

Special Thanks to my wife (Susan) and my son (Brandon) for their support and understanding in the midst of all my travels. I love you both.

Special Thanks to Mary Stewart for once again lending a helping hand with the Activity Suggestions.

A huge shout out to Randy, Chuck and Mark – the musicians who make these songs sound better than I ever imagined they would. I wish we could do this more than once a year.

And a huge 20th Anniversary Thank You to Michael Hurley. It's hard to believe we've been working together since 1988! Looking forward to many more.

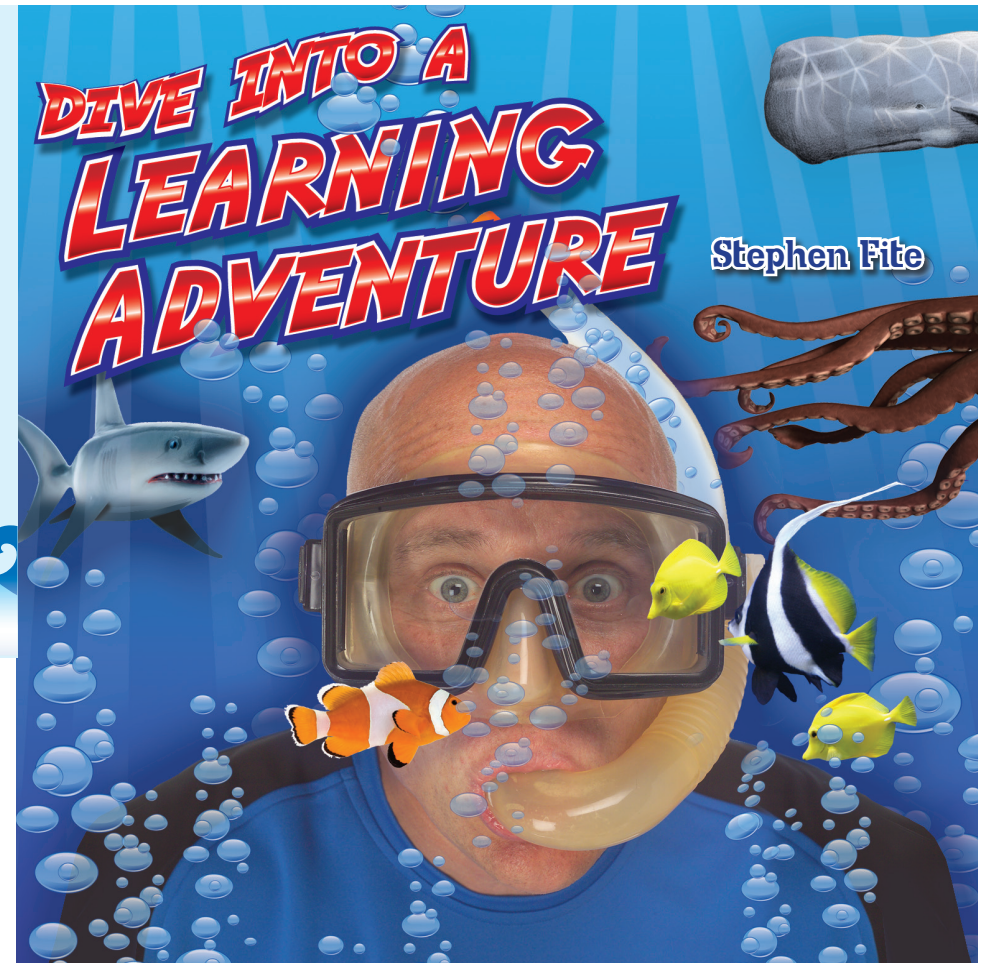


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800/234-9228

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1. Great Day

We're here together
So let the fun begin
Dive in
No day has ever
Made me just want to grin
Just grin

The sun is risin' high in the sky
Now it's our turn to fly away

It's a great day
To dance around
A great day
Jump up and down
A great day
So much for us to do
It's a great day
To say hello
A great day
So much to know
A great day
For me to spend with you

We're here together
So let the fun begin
Dive in
There's nothing better
Than playing with some friends
Join in

The sun is risin' high in the sky
Now it's our turn to fly away

Chorus

Now close your eyes and think of a
great day
Yeah, the best day
Now close your eyes and think of a day
that makes you want to say...

