POOL RHYEL TIME

COLLECTION OF RHYMES AND POEMS



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Pool Rhyme Time Dressing Room Rhymes

After a Bath

(Suit actions to words)

After my bath, I try, try, try, To wipe myself 'till I'm dry, dry, dry. Hands to wipe, and fingers and toes, And two wet legs and a shiny nose. Just think, how much less time I'd take If I were a dog, and could shake, shake, shake.

Dressing time

(Sung to "The Farmer in the Dell")

We're putting on our shirt, We're putting on our shirt. It's dressing time; you look so fine, We're putting on our shirt.

We're putting on our pants, We're putting on our pants. It's dressing time; you look so fine, We're putting on our pants.

And now it's time for socks, And now it's time for socks. It's dressing time; you look so fine, And now it's time for socks.

Let's finish with our shoes, Let's finish with our shoes. It's dressing time; you look so fine, Let's finish with our shoes.

So, now the dressing's done, So, now the dressing's done. Our dressing's done, let's have some fun, Look out world, here we come!

That's my Baby

(Sung to London Bridge)

This is how your shirt goes on Shirt goes on, shirt goes on. This is how your shirt goes on, That's my baby!

Repeat for pants, socks etc.

As you dress your baby, be sure to talk about what you are doing. Use sing song phrases such as "Here's your shirt!" Capture baby's attention and he/she will be less likely to fuss. Say what it is and what it is used for. "A hat keeps your head warm."





Pool Rhyme Time Songs used in all the Lessons.

<u>Traffic Light Song</u> (Sing to the People on the Bus)

What do you do when the light turns red? The light turns red, the light turns red? What do you do when the light turns red? Red means you stop.

What do you do when the light turns yellow?

The light turns yellow, the light turns yellow?

What do you do when the light turns yellow?

Yellow means you look.

What do you do when the light turns green? The light turns green, the light turns green? What do you do when the light turns green? Green means you go slow.



Good Morning Song

Good morning
(Insert child's name)
How are you?
How are you?
How are you?
Good morning
How are you?
How are you today?
(Change to evening or afternoon depending
on time of classes)

Good Bye Song

Goodbye children Goodbye children Goodbye children We're bound to leave you now.

Merrily we roll along, roll along, roll along
Merrily we roll along
O'er the deep blue sea
Sweet dreams children
Sweet dreams children
Sweet dreams children
We're bound to leave you now.

The Little Old Man (poem)

A little old man went up in space (Lift child high)
And he got ice cream all over his face (Touch his face and look surprised So – wash him with a washcloth Roll him in a rug
And tuck him in a towel
Until he's snug, snug, snug



Pool Rhyme Time Day 1 – Bubbles and Water

It's Raining, It's Pouring

It's raining, it's pouring
The old man is snoring
He went to bed and bumped his head
And didn't get up in the morning!



Little Bubbles

One little, two little, three little bubbles Four little, five little, six little bubbles Seven little, eight little, nine little bubbles Ten little bubbles go pop, pop, pop!

Splish Splash Water

(Tune of Frere Jacques)
Splish, splash water,
Splish, splash water
On your toes, on your toes
On your fingers, on your fingers
On your nose, on your nose.

Splish, splash water Splish, splash water On your hair, on your hair On your face, on your face Everywhere! Everywhere!

Two Little Fishes

(Use baby to do the motions) Two little fishes side by side Swim through the water, Swim through the tide.

They don't need a motor And they don't need a sail.

They just wiggle their fins And wiggle their tails.



Here is the Sea

Here is the sea, the wavy sea (Make waves with baby)

Here is the boat and here is me (Sit baby in hands)

All the little fishes down below (Put baby under or close to water surface)

Wriggle their tails and away they go! (wiggle the baby)

This is the Way we Wash our Hands

(tune of "Here we go "Round the Mulberry Bush")

This the way we wash our hands, wash our hands, wash our hands This is the way we wash our hands at the swimming pool

Wash our arms
Wash our tummy
Wash our face
Wash our hair

Pool Rhyme Time Day 2 – Fish

Deep Blue Sea

Down at the bottom	
of the deep blue sea	
Catching fishes for	's tea
One, two, three	

Hokey Pokey

Put your right fin in, Put your right fin out, Put your right fin in and shake it all about. You do the hokey pokey, and turn yourself around.

