

Lptime Songs for Mommies

(and daddies and grandmas and grandpas)

by: Amber Passey
of BecauseBabiesGrowUp.com
and LptimeSongs.com



Table of Contents

Bring the Benefits of Laptime Home.....	1
Welcome to Laptime Songs for Kids.....	2
Why Do Little Ones Need Laptime?.....	3
Laptime at Each Stage of Development.....	4
Twinkle, Twinkle Little Star.....	5
Row, Row, Row Your Boat.....	6
Frere Jacques/Are You Sleeping?.....	7
I'm a Little Teapot.....	8
London Bridge Is Falling Down.....	9
Nursery Rhymes and ABCs.....	10
Laptimes Organized Around Themes.....	11
Laptime Theme: Around town.....	12
Laptime Theme: Winter.....	13
Laptime Theme: All About Me.....	14
Laptime Theme: In the Water.....	15
Instructions for Crafts.....	16
Craft: Candy Trains.....	16
Craft: Snowman Printable.....	17
Craft: Handprint Flowers Printable.....	18
Craft: Penguin Pattern Printable.....	19

*Special thanks to Craig Sowby of Corner House Studio for the music.

Bring the Benefits of Laptime into Your Home

Laptime is a great library program, but the benefits of laptime are so tremendous that I want to help you bring laptime home from the library and have a fun experience with it. Here are some of the benefits from doing laptime at home with your little one:

1. It gives you something to DO with your little one. Especially when they are first becoming aware of their environment and awake longer than the time it takes to eat. But it's great for filling dull moments, introducing new experiences, or transitioning from one activity to the next as your little ones grow.
2. It helps in creating daily routines. From wake-up songs to bedtime songs to reading with your little one, you'll find that the rhythm of language and melody will help things run smoothly.
3. Songs, and definitely ones with actions, can give your child a way to communicate with you and engage you in their experiences. Sammi would do the actions of a song she loved as a way of telling me she'd like us to sing that song.

Those are some great reasons, right? I'm excited to share some music, lyrics, and crafts with you. Read the next few pages of explanation at your leisure. But most importantly, grab your little one onto your lap, click to Twinkle, Twinkle Little Star and get busy enjoying the excitement of spending laptime with your little one. Enjoy!

~Amber Passey

Welcome to Laptime Songs for Mommies

I gather, since you're reading this book, that you have a little one in your life and are looking for ways to strengthen your bond with that little one. Laptime Songs for Mommies is all about helping parents, grandparents and other caregivers bond with little ones through books, music, and nursery rhymes. The Laptime program is actually a library-run program for little ones, birth through 2 years of age, and their caregivers. When I was a new mom, this program at our local library helped me grow as a mom and strengthened the bond I had with my young daughter.

Before I was a mom, in my younger days, I babysat a lot. I played with kids and had a grand time doing it! I always looked forward to being a mom. But then, when I was a new mom with this little baby, my mind went blank. I wasn't sure what to do with her when she was awake. Awful, I know! But there it is. And I was getting a bit bored with the monotony of our days. That's when I first started going to the library's laptime program. It refreshed my memory on songs, nursery rhymes and fingerplays that I had once known, but had forgotten. Sammi and I became regular participants in the laptime program.

In the time since we first started participating in the library's laptime program, I became a laptime teller myself and then, when we moved to a new state, even started the laptime program at our new library. I love this program because it combines literature with music in an experience that encourages early literacy development. And does that all while strengthening the bond little ones have with parents or grandparents.

If your library doesn't offer a laptime program, or you haven't yet attended one, here's a brief explanation of the Laptime program.

The laptime program is a twenty-minute interactive experience between young children with their caregivers and the laptime teller. The purpose of the library's program is to

- Create a positive experience for little ones with the library and with books
- Share the resources of the library with caregivers
- Give caregivers something new to do with their little ones outside of the library

By doing the same kinds of activities with our little ones at home, we should be able to experience some of the same benefits, for example, positive experience with books and literature, bonding with our little ones, and something new to do with them.

If you attend a laptime program at your local library, you can expect it to look something like this. It starts with a welcome where the teller warms up the little ones to singing and moving their bodies. There's usually a book or two that the teller reads. Then the teller leads the group in additional songs, nursery rhymes or fingerplays that share the rhythm of language and connect language to movement and action. Finally, it ends with a good-bye song or a group favorite.

I mentioned a few of the benefits of the laptime program for little ones such as bonding and early literacy development. But let's look more in depth at how little ones benefit from laptime.

Why Do Little Ones Need Laptime?