Chorus

It's a Great Day

Activity Suggestions: The movements to this tune are easy and repetitive and will prepare your children for the Great Day ahead! Here they are: "We're here together." – point to everyone, "Dive in." – act like you're diving, "No day has ever." – wave pointer finger, "Just grin." – smile big, "The sun is risin' high in the sky." – point to the sky, "Now it's our turn to fly away." – fly in place, "To dance around." – dance, "Jump up and down." – jump, "So much for us to do." – spread arms wide, "To say hello." – wave to someone, "So much to know." – point to your

head, "For me to spend with you." – point to self then someone, "There's nothing better." – wave pointer finger, "Join in." – give someone a high five. Each time you sing, "Great Day!" – pump your fist in the air. Have the kids write or dictate a story that would begin with the words, "My Great Day would be..." Make a list of the activities your kids would like to do on their Great Day and chart them. Using a paper plate as their "face" template, provide different shaped pasta, pipe cleaners, crayons, yarn, etc., to let the children create a representation of what their face would look like on their Great Day!



2. Down By The Bay

Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
Did you ever see a bear
combing his hair
Down by the bay

Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
Did you ever see a bee
with a sunburned knee
Down by the bay

Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
Did you ever see a moose
kissing a goose
Down by the bay

Hey Stephen, what else did your mother say?
 She said, swim and make a fish face.
 A Fish Face!
 Yeah, swim like a fish with a fish face.
 Everybody swim now!
 Keep swimmin'.
 Down by the bay
 Where the watermelons grow
 Back to my home I dare not go
 For if I do my mother will say
 Did you ever see anything down by the bay, now
 Down by the bay
 Where the watermelons grow
 Back to my home I dare not go
 For if I do my mother will say
 Did you ever see anything...

Down by the bay
 Where the watermelons grow
 Back to my home
 I dare not go
 For if I do
 My mother will say
 Did you ever see a whale
 with a polka dot tail
 Down by the bay



Activity Suggestions: Let the children create their own ending to each verse. Ex: "...my mother will say, Did you ever see a flea having some tea, down by the bay?" Use those alternate endings with the track provided on the CD. Cut paper plates in half and have your students color them with crayons - rim of the plate is green for the rind, smooth inside is red. Have students glue black beans to represent the seeds. Count the seeds. Who has more seeds, less seeds, the same amount? As an extension of the above activity, have number cards that match the number of seeds. Let your students match the numeral to the number of seeds on their watermelon.

3. Learning Adventure

If you're looking for real adventure
 Come on let me hear you say, "YEAH!"
 If you think you could join our venture
 Come on let me hear you say, "YEAH!"
 The journey begins when you leave your seat

You've gotta jump up, spin around
 You've gotta get up, get down
 Keep your eyes peeled, look around
 If you want to join the learning adventure, "YEAH!"

If you're wanting a cure for boredom
 Come on let me hear you say, "YEAH!"
 If you're looking for fun, I've got some
 Come on let me hear you say, "YEAH!"
 The journey begins when you leave your seat

You've gotta jump up, spin around
 You've gotta get up, get down
 Keep your eyes peeled, look around
 If you want to join the learning adventure
 Gotta jump up, spin around
 You've gotta get up, get down
 Keep your eyes peeled, look around
 If you want to join the learning adventure

Come on let's dive into a learning adventure
 Come on let's dive into a learning adventure
 Come on let's dive into a learning adventure
 Come on everybody let's dive

You've gotta jump up, spin around
 You've gotta get up, get down
 Keep your eyes peeled, look around
 If you want to join the learning adventure
 Gotta jump up, spin around
 You've gotta get up, get down
 Keep your eyes peeled, look around
 If you want to join the learning adventure, "YEAH!"

