

# Move & Groove

## Songs and Lyrics

### **Peanut Butter, Reese's Cup**

EVERYONE:

Peanut Butter

Reese's Cup

We sing this song to pump us up

Wham! Bam!

Choo Choo Train

C'mon \_\_\_\_\_ Do your thing!

(person) I can't

Everyone: Why not?

(person) I just can't

Everyone: Why not?

(person) Because my back aches,

The sun's too bright,

And my booty shakes from left to right

Everyone:

To the left

To the right

To the left

To the right

### **Doodley Doo!**

Large paper

Markers/crayons

Music

Children

- 1) Music begins, children move around dancing, hopping, skipping, etc.
- 2) When the music stops the children stop, pick up the markers/crayons and begin to draw
- 3) The music begins and children begin to move about again.
- 4) When the music stops the children stop, pick up the markers/crayons again and begin to draw.

### **Sing down:**

A sing down can be done in either a large group or a small group. You start the sing down by announcing a word like rain, sun, happy etc... The players are then given 4 minutes to write down as many songs as they can that have that word in the title or somewhere in the song. Each team is given an opportunity in turn to sing one song with that word in it. The team with the most songs, is given a point, and the sing down begins again with a new word.

### **Cup Game**

Use cups, cans, glasses, coffee cups and your imagination.

Clap, Clap, 1,2,3

Clap, pick it up, put it down (pause)

Clap, funky grab, wall, down, palm, slap, cross. (repeat)

### **Hi! My Name is Joe**

Hi, my name is Joe,

And I work in a button factory.

I have a wife, and a dog and a family.

One day, my boss came up to me and said,

“Hey Joe, are ya busy I said no?”

He said, “push the button with your right hand!”

- You continue the same verse adding:
- push the button with your right foot
- push the button with your left foot
- push the button with your nose
- push the button with your tongue

After all these verses do the verse one more time and when the boss says “are ya busy?”

You say “YES!”

### **Squeeze Game**

The players are split up into two teams and each team makes a line shoulder to shoulder. The leader sits in the middle at the front of the two lines. At the back of each line is a ball or other small object. All of the team members close their eyes and hold hands. To begin the game the leader squeezes the hands of the first two players. The object of the game is for the squeeze to be passed from person to person all the way down the line. Once the last person has received the squeeze, they pick up the object at the end of the line and run to the front of the line and sit down. The first team with their player sitting down wins.

### **One Bottle Pop**

One bottle pop,  
Two bottle pop,  
Three bottle pop,  
Four bottle pop,  
Five bottle pop,  
Six bottle pop,  
Seven, seven bottle pop!

Fish and chips and vinegar, vinegar, vinegar!  
Fish and chips and vinegar, pepper, pepper, salt!

Don't throw your trash in my backyard, my backyard, my backyard.  
Don't throw your trash in my backyard, my backyard is full!

(Do as round)

### **Slide Show (requires 3-4 people at a time)**

One person went on vacation and the other volunteers are the slides. The group decides on a place the vacationer went. The slides have three seconds to make a pose and when the vacationer turns around, they have to describe what's going on in the picture. When they finish describing the picture, they turn out to the watching and say, "next slide", and the slides have three seconds to make a new pose, then the vacationer turns around and describes the picture. Do this for three to five pictures and then at the end the vacationer says, "and that was my trip to \_\_\_\_\_."

### **Singing in the Rain**

I'm singing in the rain,  
Just singing in the rain,  
What a glorious feeling, I'm (clap, clap) happy again!  
Hold it (adult)  
Hold it (children)  
Thumbs up (adult)  
Thumbs up (children)

Continue the verse and each time adds another command:

- elbows in
- knees together
- butt out
- head up
- turn around

### **Captain's Coming**

(Commands)

Captain coming – stand at attention, don't move until you hear "at ease"

At ease – salute

Climb the ladder – pretend to climb ladder

Swab the deck – pretend to mop

Sea sick – pretend to throw up

Ballroom dancing – find a partner and dance

Lighthouse – find three team mates, three stands around holding hands while one in the middle puts hands over head and spins

Leader calls out commands if someone does not keep up pace, does wrong command or can't find partners for dance or lighthouse than that person is out, (or not), go until one person remains.

### **Sailor Went To Sea**

A sailor went to sea, sea, sea.

To see what he could sea, sea, sea.

And all that he could sea, sea, sea.

Was the bottom of the deep blue sea, sea, sea.

(With hand in a salute position)

A sailor went to chop, chop, chop.

To see what he could chop, chop, chop.

And all that he could chop, chop, chop.

Was the bottom of the deep blue chop, chop, chop.

(Tap left arm with right hand three times)

A sailor went to knee, knee, knee.

To see what he could knee, knee, knee.

And all that he could knee, knee, knee.

Was the bottom of the deep blue knee, knee, knee.

(Pat knees three times)

A sailor went to toe, toe, toe.

To see what he could toe, toe, toe.

And all that he could toe, toe, toe.

Was the bottom of the deep blue toe, toe, toe.