Beginning in the newborn stage and continuing on through the first years little ones thrive on the physical connection they have with their parents and caregivers. From the soothing sounds of a parent's heartbeat to the playful kisses and tumbles, little ones bond and develop a sense of security that carries them through their early years. In addition to a strong sense of security, laptime between caregivers and little ones provides several benefits both for little ones and those who love them.

Bonding

Laptime provides an opportunity for caregivers and little ones to bond through physical closeness and shared experiences. The time you spend together, truly engaging in the same activities, lays the foundation for a strong relationship through the years.

After just a few months of adding laptime to our daily routine, Sammi and I had an experience that proved to me how much our bond had grown. Sammi was developing a cold and woke up from a nap just miserable. She was nearly inconsolable. I sat in a rocking chair with her on my lap. I held her close and sang her a new song. She was immediately intrigued by the words and melody that were unfamiliar to her. When I finished she asked for it again. And then again and again and again. I probably sang that song fifteen times. Then she said, "Okay. I'm done." The comfort of my arms combined with the thrill of a new song helped her through a particularly miserable moment and she was ready to play again.

Stimulation

Laptime stimulates little ones in age-appropriate ways, even as they grow and their needs change. As newborns become infants and then toddlers and even move into preschool-age, they are stimulated by different aspects of laptime. At first it's your touch and sounds that capture their attention. Then they begin to grasp the words and actions and finally they are trying to do the actions and sing on their own.

I have seen this especially with my second child, Elli. She's been a laptime participant since before she was born! She is now a toddler. At every stage she has loved laptime. From focusing on the physical connection to focusing on the melodies and now focusing on the actions, she has consistently been entertained and stimulated.

Books

Laptime is a great way to introduce little ones to literature. Through laptime they can have a pleasant experience with books, which helps with reading later on down the road. When we first started reading books with our oldest, she was only interested in the books that were songs. If we sang it, she loved it. That love of books has grown and now she enjoys longer picture books. We even read *Charlotte's Web* earlier this year. She loved it and would ask for it each morning as we ate breakfast.

Language and Actions

Nursery rhymes, fingerplays and songs introduce little ones to the rhythm and structure of language. Early and repeated exposure helps children develop a feel for the language and build their understanding of words. Fingerplays help children connect words to actions, which helps build vocabulary. Books also reinforce vocabulary by putting words in context and with illustrations.

Building a large vocabulary and understanding the rhythm and structure of language help little ones to develop early literacy skills. These skills are necessary for children to master before they move on to reading. My three year old is showing strong mastery of these skills. She loves to make up her own songs, and can even use some rhyming words. She loves to sit down with a book and recite the words found on each page. She even points at the words while she's telling to story to her little sister.

Laptime at Each Stage of Early Development

Laptime is a great activity for little ones and moms or dads or grandparents. The physical connection, the shared experience and the music all work together to strengthen the bond between you and your little one. Just about any time I sit down, one or both of my girls finds her way onto my lap, usually with a book in her hand.

The best part is that the laptime program grows with your child. Here's a little about your little one at each stage of early development and then how to adapt the laptime program to that stage.

Newborns

Newborns thrive on physical closeness to caregivers. At this stage, little ones are learning to recognize and understand sounds as well as to develop control over their heads, arms and legs. Everything is new to these littlest ones and they really thrive on the security they feel during laptime.

Caregivers can sing songs and do the actions in view of newborns or by helping the newborn do the actions. At this age it doesn't take much time or interaction to stimulate a newborn and then wear them out. Laptime is typically short with only a few songs at a time.

Infants

Infants' muscles are getting stronger and they are more aware of their environment. They love rhythm in language and music, especially when there are repeated patterns. Their attention span is starting to develop, though it is still very short. They are able, however, to engage in the full 20 minute laptime program.

They also love simple actions which match their physical development, e.g., rolling over, clapping hands. They also love

to snuggle with caregivers and enjoy the attention of being helped to do new actions. Both my girls loved to put their hands on mine while I clapped. They learned the mechanics of the motion as well as the rhythm of language while I clapped.

Toddlers

Toddlers have entered the new mobile stage and appear to become disinterested with laptime. They love to get up and explore and to move their bodies. Laptime is a great home base to start and receive direction from their caregivers.

It's also great to get up and move with them. They love to do the actions for familiar songs while someone else sings them. They are also working on learning the words and melodies for themselves. At about 14 months our younger daughter has started humming as her version of singing songs.

Preschoolers

Although they are moving quickly toward independence, preschoolers still crave physical contact with loved ones as well as reassurance that they are loved.

Laptime creates a shared experience for preschoolers and caregivers. Preschoolers are more able to do actions on their own and even sing along to more familiar songs. They love crafts that come from the themes of laptime programs. My preschooler calls them 'projects' and feels so grown up when she gets to do a project. We often sing the songs or recite the poems again as we do the craft to connect the concept with the tangible craft that reinforces the theme.