That's what it's all about!

(Repeat with left fin, tail, bubbles, face, head.)

Little Baby Fish

(or use mommy depending on parent in class)

Daddy has a baby A little baby fish He likes to swim around Just like this. (Move baby through the water)

Happy little baby,
Happy little fish.
Splashing all around
Just like this:
Splish, Splash, Splish!
(Splash water with child or encourage splashing)

Two Little Fishes

(Day one)

Fred and his Fishes

Fred had a fish bowl In it was a fish Swimming around. With a swish, swish, swish!

Fred said, "I know what I will do I'll buy another and that will make

Fred said, "I'm sure it would be Very, Very nice if I just had

Fred said, "If I just had one more That would make one, two, three "

Fred said, "What fun to see them dive. One, two, three four, _____"

How many fishes do you see? How many fishes? Count them with me!





Pool Rhyme Time Day 3 – Animals

Rain Is Falling Down

Rain is falling down,
(Raise hands high and flutter fingers down)
Splash!

(Slap the water with gusto.)

Rain is falling down,

(Hands up high and flutter fingers down again)

Splash!

(Slap the water)

Pitter patter, pitter patter,

(Quietly. Flutter fingers delicately)

Rain is falling down,

(Flutter fingers down)

Splash! (Slap the water with gusto)

Stretch up High

Stretch, stretch, away up high;
(Reach arms up high)
On your tiptoes, reach the sky.
(Stretch baby high)
See the bluebirds flying high.
(Wave hands)
Now bend down and touch your toes;
(Bend to touch toes)
Now sway as the North Wind blows;
(Sway baby back and forth.)
And waddle as the gander goes!
(Move baby like a duck).

This is the Way the Ladies Ride

Sung to: "The Mulberry Bush" This is the way the ladies ride, Tri, tre, tre. Tri, tre, tre. This is the way the ladies ride, Tri, tri, tre, tre, tre.

This is the way the gentlemen ride, Gallop-a-trot, gallop-a-trot. This is the way the gentlemen ride, Gallop-a, gallop-a-trot This is the way the children ride, Hobble-dy hoy, hobble-dy hoy. This is the way the children ride,



Hobbie-dy, hobble-dy hoy.



Can You Jump Like a Frog?

Suit actions to words.

Can you hop, hop, hop like a bunny?
Can you jump, jump, jump like a frog?
Can you walk, walk, walk like a duck?
Can you run, run, run like a dog?
Can you fly, fly, fly like a bird?
Can you swim, swim, swim like a fish?
But can you still be a quiet little child?
And sit as still as this?

Old Mc Donald had a Pool

Old Mc Donald had a pool E I E I O
And in the pool he had a duck E I E I O
With a quack quack here
And a quack quack there
Here a quack, there a quack
Everywhere a quack, quack
Old McDonald had a pool
EIEIO

Substitute other water animals or animals that go in the water like a dog.

Pool Rhyme Time Day 3 – Animals

Ten Little Monkeys

One little, two little, three little monkeys, Four little, five little, six little monkeys, (Hold up the right number of fingers).

Seven little, eight little, nine little monkeys, Ten little monkey friends.

"And do you know what they did?

They got in their boats very carefully.

Be careful you don't tip over."

(Carefully climb into imaginary boats.)

They rowed, and they rowed, and they rowed to the shore. (Rowing motion.)

They rowed, and they rowed, and they rowed to the shore.

They rowed, and they rowed, and they rowed to the shore.

Ten little monkey friends.

"It was so hot, and they were tired of sitting, So they all stood up very carefully."

(Wipe brow. Balancing motion.)

They all stood up, and the boat tipped over. (Fall in water.)

They all stood up, and the boat tipped over.

They all stood up, and the boat tipped over.

Ten little monkey friends.

"What are we going to do now?"

They swam, and they swam, and they swam to the shore. (Swimming motion.)

They swam, and they swam, and they swam to the shore.

They swam, and they swam, and they swam to the shore.

Ten little monkey friends.

"Now, what shall we do?"

