



**Activity:** Dancing & Moving  
**Related Activity:** Singing & Fun



# Mother Goose Action Songs



## Activity Notes

**Dancing & Moving Activity Notes for *Mother Goose Action Songs*.**

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## Energy in Action

*Mother Goose Action Songs* entices young children to be active in song & dance. Today many children are not active. Instead of running around outside they are glued to screens. This builds up adrenaline for which they have no outlet. Though they are developing their brains, their physical, emotional and ethical development may be lagging behind; this is sometimes described in psychological circles as 'developmental compression'. Hence there are an increasing number of children with social problems, obesity, diabetes, anxiety and depression, and it is occurring at an increasingly younger age. Regular physical activity could prevent many of these problems.

**What do we choose: switched on screens or switched on kids?** To support our children, we need to give them constructive, happy ways to be physically active. *Mother Goose Action Songs* does just this, inspiring 2 - 5 year olds to move and dance in fun ways. The songs are ideal for kinaesthetic learning. Un-bottle that cooped up energy! When it is spent, everyone will be smiling and relaxed!

## Singing

Children love singing their favourite familiar songs. So we asked Mother Goose how she'd feel if we jazzed-up and extended her traditional repertoire to get kids moving; she thinks it's a great idea! We chose tempos that suit preschoolers' body movements, and we include our re-created lyrics for each song so you can help children learn the words & actions. When you know them, sing them yourself without the recording, being 'mother goose' with the children. That way you can follow the children's pace and creativity in the moment.

## Cultural Heritage

Mother Goose is the traditional 'mother of all nursery rhymes' in European culture. Taking infants under her wing, she nurtures them in song & rhyme, passing our heritage on to each new generation. In this recording we 'dress her up' a little in an imaginative, new outfit. Here she is, re-energised, to keep her wonderful legacy alive in a bright, new contemporary world!

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

**Dancing & Moving Activity Notes for *Mother Goose Action Songs*.**

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## Track 1

### Mother Goose Am I by Radha Sahar

Mother Goose, Mother Goose, Mother Goose am I  
 Singing in the nursery, dancing through the sky  
 Come on little goslings, spread your wings and fly!  
 Mother Goose, Mother Goose, Mother Goose am I

#### **Actions**

*Spread arms, dance and flap them as a warm up during this short introductory rhyme – or just listen ...*

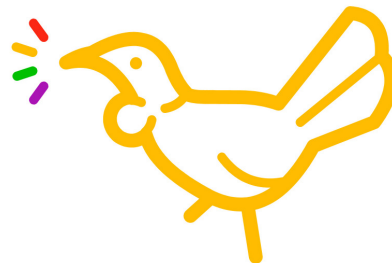
## Track 2

### Where's the Action Mother Goose? by Radha Sahar

#### **Actions**

<i>Chorus</i>	Where's the action Mother Goose? Are we going to dance, or just hang loose?		<i>With hands on hips, stomp one leg, raising the knee</i>
<i>Verse 1</i>	Let's jump in the field, my busy goslings! That's where the action is ...	<i>Chorus</i>	<i>Jump during the instrumental verse</i>
<i>Verse 2</i>	Let's stomp in the mud, my busy goslings! That's where the action is ...	<i>Chorus</i>	<i>Stomp both legs in instrumental verse</i>
<i>Verse 3</i>	Let's fly in the sky my busy goslings! That's where the action is ...	<i>Chorus</i>	<i>Fly during the instrumental verse</i>
<i>Verse 4</i>	Let's stretch in the grass my busy goslings! That's where the action is ...	<i>Chorus</i>	<i>Stretch during the instrumental verse</i>
<i>Verse 5</i>	Let's sleep in the barn my busy goslings! That's where the action is ... No! Sleeping is hanging loose! ... Ahhhh ...		<i>Stop. Hands on hips, flop down loosely</i>

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## Track 3



### Number One *Traditional*

Number one, touch your tongue, number two, touch your shoe  
 Number three, touch your knee, number four, touch the floor  
 Number five, dance the jive, number six, pick up sticks  
 Number seven, point to heaven, number eight, open the gate  
 Number nine, touch your spine, number ten, let's do it again! ...

