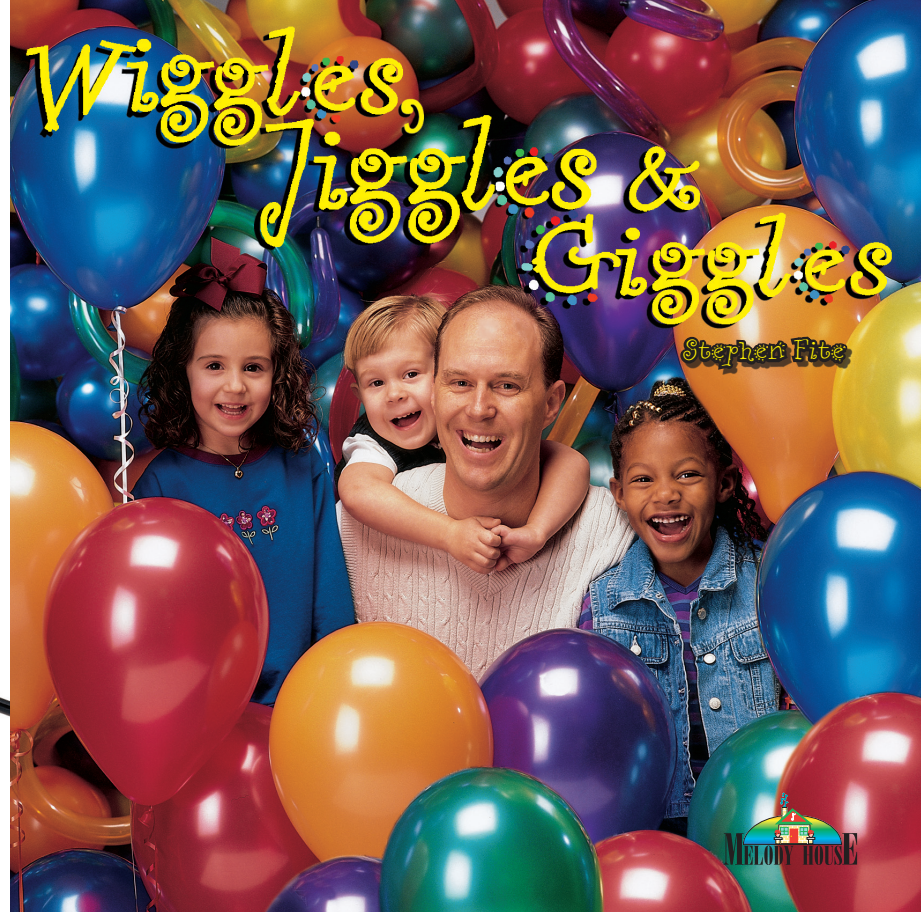


Special thanks to my front cover friends,

Danielle Gaddis

*Taylor
Patry*

*Brittany
Toone*



1. Little Red Wagon

A little red wagon so shiny and new
Rolling along on four new wheels
Zipping down the road just as free as
you please

Four new wheels and I'm rolling with ease
And then, "POP!" A wheel just blew

One flat wheel doesn't bother me
I'll get by with only three
Zipping down the road just as free as
you please

Three new wheels are all I need
And then, "POP!" A wheel just blew

Another flat wheel, now what'll I do
I'll have to get by with only two
Zipping down the road is a little harder now
Two new wheels are all I have now
And then, "POP!" A wheel just blew

Another flat wheel, now that leaves one
Zipping down the road just can't be done
Trying my best but getting nowhere
Another flat wheel just wouldn't be fair
And then, "POP!" A wheel just blew

Another flat wheel means none are left
Lying on the ground is all I can do
Zipping down the road would be so
much fun

But without any wheels it just can't be done
And then, "POP!" "Hey, wait a minute!
There aren't any wheels left!"

This activity will allow young children the opportunity to crawl on the floor as they use both arms and legs to represent the four wheels on the wagon. As each wheel pops or blows (goes flat), they are to stop using one of their arms/legs until at the end of the song they are lying flat on the floor and unable to move. This will aid children in the areas of coordination and arm/leg strength. You may also use this activity as an aid for subtraction skills, or as an art activity encouraging the children to illustrate their wagon.