Activity Suggestions: This tune will definitely get your class energized and ready to learn. Everyone should be seated to begin the song. Here are the activities: "Let me hear you say, 'Yeah!'" – shout "Yeah!" and pump your fist in the air, "The journey begins when you leave your seat." – everyone stand up, "You've gotta jump up spin around." – jump and spin at the same time, "You've gotta get up, get down." – point up, then squat and point down, "Keep your eyes peeled, look around." – put one hand above your eyes and look around, "Come on let's dive into a learning adventure." – everybody act like you are diving. Make a list of things you can "Dive Into". Ex: Bed, Food, Fun, etc. Create a learning

adventure map of your classroom and school. Write clues that will lead your students to the next spot where they will learn something new. This is a great way to introduce your class to a new year and show them where all of the centers are in your classroom or even where important places in the school can be found: library, gym, playground, office, etc. Have your students dictate or write something that was really fun to learn. Have them illustrate it to share during circle time. Follow up with these questions: Why is it important that we learn? What would happen if we never learned anything new? What is something you would like to learn about?

4. Yellow Submarine

In the town where I was born
Lived a man who sailed to sea
And he told us of his life
In the land of submarines
So we sailed up to the sun

'Til we found the sea of green
And we live beneath the waves
In our yellow submarine

We all live in a yellow submarine
Yellow submarine, yellow submarine
We all live in a yellow submarine
Yellow submarine, yellow submarine

And our friends are all aboard
Many more of them live next door
And the band begins to play

We all live in a yellow submarine
Yellow submarine, yellow submarine
We all live in a yellow submarine
Yellow submarine, yellow submarine

As we live a life of ease
Everyone one of us has all we need
Sky of blue and sea of green
In our yellow submarine

We all live in a yellow submarine
Yellow submarine, yellow submarine

Activity Suggestions: Create a Yellow Submarine File Folder Game. Draw a submarine on a file folder. Add aquatic life and scenery if you wish.

Cut out the entire submarine and place assorted colors of construction paper inside the folder with yellow on top. Using the track provided on the CD, sing the chorus while holding the file folder. Pull out the color on top to reveal a new color and continue singing the chorus together. Ex: "We all live in a Yellow submarine, a Yellow submarine, a Yellow submarine. We all live in a Purple submarine, a Purple submarine, a Purple submarine." You may also wish to write the name of the color on the construction paper so that the children can see it through the file folder submarine cut out. Have your students make a journal entry starting with, "If I had a Yellow Submarine, I would..." Discuss bubbles and why we see bubbles rise from under the water. Bubbles are pockets of gasses that escape from plants, animals and the bottom of the ocean. Explain that when children blow bubbles, they are filling that bubble with gas from their lungs! Add food coloring to bubbles

and hang white butcher paper outside. Let students blow colored bubbles against the paper. They have just created Pop-Art! Make sure they stand close to the paper. This will stain so take precautions! Trace a submarine on a sheet of yellow construction paper. Have students decorate their "home under the sea" with crayons, stickers, buttons, sequins, pasta, etc.

5. Baby Shark

Baby Shark, do, do, do, do, doo, doo
Baby Shark, do, do, do, do, doo, doo
Baby Shark, do, do, do, do, doo, doo
Baby Shark, do, do, do, do, doo, doo

Mama Shark, do, do, do, do, doo, doo...

Daddy Shark, do, do, do, do, doo, doo...

Grandpa Shark, do, do, do, do, doo,
doo...

Took a swim, do, do, do, do, doo, doo...



Here it comes, do, do, do, do, doo,
doo...

Swim fast, do, do, do, do, doo, doo...

Swim faster, do, do, do, do, doo, doo...

Oh, it's only...