*(Coda after last time)* - No way Jose!

#### **Actions**

*Act out as sung.*

*Repeat the song another time, then conclude shouting 'No way Jose!'*



## Track 4



### Polly Put the Blender On *new sections: Radha Sahar*

#### **Actions**

- |                |   |                          |
|----------------|---|--------------------------|
| <i>Verse 1</i> | Polly put the kettle on, Polly put the kettle on, Polly put the kettle on, we'll all have tea ... china saucer, china cup, pour in the tea and drink it up!                           | <i>Act out the drama</i> |
| <i>Verse 2</i> | Polly put the griddle on, Polly put the griddle on, Polly put the griddle on, we'll all have cake ... paper napkin, china plate, ice and eat – yum – it's great!                      | <i>Act out the drama</i> |
| <i>Verse 3</i> | Polly put the blender on, Polly put the blender on, Polly put the blender on, we'll all have a smoothie! Bananas yellow, strawberries pink, Pour in the yogurt, whiz & drink! YUM!!!! | <i>Act out the drama</i> |
| <i>Verse 4</i> | Polly put the cooker on, Polly put the cooker on, Polly put the cooker on, we'll all have apple pie! Chop the apples, eat it all, now my tummy is VERY FULL!                          | <i>Act out the drama</i> |



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## Track 5

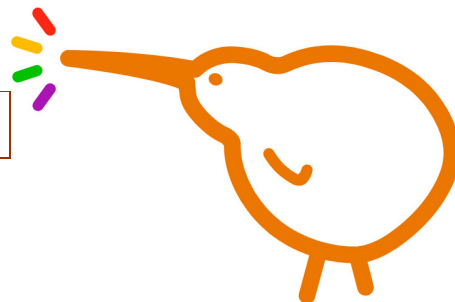


### Goosey Goosey Gander new version: Radha Sahar

#### Actions

Verse 1	Goosey, goosey gander, where do you wander? <u>Upstairs</u> ...	Waddle ... 'climb' up
Verse 2	Goosey, goosey gander, where do you wander? Upstairs, <u>downstairs</u> ...	Waddle ... 'climb' up ... then down
Verse 3	Goosey, goosey gander, where do you wander? Upstairs, downstairs ... <u>This way</u> ...	Waddle up, down, to one side
Verse 4	Goosey, goosey gander, where do you wander? Upstairs, downstairs, this way, <u>that way</u> ...	Waddle up, down, to one side then the other,
Verse 5	Goosey, goosey gander, where do you wander? Upstairs, downstairs, this way, that way, <u>turn around</u>	Waddle up, down, one side, other side, turn around
Verse 6	Goosey, goosey gander, where do you wander? Upstairs, downstairs, this way, that way, turn around, What have we found? My lady's chamber!	Waddle up, down, one side, other side, turn around, hands on hips, Open arms wide
Verse 7	Goosey, goosey gander, where do you wander? Upstairs, downstairs, in my lady's chamber Gander's now a father goose, happy not to wander Father Goose, Mother Goose happy ever after!	Clap & sing.

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## Track 6



### Grand Old Duke of York new section: Radha Sahar

#### Actions

*Repeat*

The grand old duke of York, he had ten thousand men  
 He marched them up to the top of the hill & he marched them down again  
 And when they were up they were up.  
 And when they were down they were down  
 And when they were only half way up, they were neither up nor down  
 So they marched on the spot!

*March round and round  
 Up and down ...  
 Up, and  
 down*

*March on the spot*

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## Track 7



### Mary Mary Quite Contrary new sections: Radha Sahar

#### Actions

*Verse 1* Mary, Mary, quite contrary, how does your garden grow?  
 Dig, dig, dig ... Plant the seeds ... Water the seeds ...  
 Wait ... Up they come! Watch them grow!  
 Silver bells all in a row!