They were cold and wet, and they ran home to mother. (Running motion.)

They were cold and wet, and they ran home to mother.

They were cold and wet, and they ran home to mother.

Ten little monkey friends.

"And what do you suppose she did?"

She fed them and kissed them, and put them to bed.

(Eating motion, kissing motion and sleeping motion.)

She fed them and kissed them, and put them to bed. She fed them and kissed them, and put them to bed. Ten little monkeys

I'm a Little Octopus

Arm number one (1) goes swish, swish, swish.

(Swing arms back and forth)

Arm number two (2) helps me catch fish.

(Wiggle hand back and forth)

Arm number three (3) pats my head.

(Pat hand on head)

Arm number four (4) makes sure I'm fed.

(Put hand to mouth)

Arm number five (5) swims me to shore.

(Move arms back and forth in swimming motion)

Arm number six (6) touches the ocean floor.

(Touch hand to floor)

Arm number seven (7) can grab and tug.

(Open and close hand)

But all eight (8) arms give me a hug!

(Cross arms and hug)



At the Zoo

I like the zoo, its lots of fun! See a cougar on the run

(Run in place)

Hear a lion growl and roar

(Loud roar)

Watch a snake slither on the floor (Lie down and slither)

Laugh as chimps swing in the air (Wave arms)

Back and forth without a care Elephants are big and strong (Stamp feet)

Long trunks swinging right along (Wave arm as trunk)

I like the zoo, its lots of fun Now wave goodbye, the day is done! (Wave)



Pool Rhyme Time Day 4 – Book Theme

Jack be Nimble

Jack be nimble
Jack be cool
Jack jumped into the swimming pool

Use a lane swim rope and jump baby over.

Splish Splash Water – Day 1

Baby's Bath

Baby's ready for her bath. Here's the baby's tub, *Make circle with arms*.

Here's the baby's washcloth,

Hold hand up, palm flat
See how she can scrub.

Pretend to rub face.
Here's the baby's cake of soap,

Make a fist.

And here's the towel dry,

Hold hands flat, thumbs touching

And here's the baby's cradle

Make imaginary cradle and rock back and forth.

Rock-a-baby bye.

Moon Ride

Do you want to go up with me to the moon? *Point to friend, self, then to sky.*

Let's get in our rocket ship and blast off soon! Pretend to climb in ship.

Faster and faster we reach to the sky
Swish hands quickly. Jump and reach.

Isn't it fun to be able to fly?

We're on the moon, now all take a look,
Look down.

And gently sit down and I'll show you a book.

Sit down gently.

She Fell into the Bathtub

She fell into the bathtub
She fell into the sink
Lean child to one side, then the other
She fell into the raspberry jam
Let her fall between your knees
And came out pink!
Lift her up again
We put her in the backyard
And left her in the rain
Make the rain with your fingers
By half past suppertime
Rock side to side
It washed her clean again!
Wide open arms and a hug.





Pool Rhyme Time Day 5 - Transportation

Ring around the Rosy

Ring around the rosy
A pocket full of posy
A hush a, A hush a,
We all fall down.
The cows are in the meadow
Eating buttercups
1, 2, 3, 4
We all jump up

I am a Rocket

I am a rocket crouched on the ground, waiting quietly without a sound. Light this fuse on my little toe... Ready for take-off? Here I go: WOOOOOOOOOSH!

Here Comes the Choo Choo Train

Here comes the choo choo train Puffing down the track.
Now it's going forward...
Now it's going back.
Hear the bell a-ringing
Ding, Ding, Ding
Hear the whistle blow
Whooooo-Whooooo!
Chug, chug, chug, chug
ch...ch...ch...ch...ch...ch...ch...
ch...ch...ch...ch...ch...ch...



Riding the Merry-Go-Round

Ride with me on the merry-go-round, Around and around and around. Up the horses go, up!

Raise arms in the air.

Down the horses go, down!

Lower arms.

You ride a horse that is white.

Point to neighbor.

I ride a horse that is brown.

Point to self.

Up and down on the merry-go-round.

Raise and lower arms.

Our horses go round and round.

Move one hand in circles.