Now grab your little one and sing all the songs on the next several pages. They cover a variety of topics and melodies so you'll be entertained for a long while. Enjoy!

Baa, Baa Black Sheep

Baa, baa, black sheep
 Have you any wool?
 Yes, sir; yes, sir three bags full
 One for my master, one for my dame
 One for the little boy
 Who lives down the lane
 Baa, baa, black sheep,
 Have you any wool?
 Yes, sir; yes, sir three bags full

Special Me

Special, special, special me
 How I wonder what I'll be.
 In this big world I can be,
 Anything I want to be.
 Special, special, special me.
 How I wonder what I'll be.

Butterfly

Flutter, flutter butterfly
 Floating in the springtime* sky
 Floating by for all to see
 Floating by so merrily
 Flutter, flutter butterfly
 Floating in the springtime* sky

*replace **springtime** with **summer**



Twinkle Twinkle Little Star

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



Balloons

Pretty balloons in the air,
 Lots of colors we see there.
 Red and yellow, green and blue
 Can you see the colors, too?
 Pretty balloons in the air,
 Lots of colors we see there.

Colors

I know the colors for painting fun,
 Green like grass and yellow sun,
 An orange pumpkin and white snow
 A red rose and a black crow,
 Blue like a mailbox, brown like an ape,
 A pink pig and some purple grapes.

ABC's

A B C D E F G
 H I J K L M N O P
 Q R S T U V
 W X Y and Z
 Now I know my ABCs
 Next time won't you sing with me?

Leaves, Leaves

Leaves are falling down,
Falling on the ground
Red and yellow
Orange and brown
Leaves are falling down.

Sing With Me

Sing, sing, sing with me.
Sing out loud and clear
To tell the people everywhere
That music time is here.

Scrub the Germs

Scrub, scrub, scrub the germs;
Scrub the germs away.
Scrub, scrub, scrub the germs;
Scrub them down the drain!

Love Your Pets

Love, love, love your pets,
Love them everyday.
Give them food and water, too,
Then let them run and play.

 **Click to Play Song**

Row, Row, Row Your Boat

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily
Life is but a dream

Dinosaurs

Dinosaurs, dinosaurs
Eating fruits and leaves
Take a bite and chew it up
And spit out all the seeds!

Ride the Train

Ride, ride, ride the train
Quickly down the track.
Clickety, clickety, clickety clack
When will you be back?

Hug Your Bear

Hug, hug, hug your bear,
Squeeze him very tight,
Hold him high and help him fly
Then hug with all your might.



Where is Thumbkin

Where is Thumbkin*?
Where is Thumbkin?
Here I am! Here I am!
How are you today, sir?
Very well I thank you.
Run away. Run away.

*Repeat verses with Pointer, Middle Man, Ring Finger, Pinky

Bats Are Sleeping

Bats are sleeping,
Bats are sleeping,
Upside down.
Upside down.
Sleeping in the morning sun.
Waiting for the night to come.
Then they'll fly all around.
Then they'll fly all around.

Fall Is Here

Fall is here
Fall is here
Yes it is
Yes it is
We can see the leaves change
Then they fall on the ground
Blow away
Blow away

 **Click to Play Song**

Frère Jacques

(French Version)

Frère Jaques, Frère Jaques
Dormez-vous? Dormez-vous?
Sonnez les matines!
Sonnez les matines!
Din, dan, don. Din, dan, don.

Are You Sleeping?

(English Version)

Are you sleeping?
Are you sleeping?
Brother John, Brother John!
Morning bells are ringing! Morning
bells are ringing!
Ding, ding, dong. Ding, ding, dong.

Welcome Song

Where is Elli*? Where is Elli?
There she* is! There she is!
We're so glad to see you.
We're so glad to see you.
Peek-a-boo. Peek-a-boo.

*Substitute any child's name and correct she/he pronoun.

Happy Song*

I am happy, I am happy
Are you, too? Are you, too?
Let's be happy all day
That we are together.
Play and share.
Play and share.

*Original verse by Amber Passey

Washing Hands*

Washing hands, Washing hands
Scrub them good. Scrub them good.
Washing keeps us healthy.
Washing keeps us healthy.
Now we're clean.
Now we're clean.

*Original verse by Amber Passey

I'm a Little Pine Tree

I'm a little pine tree
As you can see
All the other pine trees
Are bigger than me.
Maybe when I grow up
Then I'll be
A great big merry Christmas tree

I'm a Little Snowflake

I'm a little snowflake, look at me.
No other snowflake is just like me.
I'm so unique, as you can see,
And just as special as I can be!