Baby Shark, nibble, nibble, nibble,
nibble

Baby Shark, nibble, nibble, nibble,
nibble

Baby Shark, nibble, nibble, nibble,
nibble

Baby Shark, nibble, nibble, nibble

Activity Suggestions: This activity tune has been “surfacing” throughout the country for years. Stephen simply took it and added some of his own lyrics and activities to it. Here is what you’ll do for each verse: “Baby Shark.” – open and close your hand (thumb and fingers) in rhythm. “Mama Shark.” – join your arms at the elbow and open and close them. “Daddy Shark.” – open and close both arms without joining at the elbow. “Grandpa Shark.” – make both arms crooked and curl hands in as if he had no teeth. “Took a swim.” – swim. “Here it comes.” – make a fin

with both hands and place on your head. “Swim fast.” – swim faster. “Swim faster.” – swim as fast as you can. “Oh, it’s only Baby shark.” – open and close your hand (thumb and fingers) and nibble on someone near you. Provide a blank family tree and have your students fill it in with their families. Have your students draw a picture of their family. Talk about families and relatives during your large group time. Ask the children if other animals have families.

6. Shake Break

Let’s take a shake break, everybody
on your feet

Let’s take a shake break, gonna shake
it to the beat

Let’s take a shake break, everybody
ought to know

If it’s a shake break, and
we’re shakin’ from our
head to our toes



Shake your hair
Shake your head
Shake your eyes
Shake your lips
Shake your tongue
Shake your shoulders
Shake your arms
Shake your hands
Shake your hips
Shake your bottom
Shake your legs
Shake your ankles
Shake your feet
Shake your toes
Now shake everything
Shake everything
Shake everything
Shake everything
All that you’ve got

It’s a shake break, everybody
on your feet

It’s a shake break, gonna shake it
to the beat

It’s a shake break, everybody
ought to know

That it’s a shake break, we’re shakin’
from our head to our toes

Everybody on your feet, gonna shake
it to the beat

It’s a shake break, everybody
ought to know
That it’s a shake break, and we’re
shakin’ from our head to our toes

Activity Suggestions: Pull out this tune when your kids need to take a Shake Break. Have the children point to the part and say it before they shake it. Give the children shakers or maracas to play along with the song while shaking. Make your own “classroom created shakers”. Here are just a few ideas: Use two powdered baby formula scoops. Fill one with rice and place the other one on top and tape them together. You can do the same with powdered detergent scoops or measuring cups. Plastic eggs filled with various small items will also work well. Try buttons, beads, dried beans, rice, washers, etc. You might also try toilet paper tubes with plastic beads inside. Seal the ends with paper and rubber bands.

7. Oceans & Continents

The earth is filled with oceans
The earth is filled with oceans
Atlantic and Pacific, Indian and Arctic
And the Southern, too

The earth is filled with continents
The earth is filled with continents
Antarctica, Australia, North and
South America
Europe, Asia, Africa

The earth is filled with oceans
The earth is filled with oceans
Atlantic and Pacific, Indian and Arctic
And the Southern, too

The earth is filled with continents
The earth is filled with continents
Antarctica, Australia, North and
South America
Europe, Asia, Africa

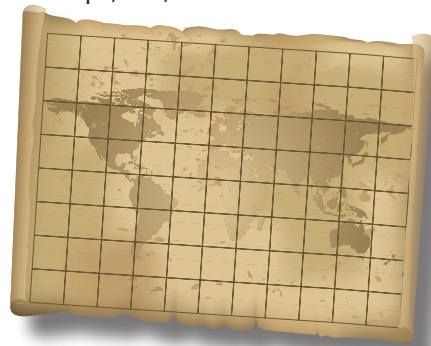
Water and land make up the planet
The world on which you live and play
And you know how the earth fits
together now

Since you've learned to say
All the oceans and the continents

Atlantic, Pacific, Indian and Arctic
And the Southern, too
Antarctica, Australia, North and
South America
Europe, Asia, Africa

The earth is filled with oceans
The earth is filled with oceans
Atlantic and Pacific, Indian and Arctic
And the Southern, too

The earth is filled with continents
The earth is filled with continents
Antarctica, Australia, North and
South America
Europe, Asia, Africa



The earth is filled with oceans
Atlantic, Pacific, Indian
The earth is filled with oceans
Arctic and the Southern, too
The earth is filled with continents
Antarctica, Australia, North and
South America
The earth is filled with continents
Europe, Asia, Africa

Activity Suggestions: Break out the rhythm instruments and let the children play along while singing and chanting the oceans and continents. Create a puzzle from a learning chart of the world. Simply cut it out in large sections, easy enough for your students to put back together. The older the students, the smaller you can make the pieces. Trace a basic world map on a scrap piece of linoleum from your local home improvement store. Label the oceans and continents. Next, write the names of the oceans and continents on sentence strips and have your students match the names to the ones on the learning map. With the same learning mat, play Oceans and Continents Twister. Ex: Put your left hand in the Arctic Ocean and your right foot on the continent of South America.