Green Says Go

Green says "Go!"
Go! Go! Go!
Yellow says "slow"
Slow.....Slow.....Slow.....
Red says "Stop"!
(Freeze in one spot)
Go! Go! Go!
Slow.....Slow.....Slow.....

Zoom, Zoom, Zoom

Zoom, zoom, zoom We're going to the moon. (Point up into the sky) If you want to take a trip, Climb aboard my rocket ship. (Climbing motion.) Zoom, zoom, zoom We're going to the moon. (Repeat first actions with hands) 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, (With hands together as before, bend down into a crouching position) Blast off! (Jump up and shoot arms up into the air!) Zoom, zoom, zoom,

We're going to the moon.



Pool Rhyme Time Day 5 - Transportation

Catch a Boat

(Tune Muffin Man – put child's name in the blank – throws the boat away at the end of the rhyme)

is going to catch a boat, catch a
poat, catch a boat
is going to catch a boat.
What colour will it be?
caught a boat,
caught a boat, caught a
boat.
caught aboat,
And now, she's set it free.

The Wheels on the Bus

The wheels on the bus go round and round, round and round The wheels on the bus go round and round All day long

The kids, on the bus go up and down.......

The wipers on the bus go back & forth The motor on the bus goes (blow bubbles)

The mud on the bus goes splash, splash, splash
The lights on the bus go blink, blink, blink
The door on the bus goes open and

Riding

Riding in a train I go, Rocking, rocking, to and fro, Side by side and to and fro, Riding in a train I go.

In an airplane I fly, Up, up, up, into the sky Up, up, up, so very high In an airplane I fly.

Riding on my bike today, Petal, petal all the way, Pedal fast and petal slow Riding on my bike I go.





closed, open and closed.

Pool Rhyme Time Day 6 – Body Parts

It is Raining (sung to "Frere Jacques")

It is raining, it is raining
On my head, on my head
Pitter, patter raindrops
Pitter, patter raindrops
I'm all wet, I'm all wet

Two Little Eyes

Two little eyes to look around Two little ears to hear each sound One little nose to smell what is sweet And one little mouth that like to eat.

Stand up Tall

Stand up tall, hands in the air;
All stand and raise hands in the air.
Now sit down, in your chair. (Sit)
Clap your hands; (3 times)
Make a frown. (Frown)
Smile and smile, (smile)
And flop like a clown!
Relax with arms dangling.

We Can Jump

We can jump, jump, jump!
We can hop, hop, hop!
We can clap, clap, clap!
We can stop, stop, stop!
We can nod our heads for "Yes",
We can shake our heads for "No".
We can bend our knees a little bit,
And sit.....down.....slow.

I Can Hop, Hop, Hop like a Bunny

I can hop, hop, hop like a bunny,
And run, run, run like a dog;
I can walk, walk, walk like an elephant,
And jump, jump, jump like a frog.
I can swim, swim, swim like a fish,
And fly, fly, fly like a bird;
I can sit right down and cross my arms,
And not say a single word!
(Do motions in poem)

I Don't Care!

(*To the tune of Jimmy Crack Corn*) Shake your arm and I don't care Shake your arm and I don't care Shake your arm and I don't care Shake your arm all day! Shake your leg and I don't care Shake your leg and I don't care Shake your leg and I don't care Shake your leg all day! Jump up and down and I don't care Jump up and down and I don't care Jump up and down and I don't care Jump up and down all day! continue with: Bump your hips Clap your hands Spin

She fell into the Bathtub – Day 4

A Little Monkey Likes to Do

Perform each action as indicated. Point to children on "you and you." They then imitate your actions. A little monkey likes to do, Just the same as you and you; When you sit up very tall, Monkey sits up very tall; When you pretend to throw a ball, Monkey pretends to throw a ball; When you try to touch your toes, Monkey tries to touch his toes; When you move your little nose, Monkey tries to move his nose: When you jump up in the air, Monkey jumps up in the air; When you sit down in the pool, Monkey sits down in the pool.





