

Songs and rhymes

(My Body Project)

1. Hokey Pokey

You put your right foot in.
You put your right foot out.
You put your right foot in and you shake it all about!
You do the Hokey Pokey and you turn yourself around.
That's what it's all about
You put your left foot in...
You put your right arm in...
You put your left arm in...
You put your head in...
You put your whole self in...

2. I've got a body

I've got a body
A very busy body
And it goes everywhere with me.
And on that body I've got a nose
And it goes everywhere with me.
And I sniff sniff here, sniff sniff there,
Sniff, sniff, sniff, sniff everywhere.
I've got a body, a very busy body
And it goes everywhere with me.

And on that body
I've got some hands
And they go everywhere with me.
And I clap clap here, Clap clap there,
Clap clap clap clap everywhere.
Sniff sniff here, Sniff sniff there,
Sniff sniff sniff sniff everywhere.
I've got a body.....

And on that body
I've got some feet
And they go everywhere with me.
And I stamp stamp here,
Stamp stamp there,

Stamp stamp stamp stamp everywhere.

Clap clap here...

Sniff sniff here...

I've got a body.....

3. Me

Here are my fingers and here is my nose.

Here are my ears and here are my toes.

Here are my eyes that open wide.

Here is my mouth with my white teeth inside.

Here is my pink tongue that helps me speak.

Here are my shoulders and here is my cheek.

Here are my hands that help me play.

Here are my feet that go walking each day.

4. If you're happy and you know it

If you're happy and you know it, clap your hands (clap clap)

If you're happy and you know it, clap your hands (clap clap)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, clap your hands. (clap clap)

If you're happy and you know it, stomp your feet (stomp stomp)

If you're happy and you know it, stomp your feet (stomp stomp)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, stomp your feet. (stomp stomp)

If you're happy and you know it, shout "Hurray!" (hoo-ray!)

If you're happy and you know it, shout "Hurray!" (hoo-ray!)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, shout "Hurray!" (hoo-ray!)

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!)

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, do all three. (clap-clap, stomp-stomp, hoo-ray!)

5. Head and shoulders

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