8. Hey, Hey, Hey, Fifty States - Rap

It's a nah thing, it's a hey thing
It's a wonderful sing about the
states thing
Sing me the nah's, sing me the hey's
We'll learn about our country in
fifty ways

Na-na-na-nah, Na-na-na-nah
Hey-hey-hey, fifty states
Na-na-na-nah, Na-na-na-nah
Hey-hey-hey, fifty states

America the beautiful, everybody
celebrate
One country made up of fifty states
Each is different but every one is great
Sing them with me, participate

Alabama and Alaska, Arizona, Arkansas
California, Colorado, Connecticut,
Delaware,
Then it's Florida, then it's Georgia,
Hawaii, Idaho

Idaho potatoes, yeah, that's what
they grow, now

Sing along and soon you will
know how
To sing the states and then you
can take a bow
And all your friends will say, "wow"

Illinois and Indiana and Iowa,
Kansas, too
Then Kentucky, Louisiana and Maine,
Maryland
Massachusetts, then it's Michigan,
Minnesota, Mississippi,

Mississippi, located on the gulf shore
Keep it up; you've made it through
twenty-four states
Can't be late, now it's time to soar
Through twenty-six more

There's Missouri and Montana,
Nebraska, Nevada
Then New Hampshire and New Jersey,
New Mexico and New York
North Carolina, North Dakota, Ohio,
Oklahoma

Then there's Oregon, Pennsylvania,
Rhode Island, South Carolina
South Dakota, Tennessee, Texas, Utah
and Vermont

Virginia, Washington, West Virginia,
Wisconsin, Wyoming
Na-na-na-nah, Na-na-na-nah
Hey-hey-hey, fifty states

Activity Suggestions: As a class, create your own rap to finish the song after the last chorus is done. Make a sign for each state. As you sing the song, have the students hold up the name of the state as it is mentioned. You can also create your own Book of the States to flip through as you are using the song. Use the track provided to practice the fifty states.

9. There Was An Old Lady

There was an old lady who swallowed
a fly
I don't why she swallowed that fly
Perhaps she'll die

There was an old lady who swallowed
a fish
That went swish, swish, swish, when
she swallowed that fish
She swallowed the fish to catch the fly
I don't why she swallowed that fly
She just might die

There was an old lady who swallowed
an eel
Now wouldn't you squeal if you
swallowed an eel
She swallowed the eel to catch the fish
That went swish, swish, swish, when
she swallowed that fish
She swallowed the fish to catch the fly
I don't why she swallowed that fly
She just might die

There was an old lady who swallowed
a squid
As big as a kid, she swallowed a squid
She swallowed the squid to catch
the eel
She swallowed the eel to catch the fish
That went swish, swish, swish, when
she swallowed that fish
She swallowed the fish to catch the fly
I don't why she swallowed that fly
She just might die

There was an old lady who swallowed
a shark
What a lark to swallow a shark
She swallowed the shark to catch
the squid
She swallowed the squid to catch
the eel

She swallowed the eel to catch the fish
That went swish, swish, swish, when
she swallowed that fish
She swallowed the fish to catch the fly
I don't why she swallowed that fly
She just might die

There was an old lady who swallowed
a whale
That's quite a tale, yeah, to swallow
a whale
She swallowed the whale to catch
the shark
She swallowed the shark to catch
the squid
She swallowed the squid to catch
the eel

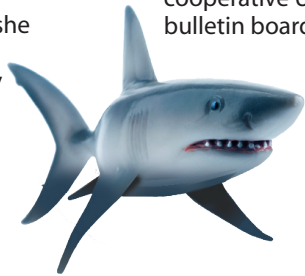


She swallowed the eel to catch the fish
That went swish, swish, swish, when
she swallowed that fish
She swallowed the fish to catch the fly
I don't why she swallowed that fly
She just might die

"Now, if you think that's the end, well,
hold on to your seat, because there's
more to this whale of a tale, because..."