Pool Rhyme Time Day 7 – Babies

1, 2 Play Peek a Boo

- 1, 2 Play peek a boo
- 3, 4 make the rain pour
- 5, 6 do fancy tricks
- 7, 8 layout straight
- 9, 10 do it again

Shake your Sillies Out

Shake, shake, shake your sillies out Shake, shake, shake your sillies out Shake, shake, shake your sillies out And wiggle your woggles away Blow, blow, blow your bubbles out Blow, blow, blow your bubbles out Blow, blow, blow your bubbles out And wiggle your waggles away

Uncle John

Father and Mother and Uncle John Went to market one by one Bounce child rhythmically Father fell off to the left Lean child to one side Mother fell off to the right Lean child to the other side But Uncle John went on and on and on and on...

As long as you feel like bouncing.

Dickery Dean

"What's the matter with Dickery Dean? Turn child to and fro with a washing machine agitator motion He jumped right into the washing machine!" Let child "fall" between your knees "Nothing's the matter with Dickery Dean

Washing machine motion again He dove in dirty and he jumped out clean!"

Down and up again-

Jack in the Box

(Use baby's name instead of Jack)

Jack in the pool Jack in the pool Sits so still Will he come out? Yes he will (Jump up and shout. Lift baby out of the water quickly.)

Here's a Ball for Baby Here's a ball for Baby Big and soft and round. Hold up two hands touching fingertips to form ball. Here is baby's hammer Make a fist. See how he can pound. Pound fist on palm of other hand,

Here is baby's music Clapping, clapping so.

Clap hands.

Here are baby's soldiers Standing in a row. (Hold ten fingers up)

Here is baby's trumpet

Toot, too, too, too, too.

Hold one fist in front of other at mouth.

Here's the way that baby

Plays at peek-a-boo.

Spread fingers in front of eyes.

Here's a big umbrella

To keep the baby dry.

Hold index finger of right hand erect.

Place palm of left hand on top of finger.

And here is baby's cradle

Make cradle of interlocked fingers, knuckles up, erect index and smallest

fingers.

To rock-a-baby bye. (*Rock hands*).





Pool Rhyme Time Day 8 - Colours

It's Raining It's Pouring – Day 1

Green Says Go - Day 5

Boat Game – Day 2

Pace Goes the Lady

Pace goes the lady, the lady, the lady Pace goes the lady, the lady Whoa!

Gentle bouncing, stop on whoa! And pause for a moment
Canter goes the gentleman,
The gentleman, the gentleman,

Canter goes the gentleman,

the gentleman,

Whoa!

Vigorous bouncing, with a pause at Whoa!

Gallop goes the huntsman,
The huntsman, the huntsman
Gallop goes the huntsman
Very bouncy bouncing
And tumbles in the ditch!
Let child fall between your knees.

If You're Wearing Red Today

Sing to the tune of "Mary had a Little Lamb."

If you're wearing red today, Red today, red today, If you're wearing red today, Please stand up.
If you're wearing green today, Green today, green today, . . . and so on.

Instead of stand up it could be splash around or kick your feet.

5 Little Babies

One little baby
Rocking in a tree
Two little babies
Splashing in the sea
Three little babies
Crawling on the floor
Four little babies
Banging on the door
Five little babies Playing hide & seek

If you're Happy and you Know it!

If you're happy and you know it! Shake your fin! If you're happy and you know it! Shake your fin! If you're happy and you know it And you're not afraid to show it Shake your fin!

Repeat verse with other body parts

Six Little Ducks

Six little ducks that I once knew Fat ones, skinny ones, other ones too But the one little duck with the feathers on his back,

He led the others with a "quack, quack, quack"

Down to river they would go

Wiggle-wobble, wiggle wobble to and fro

But the one little duck with the feathers on his back,

He led the others with a quack, quack, quack!





Pool Rhyme Time Day 9 – Wind up

One Little Baby

One little baby

Hold up one finger.

Rocking in a tree.

Rock in palm of other hand.

Two little babies

Hold up two fingers.

Splashing in the sea.

Splash hands.

Three little babies

Hold up three fingers.

Crawling on the floor.

Crawl fingers along floor or knee.

Four little babies

Hold up four fingers.

Banging on the door.

Pound fists on imaginary door.

Five little babies

Hold up five fingers.

Playing hide and seek.

Cover up you eyes.

Keep your eyes closed tight now

Until I say ... peek!