I'm a Little Snowman

I'm a little snowman short and fat.
Here's my scarf and here's my hat.
When snow is falling come and play,
Build a snowman everyday.

Here's A Little Candle

Here's a little candle dressed in white,
Wearing a hat of yellow light.
When the night is dark, then you will see
Just how bright this light can be.

Here's a little candle straight and tall,
Shining it's light upon us all,
When the night is dark, then you will see,
Just how bright this light can be.

Here's a little candle burning bright.
Keeping us safe all through the night,
When the night is dark, then you will see,
Just how bright this light can be!

 **Click to Play Song**

I'm a Little Teapot

I'm a little teapot short and stout
Here is my handle,
Here is my spout.
When I get all steamed up
Hear me shout
Then tip me over and pour me out



I am a Fireman

I am a fireman dressed in red
With my fire hat on my head
I can drive the fire truck, fight fire, too
And help make all things safe for you.

I'm a Police Officer

I'm a police officer with my star
I help people near and far
If you have a problem, call on me
And I'll be there in one, two, three!

I'm a Mail Carrier*

I'm a mail carrier on your street
Everyday at your mailbox we meet
I deliver letters and packages, too
Anything in the mail that comes for you!

**Original verse by Amber Passey*

I'm a Little Fishy

I'm a little fishy, watch me swim
Here is my tail, here is my fin,
When I want to have fun with my friends,
I wiggle my tail and dive right in!

I'm a Little Penguin

I'm a little penguin black and white
I waddle to the left and I waddle to the right
I cannot fly but I can swim,
So I waddle to the water and jump right in.

Little Ducks Go Quack

Little ducks go quack, quack, quack
Quack, quack, quack
Quack, quack, quack
Little ducks go quack, quack, quack
In the springtime

I Am Special

I am special, yes I am. Yes, I am, yes I am
I am special, yes I am. I'm very special.
No one else has hair like mine*,
Just like mine, just like mine
No one else has hair like mine.
I'm very special.

**Additional verse: a face like mine, eyes like mine, nose like mine, mouth like mine*

Head, Shoulders, Knees and Toes

Head and shoulders, knees and toes,
Knees and toes, knees and toes
Head and shoulders, knees and toes,
Eyes and ears and mouth and nose
Head and shoulders, hands, elbows,
Hands, elbows, hands, elbows
Head and shoulders, hands, elbows,
Eyes and ears and mouth and nose

Next time won't you sing with me?

 [Click to Play Song](#)

London Bridge Is Falling Down

London Bridge is falling down,
Falling down, falling down.
London bridge is falling down,
My fair lady!
Take the key and lock her up,
Lock her up, lock her up.
Take the key and lock her up,
My fair lady.

Autumn Leaves are Falling Down

Autumn leaves are falling down,
Falling down, falling down.
Autumn leaves are falling down,
All over town.

The cold wind blows them all around,
All around, all around,
The cold wind blows them all around,
All over town.

They're drifting gently to the ground,
To the ground, to the ground.
They're drifting gently to the ground,
All over town.

Take a rake and rake them up,
Rake them up, rake them up
Take a rake and rake them up,
All over town.



Mary Had a Little Lamb

Mary had a little lamb
Its fleece was white as snow.
And everywhere that Mary went
The lamb was sure to go.

Jack and Jill

Jack and Jill went up the hill
To fetch a pail of water.
Jack fell down
And broke his crown
And Jill came tumbling after.

Humpty Dumpty

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

Old King Cole

Old King Cole was a merry old soul
And a merry old soul was he.
He called for his pipe
And he called for his bowl
And he called for his fiddlers three.

 [Click to Play Song](#)

Nursery rhymes/ABCs

A B C D E F G H I
J K L M N O P Q R
S T U V W X Y Z

(Sing one verse of the ABCs then a verse of nursery rhymes, then the ABCs and then a new verse of nursery rhymes. Can be played as a traveling game where everyone sings the ABCs together and then each person has to think of a new rhyme.)



Little Miss Muffit

Little Miss Muffit
Sat on a tuffit
Eating her curds and whey.
Along came a spider
And sat down beside her
And frightened Miss Muffit away.

Little Jack Horner

Little Jack Horner
Sat in the corner
Eating his Christmas pie.
He stuck in his thumb
And pulled out a plum
And said, "What a good boy am I!"

Mary, Mary, Quite Contrary

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

Peter, Peter, Pumpkin Eater

Peter, Peter, Pumpkin Eater
Had a wife and couldn't keep her.
Stuck her in a pumpkin shell
And there he kept her very well.