She burped up the whale
Who burped up the shark
Who burped up the squid
Who burped up the eel
Who burped up the fish
Who burped up the fly

And I still don't know why she
swallowed that fly
There was an old lady who swallowed
the sea
Can someone tell me why she
swallowed the sea
She must have been thirsty



Activity Suggestions: Use the track to create your own string of animals or items that the Old Lady can swallow. Point out the words that rhyme in the song. Ex: fish/swish or eel/squeal. During circle time ask your students to search for more rhyming pairs. Draw a picture of an Old Lady on a piece of poster board. Make sure her mouth is open wide. Cut a horizontal slit in her mouth from side to side. Find pictures of the animals that will fit in the opening. As the class sings the song, insert the appropriate picture in her mouth. You can easily download pictures of animals, and print/laminate them for this activity. Start a discussion about things that live under the sea. Talk about the similarities and differences. Find pictures of creatures that live underwater and make a cooperative Under the Sea bulletin board.

10. Let's Surf

Put some sunscreen on your face
Add some more now just in case
Spread that lotion all over your arms
It keeps the sun from doin' us harm
Now grab your board and a friend
or two
It's surfin' time for me and you
Let's surf

We're surfin' high and we're surfin' low
Now we're turnin' around
We're surfin for show
We're gonna have some fun
Out under the sun
Everybody let's surf

Hold your arms out to your side
Now spread your feet, get ready
to glide
Bend your knees so low to the floor
We're gettin' ready to leave the shore
Now grab your board and a friend
or two
It's surfin' time for me and you
Let's surf

Chorus

Activity Suggestions: Cowabunga dudes and dudettes! It's time to catch some sun and surf! Surfing is simple when you follow a few easy steps: First – spread sunscreen all over your skin. Sunburns do hurt. YEEOWWWW! Be sure to grab your board (surfboard) and a friend or two. Hold up two fingers when Stephen says "two". When you're "surfing high", stand up tall. When you're "surfing low", bend your knees and squat. When you're "turning around", you're turning to face the opposite direction. If you try to turn completely around and succeed, well, that's just Gnarly! When you're "surfing for show", you make up your own move. It can be standing on one leg or standing on your head! When you're "gonna have some fun", flash your Hang Ten sign (thumb and pinkie extended). The rest is easy. Play a game of Surfer Simon Says using your cool Surfer beach voice to practice your surf moves. Ex: Surfer Simon says, "bend your knees and hold out your arms." Find pictures of objects you would see on a beach. Use those to make a bulletin board or book of Sunny Day Activities. You can also work on opposites and create a bulletin board or book of things to do on a cold day.

11. Hey, Hey, Hey, Fifty States - Rock

Na-na-na-nah, Na-na-na-nah
Hey-hey-hey, fifty states
Na-na-na-nah, Na-na-na-nah
Hey-hey-hey, fifty states

Have you heard of the fifty states
That make up the USA
Each is different but they're all great
Sing them with me and you'll learn
how to say

Alabama and Alaska, Arizona, Arkansas
California, Colorado, Connecticut,
Delaware
Then it's Florida, then it's Georgia,
Hawaii, Idaho

Illinois and Indiana and Iowa,
Kansas, too
Then Kentucky, Louisiana and
Maine, Maryland
Massachusetts, then it's Michigan,
Minnesota, Mississippi

Keep it up, now you're doing great
You've made it through twenty-four

Hurry though, cause we can't be late
We still have to make it through
twenty-six more

There's Missouri and Montana,
Nebraska, Nevada
Then New Hampshire and New Jersey,
New Mexico and New York
North Carolina, North Dakota, Ohio,
Oklahoma

Then there's Oregon, Pennsylvania,
Rhode Island, South Carolina
South Dakota, Tennessee, Texas, Utah
and Vermont
Virginia, Washington, West Virginia,
Wisconsin, Wyoming

Na-na-na-nah, Na-na-na-nah
Hey-hey-hey, fifty states

Activity Suggestions: Use the
same suggestions listed for the Rap
version.

