

Songs, Rhymes and Finger Plays



An activity guide for under-fives



**SPORT
NEW ZEALAND**

On 1 Feb 2012, SPARC
changed its name to Sport NZ.
www.sportnz.org.nz

? What is Active Movement/ Koringa Hihiko?

😊 Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.





? Why are music and singing important?

😊 From the time of their birth, children are able to recognise and respond to music.

Listening to music and singing along to rhymes helps develop:

- an awareness of different emotions and feelings
- speech by repetition of words
- hand-eye coordination by getting a good sense of beat from music
- memory skills by singing favourite songs regularly
- an understanding of concepts such as night, day, under, over, animals, rain, stairs etc
- timing skills which help him to kick moving balls, and throw and catch things.

😊 Try making up your own words to songs and rhymes, or using different languages.

Activities for Newborns and Infants

He ngohe mā ngā Pēpi



These activities can also be done with toddlers and young children.

**I learn to express
different emotions by
listening to music.**





 **Hickory Dickory Dock**

Hickory dickory dock,
(Touch your baby's toes, knees, hips)
The mouse ran up the clock.
(Tickle up his body)
The clock struck one,
(Touch his nose)
The mouse ran down,
(Tickle down his body)
Hickory dickory dock.
(Touch his toes, knees and hips)

 **Incy, Wincy Spider**

Incy, Wincy spider
Climbed up the waterspout
Down came the rain
And washed poor Incy out.
Out came the sun
And dried up all the rain
And Incy, Wincy spider
Went up the waterspout again.

Use your hand to be the spider that climbs up your child's body, tummy or arm. Your child might like to be the spider and use her fingers to 'climb' up your arm!

More activities to do with newborns and infants

▶ **Round and Round the Garden**

Round and round the garden, went the teddy bear.
One step, two steps
Tickle under there.

(Walk your fingers around your child's palm. Take steps with your fingers up their arm, and then tickle their armpit or chin. Also works with feet!)



Activities for Toddlers


He ngohe mā ngā Tamariki Nohinohi



These activities can also be done with newborns, infants and young children.

**I learn timing skills
by moving and
listening to music.**



More activities you can do with your toddler, next page 

More activities to do with toddlers

It's Raining, It's Pouring

It's raining, it's pouring,
(Wiggle fingers, move arms downwards like rain)
The old man is snoring.
He bumped his head
On the side of the bed
And couldn't get up in the morning.

Little Robin Red Breast

Little Robin Red Breast sat upon a tree,
Up went pussy cat and down went he;
Down came pussy, and away Robin ran;
Says little Robin Red Breast, "Catch me if you can."
Little Robin Red Breast jumped upon a wall,
Pussy cat jumped after him and almost got a fall;
Little Robin chirped and sang, and what did pussy say?
Pussy cat said, "Meeow!" and Robin jumped away.



Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes,
knees and toes.


Head, shoulders, knees and toes,
knees and toes.

And eyes and ears and mouth and nose

Head, shoulders, knees and toes,
knees and toes.

Try singing this using different body parts e.g. head, tummy, hips and thighs, hips and thighs. This really helps children learn the names for the parts of their body.



More activities you can do with your toddler, next page 


More activities to do with toddlers

One Little Pig Went out to Play

One little pig went out to play,
In a huge mud puddle one day.
She found it such enormous fun,
That she called for another little pig to come.
Two little pigs went out to play,
In a huge mud puddle one day.
They found it such enormous fun,
That they called for another little pig to come.
Three little pigs went out to play,
In a huge mud puddle one day.
The mud went whoosh, the mud went splat,
And all of a sudden they all fell flat.

Do Your Ears Hang Low?

Do your ears hang low?
(Circle hands down from each ear)
Do they wobble to and fro?
(Sway hands from side to side)
Can you tie them in a knot?
(Make knot-tying actions)
Can you tie them in a bow?
(Make bow-tying actions)
Can you toss them over your shoulder
(Toss them over one shoulder)
Like a regimental soldier?
(Salute/march)
Do your ears hang low?

