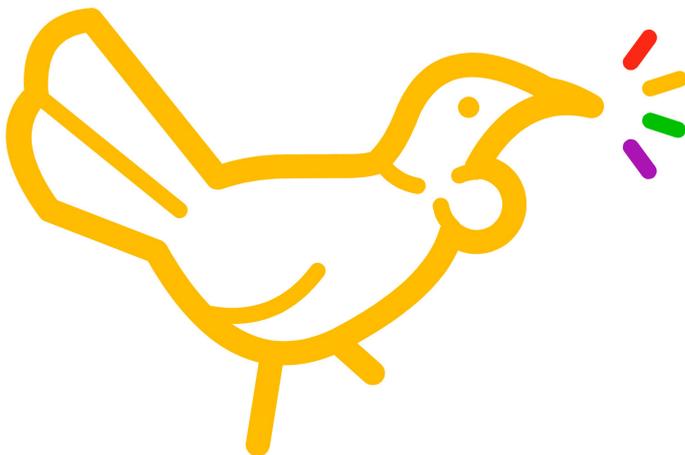
by Radha Sahar

- Chorus* Bubbles, bubbles, bubbles, bubbles  
Floating up to the sky, floating down to the ground
- Verse 2* Bubbly soap, slippery, and shiny. Bubbly hands – clean me! ... *Chorus*
- Verse 3* Washing-up liquid sloshes and slishes. Bubbly hands, clean dishes! ... *Chorus*
- Verse 4* Bubbly tables, benches and floors  
What fun it is when we're doing our chores ... *Chorus*

#### **Activity Notes**

Young children love playing with bubbles, so this enjoyment can be called upon at clean up time. The song can also be sung when they are enjoying water-play or bubble-blowing activities.

**Building Character:** Cleanliness, Joyfulness



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## Track 12



### Agitator Twist

by Radha Sahar

- Verse 1* Swish, swish, swish, I'm a washing machine, washing machine, washing machine  
Swish, swish, swish, I'm a washing machine. Do the agitator twist
- Verse 2* Open up my lid and put the clothes in, put the clothes in, put the clothes in,  
Open up my lid and put the clothes in. Do the agitator twist
- Verse 3* Pour in the powder, sprinkle it round, sprinkle it round, sprinkle it round  
Pour in the powder, sprinkle it round. Do the agitator twist
- Verse 4* Close my lid, pull the button to start, button to start, button to start  
Close my lid, pull the button to start. Do the agitator twist
- Verse 5* Wash and rinse and spin it around, spin it around, spin it around  
Wash and rinse and spin it around. Do the agitator twist
- Refrain* Drain the water out of the hose. Take out the clothes. Dry the clothes  
Wear the clothes – oh no! – they're dirty again ... *Repeat Verse 1*

#### Activity Notes

This is a highly successful, full-body action song. Children and parents love dancing the twist in verse one, miming the successive activities. Finish with dancing the twist again as you repeat verse one to conclude. Comments like, 'great for slimming the hips' get mothers joining in with enthusiasm.'

**Building Character:** Cleanliness, Joyfulness

## Track 13



### Happiness

by Radha Sahar

*Instrumental*

#### Activity Notes

Instrumental music creates space for imagination. Clean up to the music or make up some words as you go. On the English-only version, we finish at this point in the album with the instrumental version of the opening track *Clean Up Time*. Have fun!