12. My Bonnie Lies Over The Ocean

My bonnie lies over the ocean
My bonnie lies over the sea
My bonnie lies over the ocean
Oh, bring back my bonnie to me
Bring back, oh, bring back
Oh, bring back my bonnie to me, to me
Bring back, oh, bring back
Oh, bring back my bonnie to me

My bonnie lies under the ocean
My bonnie lies under the sea
My bonnie lies under the ocean
Oh, bring back my bonnie to me
Bring back, oh, bring back
Oh, bring back my bonnie to me, to me
Bring back, oh, bring back
Oh, bring back my bonnie to me

My bonnie lies right of the ocean
My bonnie lies right of the sea
My bonnie lies right of the ocean
Oh, bring back my bonnie to me
Bring back, oh, bring back
Oh, bring back my bonnie to me, to me
Bring back, oh, bring back
Oh, bring back my bonnie to me

My bonnie lies left of the ocean
My bonnie lies left of the sea
My bonnie lies left of the ocean
Oh, bring back my bonnie to me
Bring back, oh, bring back
Oh, bring back my bonnie to me, to me
Bring back, oh, bring back
Oh, bring back my bonnie to me

Activity Suggestions: This
traditional tune will assist your
students with positional words.
Here are the motions: "My bonnie
lies over the ocean." - sleep position,
point up, wavy motion with arm,
"My bonnie lies over the sea." - sleep
position, point up, make a big C with
arms, "Oh bring back my bonnie to me."
- make a big O with arms over head,
wave hand toward you, point to self
with thumbs, "Bring back, bring back."
- wave toward you. Make your water
table the ocean. Let the children use
a plastic doll to demonstrate the
positional words: over, under, left and
right of the ocean.

13. Sing You Later

I'll sing you goodbye
I'll sing you so long
I'll sing you away
At the end of the day
With a wave and a song

I'll sing you farewell
I'll sing you later alligator
After while crocodile
With a hug and a smile
I'll sing you later

Activity Suggestions: This is a short little tune you can use to “sing” your children away at the end of every classroom day. Have the children wave to different classmates or even shake hands with them as they sing. You can also use the song as a transitional device. Tell them to close their eyes and be still. When the song begins, you will gently tap the head of the child who is the quietest. They will stand up and gather their things and prepare to leave. Then, pick another child who is still and tap them on the head. Continue on until everyone has been selected.

Tracks

14. Down By The Bay

15. Yellow Submarine

16. There Was An Old Lady

17. Hey, Hey, Hey, Fifty States - Rap

18. Hey, Hey, Hey, Fifty States - Rock



CREDITS

Words & Music

Original Songs written by Stephen Fite
Yellow Submarine by John Lennon
& Paul McCartney
Down By The Bay - Traditional
Additional lyrics by Stephen Fite
Baby Shark - Traditional
Additional lyrics by Stephen Fite
There Was An Old Lady - Traditional
Additional lyrics by Stephen Fite
My Bonnie Lies Over The Ocean
- Traditional Adapted by Stephen Fite
Hey, Hey, Hey, Fifty States words
by Stephen Fite
Music by Gary DeCarlo, Dale Frashuer
and Paul Leka

Background Vocals Patti Pool
Michelle Lindahl
Randy Nichols
Juan Cantu
Stephen Fite
Children's Vocals Jackie McCarthy
Hannah Groves
Garrett Tidwell

Recorded & Mixed at:

Lone Pine Studios, Orlando, Florida
Engineer Michael Hurley
Mixing Engineer Michael Hurley

Graphic Design by Debbie Weekly
Weekly Design, Okla. City, Oklahoma

Photography by Keith Ball
Keith Ball Photography,
Okla. City, Oklahoma

Musicians

Percussion Randy Nichols
Bass Chuck Archard
Guitars Mark Poole
Keyboards Michael Hurley
Lead Vocals Stephen Fite