Laptimes Organized Around Themes

I hope you enjoyed the pages of nursery rhymes and music. Singing many variations of a single tune is just one way to share laptime with your little one. Let's take a look at a second way: **themes**.

What Is a Theme?

A theme is basically a topic or concept, like Winter or Animals, that is a common thread for all the nursery rhymes, songs or fingerplays that are shared during a laptime. The topics can be very broad, such as Animals, or very narrow, such as Dogs.

What Makes a Good Theme?

A good theme will capture the attention of your little one and keep them engaged during your laptime together. Keeping this in mind, choose a theme that is of interest to your little one. What is your little one currently fascinated by?

Next, look for books that are age appropriate that cover the topic. I was surprised by how many board books and picture books for little ones there are that are non-fiction. Sammi went through a phase of loving construction vehicles. We read so many books from the library about the names of vehicles.

Add to your collection of books, rhymes, fingerplays or songs that follow the same theme. Any poem or activity that I found that related to construction vehicles I printed, copied or saved to share with Sammi. That topic entertained us for quite some time and was very educational for both of us!

Using the Themes in This eBook

To get you started in using themes, I've put together four themes covering general topics that little ones tend to find interesting. In each theme, you'll find a book and a craft that matches the theme of the nursery rhymes, songs and fingerplays.

I typically like to do at least one song to get us settled into laptime together. I choose one that clearly matches the theme I plan on sharing. Then, while their attention span is fresh, we read the book together. As little ones get older, they may ask to read the book again. So we do! Then, for the rest of the time that we spend together (before my child is ready to run off and play again) we sing more songs and do more fingerplays.

With my preschooler, I always try to have a craft or project of some kind to do with her. She loves to craft and if I don't organize one, she pulls out the supplies and does her own. I try to plan crafts that practice different skills.

After the four themes, you'll find four crafts. Each craft focuses on a different skill that toddlers and preschoolers can practice: cutting, gluing, tracing and handling food. The candy trains are a Christmas season tradition in our family, but can be made anytime of year for little ones who love trains and transportation.

Laptime Theme: Around Town

Book: Trashy Town, by Andrea Zimmerman & David Clemesha

Craft: Candy Train

I'm a Mail Carrier*

(I'm a Little Teapot)

I'm a mail carrier on your street
Everyday at your mailbox we meet
I deliver letters and packages, too
Anything in the mail that comes for you!

*Original verse by Amber Passey

Pat-A-Cake

Pat-a-cake, pat-a-cake
Baker's man
Bake me a cake
As fast as you can.
Roll it and pat it
And mark it with a B
And throw it in the oven
For baby and me.

I am a Fireman

(I'm a Little Teapot)

I am a fireman dressed in red
With my fire hat on my head
I can drive the fire truck, fight fire, too
And help make all things safe for you.

I'm a Police Officer

(I'm a Little Teapot)

I'm a police officer with my star
I help people near and far
If you have a problem, call on me
And I'll be there in one, two, three!

Five Little Firefighters

(Fingerplay)

Five little firefighters
Sleeping in a row.
RING goes the bell!
Down the pole they go.
They jump on the engine,
And put out the fire.
Now they're back at home -
My, but they're tired!

Traffic Lights

(Fingerplay)

"Stop," says the red light,
"Go," says the green,
"Wait," says the yellow light
Blinking in between.
That's what they say and
That's what they mean.
We all must obey them,
Even the Queen.

Ride the Train

(Row, Row, Row Your Boat)

Ride, ride, ride the train
Quickly down the track.
Clickety, clickety, clickety clack
When will you be back?

Choo-Choo

(Fingerplay)

This is a choo-choo train
Puffing down the track.
Now it's going forward,
Now it's going back.
Now the bell is ringing,
Now the whistle blows,
What a lot of noise it makes
Everywhere it goes.



Laptime Theme: Winter

Book: Winter Friends, by: Carl R. Sams and Jean Stoick

Craft: Snowman

I'm a Little Snowman

(I'm a Little Teapot)

I'm a little snowman short and fat.
Here's my scarf and here's my hat.
When snow is falling come and play,
Build a snowman everyday

Dance Like a Snowflake

(Frère Jacques)

Dance like a snowflake
Dance like a snowflake
In the air. In the air.
Whirling twirling, snowflakes
Whirling twirling, snowflakes
Here and there. Here and there.

Once There Was a Snowman

Once there was a snowman
Snowman, snowman
Once there was a snowman
Tall, tall, tall.
In the sun he melted
Melted, melted
In the sun he melted
Small, small, small.

Jingle Bells

Jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh-hey
Jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh-hey

Dashing through the snow
In a one-horse open sleigh
O'er the fields we go
Singing all the way-hey
Bells on bob tails ring
Making spirits bright
What fun it is to laugh and sing
A sleighing song tonight.

Jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh-hey
Jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh-hey

I'm a Little Pine Tree

(I'm a Little Teapot)

I'm a little pine tree
As you can see
All the other pine trees
Are bigger than me.
Maybe when I grow up
Then I'll be
A great big merry Christmas tree

I'm a Little Snowflake

(I'm a Little Teapot)

I'm a little snowflake, look at me.
No other snowflake is just like me.
I'm so unique, as you can see,
And just as special as I can be!



Laptime Theme: All About Me!

Book: 10 Little Fingers, published by Child's Play

Craft: Handprint Flowers

Open Them, Shut Them

(Fingerplay)

Open them. Shut them.
Open them. Shut them.
Give a little clap.
Open them. Shut them.
Open them. Shut them.
Place them in your lap.
Then creep them, creep them,
Creep them, creep them
Right up to your chin
Open wide your little mouth,
But do not let them in!

Special Me

(Twinkle, Twinkle Little Star)

Special, special, special me
How I wonder what I'll be.
In this big world I can be,
Anything I want to be.
Special, special, special me.
How I wonder what I'll be.

Scrub the Germs

(Row, Row, Row Your Boat)

Scrub, scrub, scrub the germs;
Scrub the germs away.
Scrub, scrub, scrub the germs;
Scrub them down the drain!

I Am Special

(London Bridges)

I am special, yes I am. Yes, I am, yes I am
I am special, yes I am. I'm very special.
No one else has hair like mine*,
Just like mine, just like mine
No one else has hair like mine.
I'm very special.

*Additional verse: a face like mine, eyes
like mine, nose like mine, mouth like mine

Head, Shoulders, Knees and Toes

(London Bridges)

Head and shoulders, knees and toes,
Knees and toes, knees and toes
Head and shoulders, knees and toes,
Eyes and ears and mouth and nose
Head and shoulders, hands, elbows,
Hands, elbows, hands, elbows
Head and shoulders, hands, elbows,
Eyes and ears and mouth and nose

Washing Hands*

(Frère Jacques)

Washing hands, Washing hands
Scrub them good. Scrub them good.
Washing keeps us healthy.
Washing keeps us healthy.
Now we're clean.
Now we're clean.

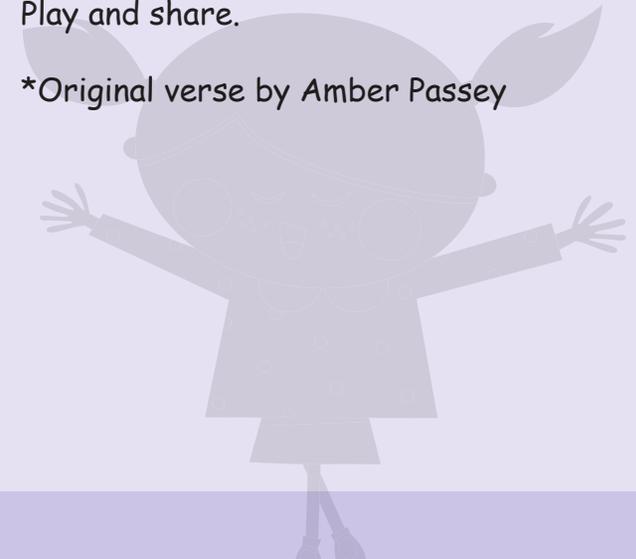
*Original verse by Amber Passey

Happy Song*

(Frère Jacques)

I am happy, I am happy
Are you, too? Are you, too?
Let's be happy all day
That we are together.
Play and share.
Play and share.

*Original verse by Amber Passey



Laptime Theme: In the Water

Book: Hooray for Fish!, by: Lucy Cousins

Craft: Foam Penguin

5 Little Ducks

Five little ducks went out one day
Over the hill and far away.
When the mama duck said:
"Quack. Quack. Quack!"
Four little ducks came waddling back.
Four little ducks went out one day
Over the hill and far away.
When the mama duck said:
"Quack. Quack. Quack!"
Three little ducks came waddling back.
Three little ducks went out one day
Over the hill and far away.
When the mama duck said:
"Quack. Quack. Quack!"
Two little ducks came waddling back.
Two little ducks went out one day
Over the hill and far away.
When the mama duck said:
"Quack. Quack. Quack!"
One little duck came waddling back.
One little duck went out one day
Over the hill and far away.
When the mama duck said:
"Quack. Quack. Quack!"
No little ducks came waddling back.
But when the Daddy duck said:
"Quack! Quack! Quack!"
Five little ducks came waddling back.

