SONGS, FINGER PLAYS, AND CREATIVE ACTIVITIES FOR YOUNG CHILDREN

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SONGS, FINGER PLAYS, AND CREATIVE ACTIVITIES
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The Baby-Sitter's Old Kit Bag

Experienced sitters have learned that it helps to come on the job with supplies of their own. Just as doctors, nurses, and skilled mechanics have their own tools, the really professional baby-sitter has his own kit bag. A small overnight suitcase, a basket, or a good-sized family shopping bag make a kit suitable to carry scrap materials that you may use in your work as a sitter. Be sure that the child doesn't think you are bringing him a gift. Explain that these materials are yours. Tell him you are letting him use them and that the next time you come he may use them again. If any item is very important to the child, you may be sure that his daddy or mother will get him one like it. You will have to use your eyes and imagination to fill your kit with scrap materials. You undoubtedly can add to the list of suggestions below:

**Play Materials For Using Big Muscles:**

- Balls
- Beanbags

**Materials for Dramatic and Imaginative Play:**

- Small trucks, cars and boats.

Books: In choosing a story book, remember —

1. You should like it.
2. It should be simple.
3. It should have action.
4. It should appeal to the child's interest.
5. Its illustrations should be bright, clear, and simple.

- Dolls
- Toy animals
- Pictures

**Materials for Making Things:**

- Clothes pins
- Blunt scissors
- Paste or glue
- Old newspapers
- Old magazines and Christmas cards
- Cardboard shirt stiffener from laundry or other flat pieces of cardboard
- Pop bottle caps
- Soda straws
- Magnets
- Colored ribbon
- Large yarn needles
- Yarn
- Scratch pads
- Scotch tape
- Strong string

- Play Money
- Records
- Paper plates
- Stapler
- Crayons
- Flash light
- Spools
- Pipe cleaners
- Hand puppets
- Dress-up things (don't forget things for boys)

Turn the page for suggestions about songs, finger plays, and creative activities to use with children. Now that you know what they like, why not make plans to give them new experiences with materials you have selected?
Here is a Bunny

Here is a bunny
With nose so funny.
This is his home in the ground.

When a noise he hears,
He pricks up his ears,
And jumps into the ground.

Little Turtle

There was a little turtle.
He lived in a box.
He swam in a puddle.
He climbed on the rocks.

He snapped at a mosquito.
He snapped at a flea.
He snapped at a minnow.
He snapped at me.

He caught the mosquito.
He caught the flea.
He caught the minnow.
But he didn’t catch me.

The Little Bunny

Once there was a little bunny
And a green, green cabbage head.
"I think I’ll have some cabbage,"
The little bunny said.
So he nibbled and he nibbled,
And he pricked his ears to say,
"I think I’ve had enough now.
I’ll go hopping on my way."

Ten Little Fingers

I have ten little fingers,
And they all belong to me.
I can make them do things.
Would you like to see?
I can close them up tight.
I can open them up wide.
I can hold them up high.
I can hide them behind me.
I can hold them up high.
I can hold them down low.
And I can hold them just so.

FINGER PLAYS

(Make fist of right hand.)
(Make thumb wiggle.)
(Make hole of left finger and thumb.)
(Make ears by putting little finger and forefinger up.)
(Jump right hand into hole in left hand.)
(Make small circle.)
(Cup hands to make box.)
(Swimming motion.)
(Climbing motion with hands.)
(Snap with thumb and forefinger.)
(Turn hand toward self and snap.)
(Catching motion.)
(Shake head — No!)
(Use middle and index fingers to make ears.)
(Make fist of other hand.)
(Fingers nibble at fist.)
(Wiggle two fingers.)
(Make fingers hop.)
(Hold up both hands, then do as the words suggest.)
I Have Two Eyes

I have two eyes.
I have two ears.
I have two cheeks.
I have one nose.
I have one mouth.
I have one head.
I have ten fingers.
I have ten toes.

Sometimes

Sometimes I am tall.
Sometimes I am small.
Sometimes I am very, very tall.
Sometimes I am very, very small.
Sometimes tall, sometimes small.
See how I am now.

Beehive

Here is the beehive.
But where are the bees?
Hidden away where nobody sees.
Soon they come creeping out of the hive.
One, two, three, four, five.

Hickory, Dickory, Dock

Hickory, Dickory, dock!
The mouse ran up the clock.
The clock struck one.
And down he run.
Hickory, dickory dock!