(Children touch toes three times)

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**Sailor Went To Sea (continued)**

A sailor went to oo-washa-wee.  
To see what he could oo-washa-wee.  
And all that he could oo-washa-wee.  
Was the bottom of the deep blue oo-washie-wee.  
(Children place hands on hips and twist bodies to the left and right)

A sailor went to sea, chop, knee, toe, oo-washa-wee.  
To see what he could sea, chop, knee, toe, oo-washa-wee.  
And all that he could sea, chop, knee, toe, oo-washa-wee.  
Was the bottom of the deep blue sea, chop, knee toe, oo-washa-wee.  
(Children touch in quick succession: forehead, arm, knee, toe and swing hips)

**DAT DAT DADA**

Part 1:  
Lap pats  
Right hand to left shoulder taps (right arm crossing the chest)  
Lap pats  
Left hand to right should taps (left arm crossing the chest)  
Repeat 3x

Part 2:  
Lap pat  
Right hand to left shoulder tap  
Lap pat  
Left hand to right shoulder tap  
Lap pat  
Cross hands for 1 lap tap & snap fingers  
Lap pat  
Right hand to left shoulder tap  
Lap pat  
Lefty hand to right shoulder tap  
Lap pat Cross hands for 1 lap tap and snap fingers  
Repeat 2x's

Part 3:  
Clap both hands together in a very happy way  
Until the song ends

Part 4:  
Right hand to left elbow left hand waving  
Left hand to right elbow right hand waving  
Until the song ends

Melody:  
Dat, daddah, dad at, dat, daddah, da, dat, dat, dadddadh, dadah,  
Dad, dada, dad at dat dada, dad at, dat, dadddad, dadah

### **Banana Song**

Bananas have no thumbs,  
Bananas have no arms,  
Bananas have no lips – mmmm, mmmm.  
Bananas Unite,  
Bananas Split.  
Peel bananas,  
Peel, peel bananas.  
Eat bananas,  
Eat, eat bananas.  
First you peel them down the right,  
And you peel it down the left,  
Then you peel them down the center,  
And oh, take a bite.  
And you....  
GO BANANAS, GO, GO BANANAS!  
GO BANANAS, GO GO BANANAS!!!!  
HAVE FUN! BE SILLY!!!!!

### **This is a Duck!**

Circle is formed! One person starts an object to their right and says, “This is a duck” and the person replies “a what?” And the person responds “a duck.” The person asks “Does it quack?” And the person responds “of course it quacks!” The person then passes to the person on their right. And repeats the questions. Each time though, the leader must be asked the questions.

Once this is mastered, pass an object to the left and say, “this is a cow” and the person replies “a what?” And the person responds “a cow.” The person asks “Does it moo?” And the person responds “of course it moos!” The person then passes the object to their left! And repeats the questions. Each time however, the leader must be asked the questions.

It is fun and meant to be a dramatic activity so encourage children to be creative!

**PENGUIN SONG**

Have you ever seen a penguin drinking tea?  
I'm a penguin drinking tea, look at me!

Salute (group echos)  
Right arm (slap right arm)

Have you ever seen a penguin drinking tea?  
I'm a penguin drinking tea, look at me!

Salute (group echos)  
Right arm  
Left arm (slap left arm)

It continues in this manner while you continue to add additional body parts:

Right foot  
Left foot  
Waddle  
Head Up  
Turn Around

Have you ever seen a penguin drinking tea?  
I'm a penguin drinking tea,  
**LOOK AT ME!!!!!!**

**“WA Game”**

Would you like to engage in a challenge of WA?? One person asks to another. If the answer is yes, then the fun begins! Every time one player says WA (facing the other player), he must make one of four arm movements; arms crossed, two arms up, two arms down or one arm up. When the other player responds they must come up with a different movement then his partner. Once mastered, becomes very fast paced and it has taken over the schools in our area!

**Wright Family Exercise**

Mrs. Wright eyes her grocery list carefully. “There won’t be anything left of our budget after shopping.” She sighed. Mr. Wright looked up from his paper. “That’s all right, my dear. There isn’t anything left of it anyway at the end of the month. I’ll be happy if it just sees the Wright Family through the month.”

As Mr. Wright turned to his paper he said, “have you the right gift for Aunt Hattie Wright’s birthday? She has been pretty lonely since her daughter left home right after she married. Uncle Harry left her a lot of money, but she does not know how to enjoy it right.”

Eddie Wright was studying in the corner on the left side of the fireplace. ‘I wish Aunt Hattie Wright would ask me the right way to spend it,’ he said.

Eugenie Wright sniffed and said, “She would not have much left of it if she did. Your weekly allowance is gone before you get it right in your hands.”

“And I suppose you have all of yours left, Miss Miser,” retorted Eddie Wright.

“I don’t have it all left, but I have enough left to buy Lego’s” said Eugenie Wright.

Just then the doorbell rang. Eugene Wright ran to answer it, and the postman left a special delivery letter for the Wright family. She took it to Father Wright and he opened it. Inside was a letter and four right new looking ten dollar bills. Mr. Wright shouted, “It’s from Aunt Hattie Wright saying she has left town and decided to go right to her daughter’s house.”

“Say, she is all right!” shouted Eddie Wright  
“Bless her heart,” said Mother Wright  
“How wonderful of her,” shouted Eugenie Wright.

**“HAM & EGGS”**

Ham & Eggs,  
Ham & Eggs!  
I like my fried nice and brown,  
I like my turned upside down.  
Ham & Eggs,  
Ham & Eggs!  
Flip, Flop!  
Flip, Flop!  
Ham & Eggs!