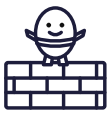


Incy Wincy Spider

“climbed up the water spout”	Walk two fingers up your other arm.
“Down came the rain”	Wiggle your fingers as your hands come down.
“and washed the spider out”	Sweep both hands out to the sides.
“Out came the sun”	Make a big circle with your arms above your head.
“and dried up all the rain”	Sway your arms slowly from side to side.
“climbed up the spout again”	Walk your fingers up your arm once more.



Humpty Dumpty

“sat on a wall”	Sit up tall with your hands on your knees.
“had a great fall”	Roll your hands over and over down to the floor.
“All the king’s horses”	Gallop your hands on your knees.
“Couldn’t put Humpty together again”	Shake your head and hold out your hands: oh dear!



Twinkle, Twinkle, Little Star

“Twinkle, twinkle, little star”	Open and close your hands up high.
“How I wonder what you are”	Tap your chin and look puzzled.
“Up above the world so high”	Point up to the sky.
“Like a diamond in the sky”	Join your thumbs and first fingers in a diamond.



Row, Row, Row Your Boat

“Row, row, row your boat”	Sit facing a partner, hold hands and rock forward and back.
“Gently down the stream”	Move one hand like a little wave.
“Merrily, merrily, merrily, merrily”	Bounce gently in time.
“Life is but a dream”	Rest your head on your hands and close your eyes.



Hickory Dickory Dock

“Hickory dickory dock”	Swing one arm like a pendulum.
“The mouse ran up the clock”	Run your fingers up your arm.
“The clock struck one”	Clap once.
“The mouse ran down”	Run your fingers back down.



Jack and Jill

“went up the hill”	Walk two fingers up your arm.
“To fetch a pail of water”	Lift a heavy pretend bucket with both hands.
“Jack fell down and broke his crown”	Pat the top of your head gently.
“And Jill came tumbling after”	Roll your hands down into your lap.