*Follow the actions as sung,  
 digging, planting, watering  
 Pause then stretch up ...  
 Clap*

*Verse 2* Mary, Mary, quite contrary, how does your garden grow?  
 Dig, dig, dig ... etc ... Cockle shells all in a row

*Follow the actions as sung  
 Stretch up ... Clap*

*Verse 3* Mary, Mary, quite contrary, how does your garden grow?  
 Dig, dig, dig ... etc. Pretty Maids all in a row

*Follow the actions as sung  
 Stretch up ... Clap*

*Verse 4* Mary, Mary, quite contrary, how does your garden grow?  
 With silver bells and cockle shells  
 And pretty maids all in a row!

*Clap & smile!*



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## Track 8



### Old Mother Goose *a memory song by Radha Sahar*

#### Actions

<p>Verse 1 <b>GLASSES</b></p>	<p>Old Mother Goose is waddling around. "Where are my glasses?" - You had them all the time!</p>	<p><i>Waddle, 'looking.' Close thumbs &amp; index fingers in front of eyes to make glasses</i></p>
<p>Verse 2 <b>PURSE</b></p>	<p>Old Mother Goose is waddling around. "Where is my purse?" <u>Behind</u> you! "Where are my glasses?" - You had them all the time!</p>	<p><i>Waddle, look behind, then glasses gesture</i></p>
<p>Verse 3 <b>KEYS</b></p>	<p>Old Mother Goose is waddling around." Where are my keys?" - <u>in front</u> of you! "Where is my purse?" - Behind you! "Where are my glasses?" - You had them all the time!</p>	<p><i>Waddle, look in front, look behind, then glasses gesture</i></p>
<p>Verse 4 <b>PAPER</b></p>	<p>Old Mother Goose is waddling around. "Where is my pen?" - <u>down on the floor.</u> "Where are my keys?" - in front of you! "Where is my purse?" - Behind you! "Where are my glasses?" - You had them all the time!</p>	<p><i>Waddle, look down, look in front, look behind, then glasses gesture</i></p>
<p>Verse 5 <b>PEN</b></p>	<p>Old Mother Goose is waddling around. "Where is my paper?" - <u>up on the shelf.</u> "Where is my pen?" - down on the floor. "Where are my keys?" - in front of you! "Where is my purse?" - Behind you! "Where are my glasses?" - You had them all the time!</p>	<p><i>Waddle, look up, look down, look in front, look behind, then glasses gesture</i></p>
<p>Verse 6 <b>NAMES</b></p>	<p>Old Mother Goose is scratching her head. "What is my name?" - Old Mother Goose! "What is your name? ....."That's right - I had it written down. Where's that piece of paper? - up on the shelf. "Where is my pen?" - down on the floor. "Where are my keys?" - in front of you! "Where is my purse?" - Behind you! "Where are my glasses?" - You had them all the time!</p>	<p><i>Scratch head ... shout 'Old Mother Goose', say your ownname, look up, look down, look in front, look behind, then glasses gesture</i></p>



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## Track 9



### Mother Goose Dance *by Radha Sahar*

#### Actions

Verse 1	Mother Goose honks her orange beak Scratches the ground with busy feet Ruffles her feathers fluffy and neat And now she's ready to dance - left wing	<i>With hands under armpits to make wings, lift head, scratch ground with feet, wiggle around Then 'flap' your left arm</i>
Verse 2	Mother Goose honks her orange beak ... etc Left wing, Right wing	<i>As before, then Flap left arm then right arm</i>
Verse 3	Mother Goose honks her orange beak ... etc Left wing , right wing, left leg	<i>Lift head, scratch ground, wiggle, flap each arm, shake left leg</i>
Verse 4	Mother Goose honks her orange beak ... etc Left wing , right wing, left leg, right leg	<i>Lift head, scratch ground, wiggle, 'flap' each arm, then shake each leg</i>
Verse 5	Mother Goose honks her orange beak ... etc Left wing , right wing, left leg, right leg, tail feather	<i>Lift head, scratch ground, wiggle, 'flap', shake, then wiggle bottom</i>
Verse 6 X2	Mother Goose honks her orange beak ... etc Left wing, right wing, left leg, right leg, tail feather - and HONK!!!!	<i>Lift head, scratch ground, wiggle, flap, shake, wiggle bottom, honk</i>