2. Mr. Rabbit

Hello, Mr. Rabbit, how do you do
I've got a favor to ask of you
Mr. Rabbit, wiggle your nose for me
Side to side, wiggle your nose
Up and down, wiggle your nose
Wiggle your nose for me

Hey, Mr. Rabbit, that's quite a sight
You've got a fluffy little tail of white
Mr. Rabbit, wiggle your tail for me
Side to side, wiggle your tail

Up and down, wiggle your tail
Wiggle your tail for me

Now, Mr. Rabbit, one more thing
You have the longest ears I've seen
Mr. Rabbit, wiggle your ears for me
Side to side, wiggle your ears
Up and down, wiggle your ears
Wiggle your ears for me

Again, Mr. Rabbit, before we stop
I'd like to see you hop, hop, hop
Mr. Rabbit, hop, hop, hop for me
As high as you can, hop, hop
As far as you can, hop, hop
Hop, hop, hop for me

Last, Mr. Rabbit, just for fun
Let's do them all now one by one
Mr. Rabbit, wiggle your nose for me
Wiggle your tail, wiggle your ears
Hop, hop, now do them all for me
Now at last you're done

This animal movement tune lets children imitate the unique features of a rabbit by wiggling their nose, ears, tail and hopping around. For the rabbit ears put your hands behind your head with your fingers sticking straight up. For the rabbit tail you can use your fists to make a ball or

just wiggle your bottom. Consider introducing a rabbit puppet to accompany the song. A good literature extension would be the book, Guess How Much I Love You by Sam McBratney.

3. Wiggles, Jiggles & Giggles

Sometimes I feel the wiggles crawling all
over me
Just like a hundred little hummin' buzzin'
bumblebees
And you know when that happens
It's so hard to keep your seat

I've got the wiggles in my fingers
Jiggles in my toes
Giggles in my elbows
So hard to control
Wiggles in my eyes
Jiggles in my tongue
Giggles in my tummy
It's so much fun

Sometimes I feel the jiggles squirming all
over me
Just like a hundred little hummin' buzzin'
bumblebees
And you know when that happens
It's so hard to keep your seat

I've got the wiggles in my ears
Giggles in my toes
Giggles in my hands
So hard to control
Wiggles in my legs
Giggles in my lips
Giggles in my feet
It's hard to quit

Sometimes I feel the giggles laughing all
over me
Just like a hundred little hummin' buzzin'
bumblebees
And you know when that happens
It's so hard to keep your seat

I've got the wiggles in my hips
Giggles in my nose
Giggles in my hair
So hard to control
Wiggles in my neck
Giggles in my chin
Giggles in my arms
When will this end

I've got the wiggles in my _____
I've got the jiggles in my _____
I've got those giggles in my _____
I've got the wiggles in my _____
I've got those jiggles in my _____
I've got those giggles in my _____

I've got the wiggles in my _____
I've got the jiggles in my _____

This is an upbeat and rockin' body awareness song that will help you and your kids get rid of those pesky wiggles, jiggles and giggles. All you have to do is listen for the body part in the song and wiggle it, jiggle it or giggle it. There are blanks at the end of the tune so that you or the kids can name a body part to move. Ex: I've got the wiggles in my _____! For some added fun, have the kids form "air bands" to play along with the song and perform for each other.

4. Elephant Train

An elephant's trunk is so different
A very funny sight to see
It looks like a tail and acts like an arm
But a nose it has to be

Elephant train, elephant train
Elephant train, elephant train

An elephant's tail is so different
It has a tassel on the end
It sticks out straight and long when
he decides to run
What a funny sight to see

Elephant train, elephant train
Elephant train, elephant train

An elephant's ears are so different
They look like sails on a ship
Flapping to and fro and fanning very slow
They keep him nice and cool

Elephant train, elephant train
Elephant train, elephant train

This activity will allow you to establish some fun social interaction within your classroom. The first verse describes the trunk. Have your children bend over forward, dangling an arm or reaching for and grabbing something. The next verse explores the elephant's tail. Wave an arm behind you to represent the tail. The last verse discusses the ears. Have the children cover their ears with their hands and flap their arms up and down. The chorus of the song, which appears after each verse, is where the cooperative effort begins. Form a line or a circle before beginning the activity. Each child should make a trunk with one arm and a tail with the other. The children should join trunks and tails to form an "elephant train" either in a circle or in a line with a leader.