Slippery Fish

A slippery fish, a slippery fish,
Swimming in the ocean
A slippery fish, a slippery fish,
Glub. Glub. Glub.
Oh no, I've been eaten by a tuna fish!
A tuna fish, a tuna fish,
Swimming in the ocean
A tuna fish, a tuna fish,
Glub. Glub. Glub.
Oh no, I've been eaten by an octopus!
An octopus, an octopus,
Swimming in the ocean
An octopus, an octopus,
Glub. Glub. Glub.
Oh no, I've been eaten by a great big shark!
A great big shark, a great big shark,
Swimming in the ocean
A great big shark, a great big shark,
Glub. Glub. Glub.
Oh no, I've been eaten by a humongous
whale!
A humongous whale, a humongous whale,
Swimming in the ocean
A humongous whale, a humongous whale,
Glub. Glub. Glub.
Oh no, I've been eaten by a human!
Was it you?

I'm a Little Jumpy Frog*

(Mary Had a Little Lamb)
I'm a little jumpy frog,
Jumpy frog, jumpy frog
I'm a little jumpy frog
I hop from log to log.
*Original verse by Amber Passey

I'm a Little Penguin

(I'm a Little Teapot)
I'm a little penguin black and white
I waddle to the left and I waddle to the right
I cannot fly but I can swim,
So I waddle to the water and jump right in.

I'm a Little Fishy

(I'm a Little Teapot)
I'm a little fishy, watch me swim
Here is my tail, here is my fin,
When I want to have fun with my friends,
I wiggle my tail and dive right in!

Little Ducks Go Quack

(London Bridge Is Falling Down)
Little ducks go quack, quack, quack
Quack, quack, quack
Quack, quack, quack
Little ducks go quack, quack, quack
In the springtime

Instructions for Crafts

Candy Trains

Supplies needed:

- cardboard covered in tinfoil for base
- candy bars of all sorts (for trains)
- frosting for glue (click for recipe)
- variety of candies for decorating



Decorate your base using the candy bars for the trains. Licorice makes great tracks. Add other candy using the frosting. Enjoy!

Warning: This is a messy activity full of creativity and, if you let go, lots of imagination for your little ones. It doesn't have to look perfect!



Snowman

Supplies needed:

- print snowman
- cotton balls or mini marshmallows
- glue

Depending on age of little one, either put drops of glue onto snowman or let little one put glue on. Then let little one add cotton balls or mini marshmallows to fill in the snowman.

Handprint Flowers

Supplies needed:

- print handprint flower scene
- colored paper (construction or other)
- scissor and glue stick

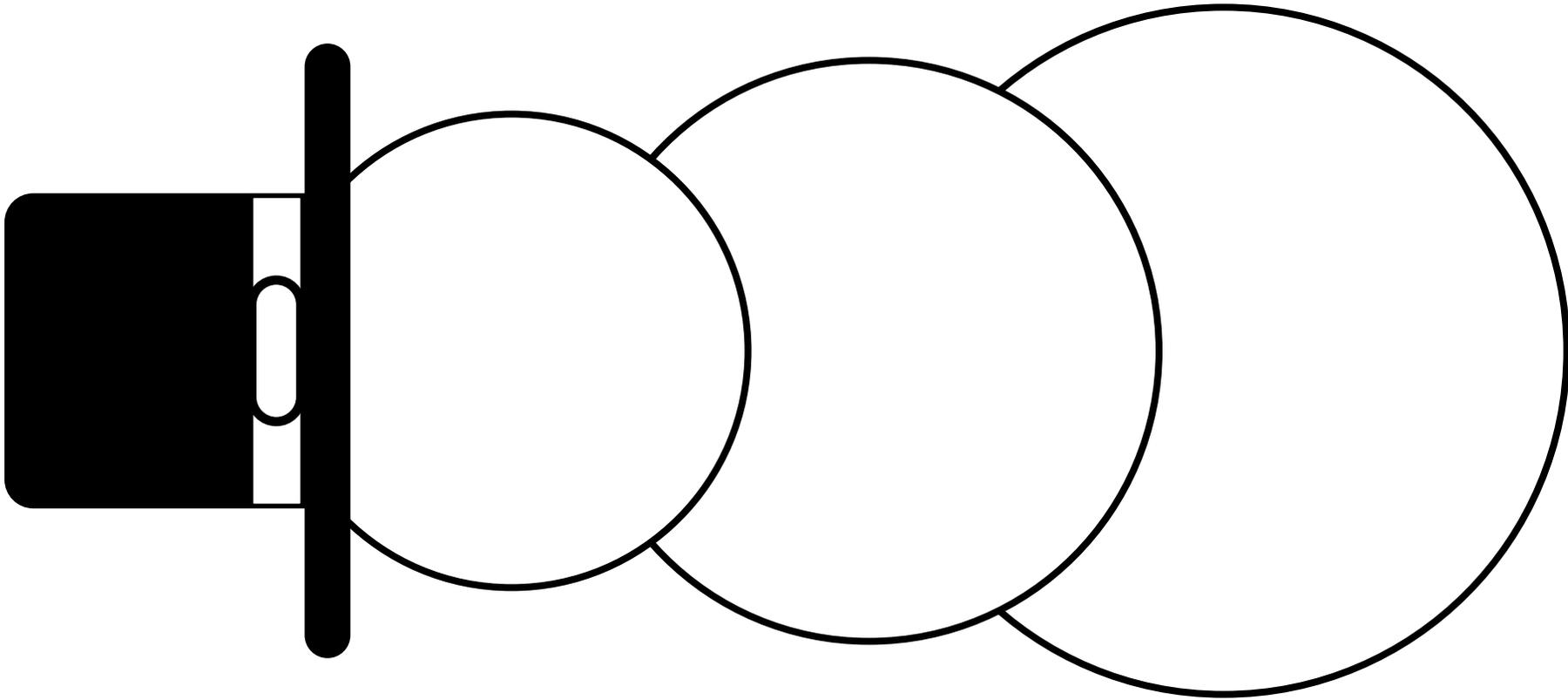
Trace little one's hand onto colored paper. Then cut out handprint. For older little ones, you can let them cut their own handprint out. (I like to do two sets so I can cut one out to remember their hand size and one they can cut) Glue handprints onto handprint flower scene placing them over the stems.