## Track 10



### Three Kind Mice *new version by Radha Sahar*

#### Actions

Chorus	Three kind mice, three kind mice. These mice dare to show they care! Squeak, squeak on the run, doing good to everyone Kindness is lots of fun with the three kind mice!	<i>Run around in little steps pretending you're a mouse</i>
Verse 1	Wriggle our tails, wriggle our tails, wriggle our tails everyone! ... <i>Instrumental then Chorus</i>	<i>Wriggle bottoms during instrumental section</i>
Verse 2	Wriggle our whiskers, wriggle our whiskers, Wriggle our whiskers everyone! ... <i>Instrumental then Chorus</i>	<i>Wriggle heads during instrumental section</i>
Verse 3	Wriggle our ears, wriggle our ears, wriggle our ears everyone! ... ( Inst) Squeak, squeak on the run, doing good to everyone Kindness is lots of fun with the three kind mice!	<i>Hold ears &amp; wriggle them during instrumental then &amp; make funny faces</i>





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## Track 11

### Grandfather Clock *by Radha Sahar*

- Verse 1* Grandfather clock stands very tall  
 He's a piece of furniture in our hall  
 His pendulum swings from side to side  
 He has a door but we don't go inside
- Verse 2* Grandfather clock is very old  
 His wood and brass is shiny as gold  
 His face is yellow, his hands go round  
 As the children dance to the ticking sound!
- Tick tock, tick tock, tick tock ...

#### **Actions**

*Stretch arms & legs to a star shape & rock from side to side like a pendulum.*

*Continues to do the 'Pendulum Rock' until the end ...*

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## Track 12

### Hickory Dickory Dock *new verses: Radha Sahar*

- Verse 1* Hickory dickory dock, the mouse ran up the clock ...  
 The clock struck one ... the mouse ran down ... Hickory dickory dock
- Verse 2* Hickory dickory dock, the mouse ran up the clock ... The clock struck two, 1,2, the mouse jumped through ... Hickory dickory dock
- Verse 3* ... The clock struck three, 1,2,3, the mouse went whee! ...
- Verse 4* ... The clock struck four, 1,2,3,4, mouse jumped some more ...
- Verse 5* ... The clock struck five, 1,2,3,4,5, mouse danced a jive ...  
 Hickory, dickory dock. Then suddenly the tired old clock -  
 Fell asleep - no tick or tock - hickory, dickory dock!

#### **Actions**

*Stretch arms & legs to a star shape & rock from side to side like pendulum. 'Run' up, clap on '1', then 'run' down*

*Mime pendulum, run up, clap twice  
 Then enjoy jumping*

*Pendulum, run up, twirl around*

*Pendulum, run up, then jumping*

*Pendulum, run up, dance*



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## Track 13

### Ring-o-Roses *Traditional*

**Chorus** Ring-o-ring-o roses, a pocket full of posies  
 A tishoo! A tishoo! We all fall down!  
 Banging thunder, tinkling rain. Climb-ing up the lad-der a-gain!

#### **Actions**

*Dance in a circle then fall.  
 Bang hands on floor for thunder  
 then stretch fingers up & wiggle for  
 rain, then 'climb' back up to repeat*

## Track 14

### Humpty Dumpty *Traditional*

**Verse 1** Humpty Dumpty sat on the wall  
 Humpty Dumpty had a great fall ...  
 All the king's horses and all the king's men  
 Couldn't put Humpty together again!

#### **Actions**

*Stretch arms above head, fingers  
 touching, then let them fall.  
 Slap hands up & down on knees to  
 imitate horses galloping*

## Track 15

### Twinkle Little Motor Car *new words: Radha Sahar* **Actions**

**Verse 1** Twinkle little motor car, steering wheel and bumper bar  
 Driving fast - Opps – a crash! ... Now my car is in the trash! Oh!  
 Twinkle little motor car, steering wheel and bumper bar  
 (Now I'm a *safe* driver! ... Treat time – it's jelly!)