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# Te Wa Whakapai

## Maori Section

To accompany the Bi-lingual, New Zealand version of this album



These are the same songs as the English section, only in Maori. In order:

- Track 14. Te Wa Whakapai (*Clean Up Time*)
- Track 15. Ka Penei te Ahua (*This is the Way*)
- Track 16. He Pepi, He Tamariki Ranei (*Babies or Big Kids?*)
- Track 17. Horoia O Ringa (*Wash Our Hands*),
- Track 18. Te Wa whakapai Whakatanginga (Instrumental of *Clean Up Time*)

### Track 14



#### Te Wa Whakapai

Translation: Doc Ferris

- Verse 1 *Aue! Te paruparu hoki*  
Ko te wa whakapai, Ko te wa whakapai, ko te wa whakapai  
E heke! Whakapai! inaenei!
- Verse 2 *Kei mau te whanau maanaki, Kei mau te whanau maanaki*  
*Kei mau te whanau maanaki. E heke! Whakapai inaenei!*

#### Activity Notes

Sing along as you clean up. Try dancing along too! As a fun dramatic exercise, you and the children can also relate your singing to various activities, as if the whole scene were a stage musical. In the instrumental sections, feel free to make up new words pertinent to your situation – e.g. 'Sweeping is fun, you will see ...'

**Building Character:** Cleanliness, Helpfulness



**Activity:** Building Character  
**Related Activity:** Learning

## Track 15



### Ka Penei Te Ahua

*Translation; Doc Ferris*

- Verse 1* Ka penei te ahua rarautia ngā kaupeka, kaupeka  
Ka penei te ahua rarautia, ngā kaupeka a te wa whakapai
- Verse 2* Ka penei te ahua tahitahi, tahitahi te papa  
Ka penei te ahua tahitahi, te papa a te wa whakapai
- Verse 3* Ka penei te ahua horoi, ngā rihi, ngā rihi  
Ka penei te ahua horoi, ngā rihi a te wa whakapai
- Verse 4* Ka penei te ahua whakapai, ngā pukapuka, pukapuka  
Ka penei te ahua whakapai, ngā pukapuka a te wa whakapai
- Verse 5* Ka penei te ahua ukuia, ukuia te peita  
Ka penei te ahua ukuia, te peita a te wa whakapai
- Verse 6* Ka penei te ahua whakapai, ngā tārenga, tārenga  
Ka penei te ahua whakapai, ngā tārenga a te wa whakapai

#### **Activity Notes**

Children love the familiar 'here we go round the mulberry bush' melody, so they easily can sing along with this song. Either play the track in the background as you tidy up, or sing the song any time as an action song, miming the various activities as you go. That way the song can also be sung as a 'sit-song' reinforcing the whole idea in children's minds.

**Building Character:** Whaka-tikatika, Nohoma

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Activity: Building Character  
Related Activity: Learning



## Track 16



### He Pepe He Tamariki Ranei?

Translation: Doc Ferris

- Verse 1 Na nga pepe i whakapōrohe pumau, pōrohe, pōrohe  
Na nga pepe i whakapōrohe pumau. E kore rawa ratau e whakapai
- Verse 2 Na, nga tamariki i whakapōrohe i etahi wa - pōrohe, pōrohe  
Na nga tamariki i whakapōrohe i etahi wa  
Kei te mohio ratau i te whakapai.  
Koe ana te rerekētanga mo nga pepe, me nga tamariki!

#### Activity Notes

This little poem encourages young children to feel big and make 'big' – i.e. responsible – choices. Chant the poem for fun or enjoy it with the children as the *Clean Up Time* CD plays in the background while children tidy.

**Building Character:** Kawe-nga, Whakaaro Rangatira

## Track 17



### Horoia O Ringa

Translation: Lester Mohi

- Verse Horoia o ringa, me horoia o ringa x2  
Horoia o ringa, te hopi me te wai  
Horoia te parupaaru. Aue – tino pai!

#### Activity Notes

This personal hygiene song was composed especially to encourage children to wash their hands. Sing it before eating, after going to the toilet, or cleaning up etc. It's also a good motivator to sing with the children as you guide them towards the bathroom.

**Building Character:** Nohoma

## Track 18



### Te Wa Whakapai Whakatanginga

by Radha Sahar

We close with the instrumental version of *Te Wa Whakapai (Clean Up Time)*

#### Building Character Activity Notes for *Clean Up Time / Te Wa Whakapai*

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