More activities you can do with your toddler, next page 



More activities to do with toddlers

Two Little Dickey Birds

Two little dickey birds, sitting on a wall
One named Peter, one named Paul
Fly away Peter, fly away Paul
Come back Peter, come back Paul.





Pakipaki

Pakipaki pakipaki	(Clap)
Tamariki ma	
Pakipaki pakipaki	(Clap)
Tamariki ma	
Kanikani kanikani	(Dance)
Tamariki ma	
Kanikani kanikani	(Dance)
Tamariki ma	
Hurihuri hurihuri	(Turn around)
Tamariki ma	
Hurihuri hurihuri	(Turn around)
Tamariki ma	
E peke E peke	(Jump)
Tamariki ma	
E peke E peke	(Jump)
Tamariki ma	
E oma	(Run)
E hula	(Hula)
Takahia	(Stamp)
E haka	(Haka!)

Have the children do the actions as indicated in the words of the song.

More activities to do with toddlers

Oma Rapeti – Run Rabbit

Oma rapeti, oma rapeti, oma, oma, oma.

(Make a rabbit out of your hand by making a fist then stick two fingers out for ears. Make jumping movements with your hand. Alternatively, pretend you are a rabbit and jump around the room!)

Oma rapeti, oma rapeti, oma, oma, oma.

(Repeat above rabbit actions)

Haere, haere, haere ki a koe

(Wave 'hello')

Oma rapeti, oma rapeti, oma, oma, oma.

(Repeat above rabbit actions)





Activities for Young Children


He ngohe mā ngā Kōhungahunga



These activities can also be done with newborns, infants and toddlers.

I learn to see things in my head by singing imagination songs.



More activities you can do with your young child, next page 

More activities to do with young children

▶ **Hey Diddle Diddle**

Hey diddle diddle, the cat and the fiddle,
The cow jumped over the moon.
The little dog laughed to see such fun
And the dish ran away with the spoon!

▶ **One, Two, Three, Four, Five**


One, two, three, four, five.
Once I caught a fish alive,
Six, seven, eight, nine, ten,
Then I let it go again.
Why did you let it go?
Because it bit my finger so.
Which finger did it bite?
This little finger on the right.






 **One, Two, Buckle My Shoe**

One, two, buckle my shoe,
Three, four, knock at the door.
Five, six, pick up sticks,
Seven, eight, lay them straight.
Nine, ten, a big fat hen,
Eleven, twelve, dig and delve.
Thirteen, fourteen, maids a-courting,
Fifteen, sixteen, maids in the kitchen.
Seventeen, eighteen, maids in waiting,
Nineteen, twenty, my plate's empty.

 **Ma is White**

Ma is white,
Whero is red,
Kakariki green,
Mango is black,
Pango is too,
A E I O U.

Wera is hot,
Maku is wet,
Makariri cold,
Ua is raining,
Mahana is warm,
A E I O U.

More activities you can do with your young child, next page 

More activities to do with young children



The Wheels on the Bus

The wheels on the bus go round and round,
(Roll forearms over one another in front of the body)
Round and round; round and round.
The wheels on the bus go round and round,
All day long.

The horn on the bus goes beep, beep, beep,
(Tap on your nose)
Beep, beep, beep; beep, beep, beep.
The horn on the bus goes beep, beep, beep,
All day long.

The lights on the bus go blink, blink, blink,
(Open and shut hands)
Blink, blink, blink; blink, blink, blink.
The lights on the bus go blink, blink, blink
All day long.

The wipers on the bus go swish, swish, swish,
(Make arms like windscreen wipers)
Swish, swish, swish; swish, swish, swish.
The wipers on the bus go swish, swish, swish,
All day long.

The driver on the bus says, "Move down the back."
(Make a hitchhiker's thumb and gesture behind you)
"Move down the back," "Move down the back,"
The driver on the bus says, "Move down the back."
All day long.



? Where do I go for more information?

😊 This brochure is one of a series of 16 Active Movement resources:



Acknowledgements SPARC (Sport and Recreation New Zealand) express their sincere appreciation to the people and organisations who have contributed both directly and indirectly to this Active Movement resource.



Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

www.sparc.org.nz