*'Drive' around, turning your steering  
 wheel. Crash down on floor, arms up,  
 for last few turns on 'steering wheel'*

**Verse 2** Twinkle, twinkle, funny tummy, too much jelly, wobbly, runny  
 Phone the doctor, doctor said "No more jelly – go to bed!" (yawn)  
 Twinkle, twinkle, funny tummy, to much jelly, wobbly, runny

*Wobble hips & tummy, rub tummy,  
 mime phone call, big yawn  
 then clap'*

**Verse 3** Twinkle, twinkle blue and green, jumping on the trampoline  
 Jumping, bouncing oh so high. Touch the stars up in the sky!  
 Twinkle, twinkle blue and green, jumping on the trampoline

*Jumping ... then  
 Stretch arms up while jumping*

**Verse 4** Twinkle, twinkle little star, how I wonder what you are  
 Up above the world so high, like a diamond in the sky  
 Twinkle, twinkle little star, how I wonder what you are

*Hands up, wiggle your fingers . Stretch  
 arms up, form diamond shape with  
 hands, then wiggle fingers again*



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## Track 16

### **Baa Baa Black Sheep Action Song** new sections: Radha Sahar **Actions**

<i>Verse 1</i>	Baa baa black sheep, have you any wool? Yes sir, yes sir, 3 bags full – but first it has to <i>grow</i> ... Grow, grow, grow, grow. A great, big fleece is heavy you know!	<i>Clap ... then s-t-r-e-t-c-h</i>
<i>Verse 2</i>	Baa baa black sheep, have you any wool? Yes sir, yes sir, 3 bags full – but now we have to <i>shear</i> it ... Clip, clip, clip, clip. Cut off the wool – but leave a little bit!	<i>Clap ... then shearing actions</i>
<i>Verse 3</i>	Baa baa black sheep, have you any wool? Yes sir, yes sir, 3 bags full – but now we have to make the bags ... <i>Stitch, stitch, stitch, stitch</i> . <i>Stitch up the bags</i> , like so	<i>Clap ... then Sewing actions</i>
<i>Verse 4</i>	Baa baa black sheep, have you any wool? Yes sir, yes sir, 3 bags full – Now we push the wool in ... <i>Press it down, press it down</i> . Sew up the bags to take to town!	<i>Clap, then act out the drama</i>
<i>Verse 5</i>	Baa baa black sheep, have you any wool? Yes sir, yes sir, 3 bags full. One for the master, one for the dame and one for the little boy who lives down the lane!	<i>Clapping ...</i>

## Track 17

### **Nursery Rhyme Hammer Time** by Radha Sahar **Actions**

<i>Verse 1</i>	Baa Baa Black Sheep hammer with us. Hammer with one hammer, no fuss. Along comes Little Boy Blue	<i>'Hammer' with fist on leg</i>
<i>Verse 2</i>	Little Boy Blue come hammer with us. Hammer with two hammers, no fuss. Along comes Old King Cole	<i>Hammer with fists on both legs</i>
<i>Verse 3</i>	Old King Cole come hammer with us. Hammer with three hammers, no fuss. Along comes Wee Willie Winkie	<i>Hammer with both fists, and one foot</i>
<i>Verse 4</i>	Wee Willie Winkie hammer with us. Hammer with four hammers, no fuss. Along comes Little Bo Peep	<i>Hammer with both fists, and two feet</i>
<i>Verse 5</i>	Little Bo Peep come hammer with us. Hammer with five hammers, no fuss. Along comes naughty Georgie Porgie. Can he hammer with his <i>tongue</i> ?	<i>Hammer with both fists, two feet &amp; head</i>
<i>Verse 6</i>	Georgie Porgie hammer with us. Hammer with six hammers – <i>I give up!</i>	<i>Hammer with both fists, two feet, head and tongue!</i>



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## Track 18



### Mother Goose Stretch *by Radha Sahar*

#### Actions

Verse 1

*(Hello little goslings! Follow me – it's time for the Mother Goose stretch ...)*

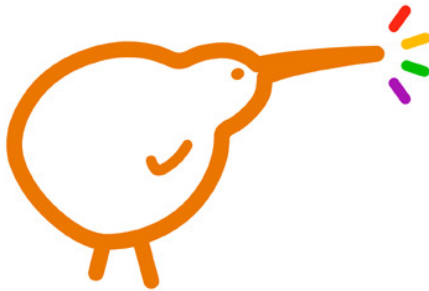
Our goosey legs stretch out w – i – d – e!  
 Wings stretch far on either side  
 Beaks way up to honk at the sky  
 That's the 'Mother Goose Stretch' ...