Throw hands away from eyes on "peek!"

I'm a Fish

Sung to: "I'm a Little Teapot"
I'm a little fishy, I can swim.
Here is my tail, here is my fin.
When I want to have fun with my friend,
I wiggle my tail and dive right in.

Toes are Tapping

Sung to: "Skip to My Lou"
Hands are clapping, clap, clap, clap
Hands are clapping, clap, clap, clap
Hands are clapping, clap, clap, clap
Clap your hands, my darling.
Toes are tapping, tap, tap, tap
Toes are tapping, tap, tap, tap
Tap your toes, my darling.
(Also use: Arms are swinging, Fingers
are wiggling, Eyes are blinking, Tongues
are clicking, etc)

My Bubble flew Over the Ocean

Sung to: "My Bonnie Lies Over the Ocean"

My bubble lies over the ocean.

My bubble flew over the sea.

My bubble flew over the rainbow.

Oh come back my bubble to me.

Come back, come back,

Oh come back, my bubble to me!

Jean Warren

Dinosaur, Dinosaur Turn Around

Dinosaur, Dinosaur, turn around

Dinosaur, Dinosaur, touch the ground

Dinosaur, Dinosaur hear me roar

Dinosaur, Dinosaur

Stamp your feet on the floor

Dinosaur march abound the room.

Dinosaur, Dinosaur come back soon

Dinosaur, Dinosaur, touch your toes.

Dinosaur, Dinosaur, where's your nose?

Dinosaur, Dinosaur, tie your shoe

Dinosaur, Dinosaur, I love you!





Pool Rhyme Time Other songs/rhymes

Traffic Light Song – for safety

Do you know what traffic lights say to you?
Do you know what traffic lights say to do?
Yellow says be careful,
Green says you may go,
But red is most important is says stop you know.

Twinkle Twinkle Traffic Light (sung to Twinkle, Twinkle Little Star)

Twinkle, twinkle traffic light Twinkle, twinkle traffic light, Standing on the corner bright, When it green its time to go, when it's red its stop you know, Twinkle, twinkle traffic light, Standing on the corner bright.

This little piggy had a rub-a-dub-dub, This little piggy had a scrub-a-scrubscrub, This little piggy ran up the stairs, This little piggy cried "bears, bears, bears", Down came a jar with a great big slam, And this little piggy ate all the jam

Rock the Boat (sung to Frere Jacques)

Rock, rock, rock the boat, Gently to and fro, Watch out, give a shout, Into the water you go!!!



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- 8. <u>Red Cross Manual, Fun with Safety Education</u>, Prepared by: Canadian Red Cross Society, Alberta/NWT Division, Safety Services.
- 9. <u>READING MAGIC</u>, Why Reading out loud to our Children will Change their Lives Forever, Mem Fox, ISBN 0-15-601076-3



Day 2 Handout

<u>The First years Last Forever</u> – developed by Karen Hintz – download from <u>www.uwex.edu/ces/flp/resources/firstyr.html</u> or pamphlet available from Canadian Institute of Child Health, Web site: <u>www.cich.ca</u>, email – <u>cich@cich.ca</u>, Phone - (613)230-8838, Fax – (613)230-6654

Day 3 – <u>Literacy begins at home!</u> pamphlet, Centre for Family Literacy, Phone number: 780-421-7323

Day 5 Handout

All About Me Pamphlets, Growth and Development Series, Stages (6 – 9 months) (9-12 months) (12 – 18 months) (18 months to 3 yrs) (3 to 5 years) – Alberta Health and Wellness Fax: 403-272-7774

Day 7 Handout

<u>Family Literacy – An ABC for Parents</u> – Centre for Family Literacy, Phone number: 780-421-7323 – available on computer disc.

Day 8 Handout - <u>Milestones and Warning Signs for Speech Development - Will I</u> Grow out of it? – Alberta Health and Wellness Fax: 403-272-7774

Day 1, 3, 4, 6, 9 Handouts can be photocopied or accessed on Literacy for Life Foundation web site. www.litforlife.com

Day 4 – Book used in lesson

"Baby's Bath time", Fiona Watt, Usborne Publishing Ltd., ISBN 0746041756