5. Hand Jive

I know a cat named Way Out Willie
Had a cool little chick named Rockin' Billie
She's a walkin' talkin' Susie Q
And she does that crazy hand jive, too

Hand jive, hand jive, hand jive
Doin' that crazy hand jive

Mama, Mama look at Uncle Joe
Doin' that hand jive with Sister Flo
Mama said don't let me hear you wine
Just do that hand jive one more time

Hand jive, hand jive, hand jive
Doin' that crazy hand jive

Hand jive, hand jive, hand jive
Doin' that crazy hand jive

Way Out Willie gave 'em all a treat
Doin' that hand jive with his feet
And Daddy got famous it's plain to see
Doin' that hand jive on his knees

Hand jive, hand jive, hand jive
Doin' that crazy hand jive

If you've never learned to "hand jive" it's actually quite easy. Follow these directions with the song and remember that every movement happens in twos.

- Beat 1:** Pat your lap twice
- Beat 2:** Clap your hands twice
- Beat 3:** With both hands open, palms facing down, right hand above left, move them horizontally in opposite directions twice
- Beat 4:** Repeat above movement with left hand above right
- Beat 5:** Make a fist with both hands, right hand on top of left and tap them together twice
- Beat 6:** Repeat above movement with left hand above right
- Beat 7:** Make a fist with your right hand, extend your thumb like you're hitchhiking and point back over your right shoulder twice
- Beat 8:** Repeat above movement with left hand
And that's how you "hand jive."
Repeat all movements in sequence throughout the song until the end.

6. Soaring Eagle

Flying so high
An eagle in the sky
Soaring so high all alone
Flying so high
An eagle in the sky

Wings spreading wide
I soar above the clouds
Floating on the wind I can fly

Wings spreading wide
I soar above the clouds
Floating on the wind I can fly

Soar like an eagle

This tune offers you a chance to transition your children from an overly active period to a more relaxed setting. The music will suggest a feeling of flying or soaring through the sky while soothing and calming all involved in the activity. Children should be free to slowly move around the room, arms extended to their sides like wings. Encourage the kids to respect others space during this activity and to fly silent. Before or after the activity you can begin a discussion about birds and flying things. Ask the children what kind of bird they would choose to be if they could fly.

7. Hello, My Name is Joe

Hello, my name is Joe
And I work in a Button Factory

I've got a wife and a dog
and a family
One day my boss said
"Hey Joe, are you busy?"
I said, "No Sir!"
And he said
"Well, push the button with your right hand."

Hello, my name is Joe
And I work in ...
Left Hand
Right Foot
Left Foot
Head
Tongue

Hello, my name is Joe
And I work in ...
... are you busy?"
And I said, "YES SIR!"

This is a fast paced gross motor activity that everyone will enjoy. When teaching your kids this rhyme for the first time, make sure they are able to see your every movement. If your children are able, have them snap their fingers during the opening verse up until you begin to push the first button with your right hand. As you add buttons and body parts the activity will become more rhythmic and

entertaining until the last verse when you stop all movement, throw up your hands and say, "Yes Sir!" Begin snapping your fingers again after the last verse. If you wish to change the gender of the character, you may try the name Flo or Joan instead of Joe. Remember to change the next line to say, "I've got a husband and a dog and a family." This is also a great opportunity for the use of rhythm instruments. You can divide your class in half with one side performing the activity and the other side performing with instruments. Start with one instrument at the beginning and add one additional during each new verse to match the progression of the body parts.

8. Rock The Day Away

Everybody say hey - HEY
We're gonna rock the day away
Come on and say hey - HEY
It's a rockin' way we all can play
This game can be easy for you
But you've got to listen close
Say everything I do
And say hey - HEY
We're gonna rock the day away

Say whoa-yeah - WHOA-YEAH
Nah, n-n-n-nah, nah - NAH, N-N-N-NAH, NAH

Hey, hey, hey - HEY, HEY, HEY
Woo-hoo-hoo - WOO-HOO-HOO
Don't you know before this day is through
You and I have got some rockin'
There's just no stoppin' us
We've got some rockin' to do

Chorus

Say, I like me - I LIKE ME
And I like you - AND I LIKE YOU
My Mom and Dad - MY MOM AND DAD
My teacher, too - MY TEACHER, TOO

Don't you know before this day is through
You and I have got some rockin'
There's just no stoppin' us
We've got some rockin' to do

Chorus

If the kids are ready to rock the room, then close the doors and put on this little diddy. After it starts, all you have to do is say, "HEY!" And whatever else Stephen tells you to say. You can do this on the floor, at your desks, on the playground or most anywhere. Whatever you do...Just do it! This is another great opportunity to form "air bands" and allow each group to lead the rest of the class in the chants and responses. ROCK THE DAY AWAY!