Good, now ...

Breathing a great big goosey breath  
 Puffing out that feathered chest  
 Well done! - Now take a rest from the  
 Muscle loose 'Mother Goose Stretch' –  
 Ahhh!

*Stretch legs apart  
 Arms wide apart  
 Lift head (while in this  
 'star-shape' position)  
 Hold pose*

*Deep breathing  
 Puff out chest  
 Relax  
 Flop down*



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## Track 19



### Sleepwalking John! *new sections: Radha Sahar*

#### Actions

Each time

Diddle, diddle dumpling, sleepwalking John  
 Went to bed with his trousers on  
 One shoe off and one shoe on  
 Diddle, diddle dumpling my son John  
 Stretches his arms straight ahead ... Sleep-walks around ...

1<sup>st</sup> time

... in friendly ghost land!

2<sup>nd</sup> time

... in fairy land!

3<sup>rd</sup> time

... in outer space! ...

Then it's back to bed!

*Stomp your feet*

*Hold up alternate feet*

*Stretch arms and 'sleep-walk' – though  
 do not completely close your eyes!  
 Palms together on face on the last line  
 of each verse.*

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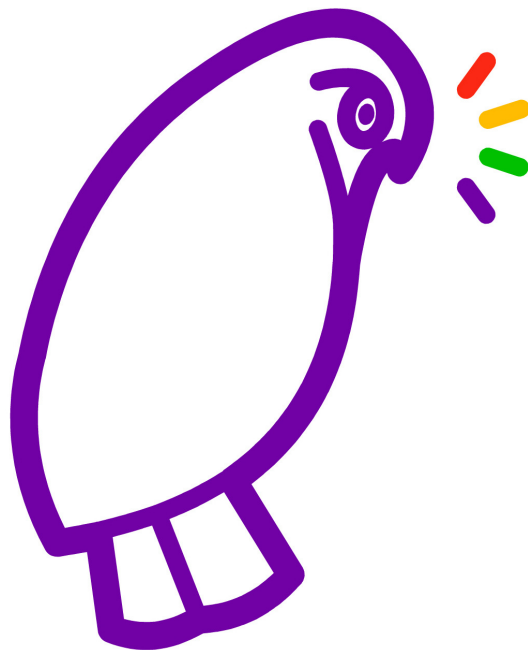
## Track 20



### Row Row Row your Boat new words: Radha Sahar

#### Actions

- |   |   |
|---|---|
| <p><i>Verse 1</i> Row, row, row your boat gently down the stream<br/>Forwards, backwards, pull the oars, in the rowing team</p>   | <p><i>Sit on floor, rowing... (Great in pairs holding hands, but OK alone).</i></p> |
| <p><i>Verse 2</i> Row, row, row your boat sinking in the stream<br/>Underneath the murky water we cannot be seen!<br/>Let's spy on the fish ... It's spooky down here ...<br/>Quick, row fast! Get out of here! ...</p> | <p><i>Rowing – downward gestures, maybe slumping ... slowing down</i></p>           |
| <p><i>Verse 3</i> Up, up, up again, rowing to the top<br/>Now my arms are falling off. Soon we'd better stop! - And flop!</p>   | <p><i>Row fast then flop</i></p>  |
| <p><i>Verse 4</i> Row, row, row your boat slowly down the stream<br/>Merrily, merrily, merrily, merrily, life is but a dream!<br/>When you rest in bed tonight<br/>Sweetly may you dream</p>                            | <p><i>Gentle paced rowing</i><br/><br/><i>Palms together in sleep gesture</i></p>   |



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