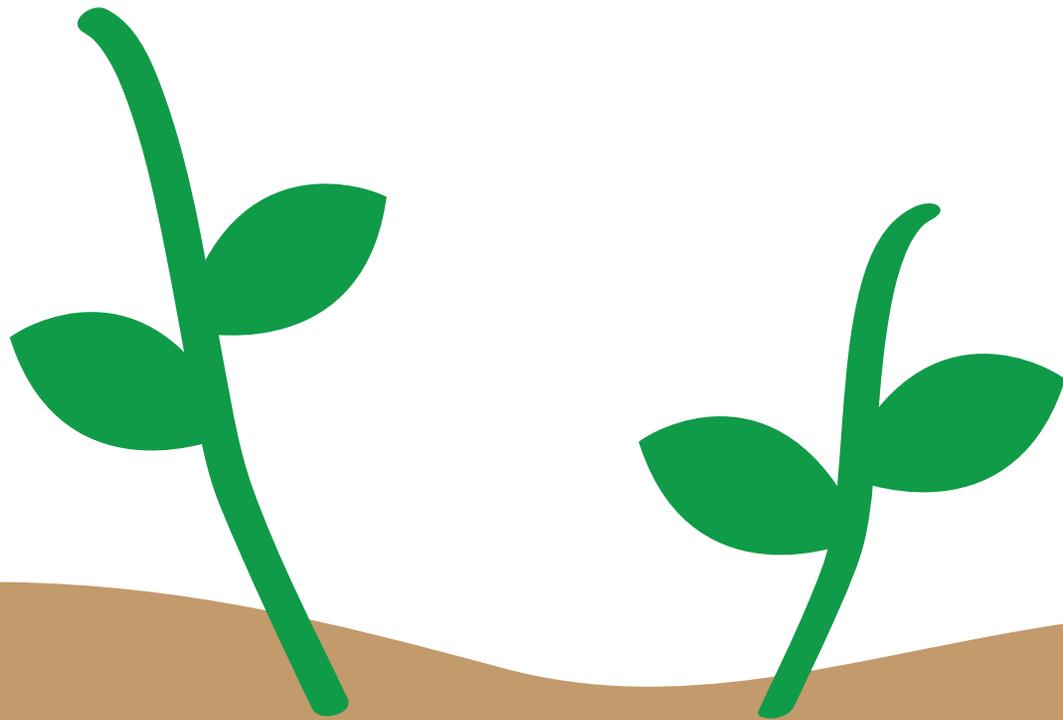
Penguin

Supplies needed:

- print penguin pattern
- foam sheets: black, white and orange

Follow instructions on Penguin pattern page.





Foam Penguin

To be used with the Laptime Theme: *In the Water*

Instructions:

- Print this page and cut out shapes.
- Cut outer body out of black foam.
- Then trim down to inner body and cut from white foam.
- Cut other pieces from foam sheets of color and in number indicated.
- Assemble pieces together using glue dots.
- Use googly eyes for the penguin's eyes.