9. Marionettes

Let's pretend that we are marionettes
The puppets with strings attached
Lying on the floor all crumpled up
Because there's no one to pull the strings
Then along comes a friend picking up
the strings
And our arms begin to jerk, jerk
Next thing you know we're standing up
Our legs kicking every which way
And then we jump, jump up and down
Turn, turn, turn around
We're marionettes
The puppets with strings attached

This activity song is an avenue to promote creative movement and dancing, as well as, body awareness and coordination. The sequence of movements are easy and contained within the lyrics. Start the activity/song by sitting on the floor and leaning forward with arms relaxed and laying to the side. Offer rewards to the children for the best marionette dance. Bring a marionette to school and let the children play with it to become more familiar with the movements. Invite a puppeteer to your class to talk with the kids about marionettes and puppets.

10. Physical Fun

You know whenever I sit around to long
I like to get down and loosen up
Yeah, it sure feels good
Come on everyone
Let's loosen up with some physical fun

Shake - shake - shake - shake - shake - shake
shake - shake - shake your hands
Now shake them way up high
Now shake them way down low
It's not so silly to shake your hands around
They do it all over town
Whoa yeah

Clap - clap - clap - clap - clap - clap
clap - clap - clap your feet
Now clap them way up high
Now clap them way down low
It's not so silly to clap your feet around
They do it all over town
Whoa yeah

Let's hop - let's hop - let's hop and turn
around
Now without a sound
Let's hop and turn around
It's not so silly to hop and turn around
They do it all over town
Whoa yeah

If you come to a point in the day when the kids need to let go of some excess energy, then pull out this funky groove and jam your way to a more peaceful and manageable class. All the funky moves are included in the lyrics and will add a little soul to all who participate. If the fun becomes more than you can handle, be sure to join in with Stephen and say, "Whoa Yeah!"

11. Herman The Worm

I was sittin' on the fence post
Chewin' on my bubblegum
Playin' with my yo-yo
When along came Herman the Worm
And Herman was this big
And I said, "Herman, what happened?"
And Herman said, "Daaaaaaa,
I swallowed a bug!"
A bug! Oooh, yuck!
But Herman didn't say another word
He just crawled away

So, the next day
I was sittin' on the ...

A mouse
A kitty cat
A dog

A pig
A cow
So, the next day
I was sittin' on the ...
... I burped

This rhyme/story has surfaced around the country in many different forms and styles over the years. I learned Herman from another artist and after many tellings have found this to be a favorite among children, as well as, teachers. You begin the story by telling the children to look in their pocket for a piece of bubblegum (imaginary of course). Unwrap the wrapper (make a crinkling sound) and put the gum in your mouth. Chew the gum until it is soft and gooey. Wad the wrapper back up and put it in your pocket, or a nearby trashcan. Look in the other pocket for a yo-yo. Tell them to put the string on their finger and practice for awhile using the word "doo-wop." Stephen and the children on the recording will help you with the sounds. You will need to read on further for the movements/actions for each verse. Use your hands to show how big Herman is when you hear, "And Herman was this big." Start very small and grow larger with each verse until the last verse when he has

*shrunk back to his original size. There are different crawling movements for each verse. After he swallows the **Bug** - use your pointer finger and simulate an inch worm movement. **Mouse** - use your hand.*

Kitty Cat - use your arm in a wave motion.

Dog - use both arms with your fingers intertwined and make a wave motion.

Pig - use both arms stretched to your side to make a wave motion. **Cow** - use both arms above your head, hands palm to palm and make a wave with your entire body.

After the story is over, be sure to have the kids say, "Excuse Me," in their best Herman voice. If you do, maybe Herman will learn his manners.



Credits

Words and Music

Rock The Day Away and *Wiggles, Jiggles & Giggles* by Stephen Fite

Physical Fun by Stephen Fite, Gary Gassell & Pam Tims

Soaring Eagle and *Mr. Rabbit* by Stephen Fite & Steve Wienecke

Hand Jive by J. Otis

Elephant Train, Little Red Wagon and *Marionettes* by Steve Wienecke

Herman The Worm Traditional

Hello, My Name Is Joe Traditional

Musicians

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Guitars Joel Balin
Keyboards Michael Hurley
Bass Chuck Archard
Clarinet & Saxophones Eddie Marshall
Lead Vocals Stephen Fite

Background Vocals

Stephen Fite
Patti Pool &
Michelle Lindahl

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Laura Long, Brittany Sapp, Daniel Parker
Levi Parker, Elizabeth Sanders, Caroline Sanders

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Weekly Design, Okla. City, Oklahoma

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CONCERTS • KEYNOTES • WORKSHOPS

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