This Little Pig

This little pig went to market.
This little pig stayed home.
This little pig had roast beef.
This little pig had none.
This little pig said, "Wee, wee, wee,
I can’t find my way home!"
Open, Shut Them

Open, shut them.
Open, shut them.
Open, shut them.
Give a little clap.
Open, shut them.
Open, shut them.
Open, shut them.
Put them in your lap.

Creep them, creep them
Right up to your chin.
Open up your little mouth,
But do not put them in.

Open, shut them.
Open, shut them.
Open, shut them.
To your shoulders fly,
Then like little birdies
Let them flutter to the sky.

Falling, falling almost to the ground.
Quickly bring them up again and turn
Them round and round.
Faster, Faster, Faster,
Slower, Slower, Slower.

(Suit actions to words.)
CREATIVE ACTIVITIES

Caution: Make sure you have the mother's permission to do these activities first; then be sure to clean up!

1. Blowing Soap Bubbles

Materials Needed: Paper cups, drinking straws, liquid soap

Directions: Fill the cup ¼ full of water. Add 3 squirts of liquid soap and blow into water and soap with straw.

2. Soap Suds Play

Materials Needed: Big bowl, egg beater, real soap flakes (such as Ivory Flakes), measuring cup

Directions: Beat together in the bowl two parts of soap flakes to one part of water until the mixture is like whipped cream. You may spread this on a waterproof kitchen table, sink board, piece of plastic, or construction paper and use like finger paints. (You can add food coloring for a change.) When finished, wipe up with sponge.

3. Play Dough

Materials Needed: Bowl, spoon, flour, salt, salad oil, water, food coloring

Directions: Mix 2 cups flour, 1 cup salt, and 2 tablespoons salad oil with enough water (just a little over a cup) to make a pliable, non-sticky dough. Food coloring may be added to the water. Store in covered plastic containers. If dough becomes sticky, add flour; if it becomes crumbly, add water. When it becomes smelly, throw it away and make a new batch!

4. Finger Paint

Materials Needed: Large sauce pan, spoon, egg beater, flour, salt, food coloring

Directions: Mix 2 cups flour with 2 teaspoons of salt, then pour in 3 cups of cold water gradually and beat the mixture with an egg beater until it is smooth. Add 2 cups hot water and boil mixture until it becomes clear, stirring constantly. Beat until smooth. Divide into small batches and add a different food color to each batch. Add enough color to make the finger paint bright and attractive.

Use a waterproof kitchen table and or put a piece of plastic or oilcloth over the table. Put newspapers on the floor. Put an apron on the child and roll up his sleeves.

Put a tablespoon of one or more colors on a 12” x 18” piece of meat wrapping paper (or glazed shelf paper) that has been wet with a sponge on both sides. Fingers, whole hands, fists, arms, elbows can all be used to create pictures.

Place the finished painting flat on a piece of newspaper to dry.
5. Collages

A collage is a picture made by applying different materials to a flat surface. The word comes from the French word "collar," meaning to paste or stick.) A background of cardboard or construction paper is used with a variety of materials which may be pasted or glued onto the background. You can use boxes, egg cartons, etc., to make a 3-D collage.

**Materials Needed:** Construction paper, flat pieces of cardboard, small boxes, egg cartons, etc., on which to paste the collage materials. A collection of items which can be glued such as yarn, feathers, toothpicks, scraps of yarn, material or paper, cereal, different macaronis, egg shells, cotton pieces, foil papers, seeds, buttons, leaves, shells, sewing findings, ribbon, etc.

**Directions:** Allow the child to glue or paste the materials on the background. Remember, it is his picture — you make your own!

6. Picture Books

**Materials Needed:** Old magazines, catalogs, greeting cards, glue, colored paper, yarn, scissors, construction paper.

**Directions:** Allow the child to cut out pictures he likes and glue them on the construction paper (you can use any other heavy weight paper you have). Punch holes on one side of the glued papers and lace together with long pieces of yarn.

**Note:** You may prepare these books ahead of time, making books of animals, families, children, toys, etc., to use with the children.

7. Paper Bag Puppets

**Materials Needed:** Small paper bags, scraps of material, yarn, paper, glue or paste, and crayons.

**Directions:** Allow the child to glue on the bits and pieces or color to make an animal or person’s face on the bag. (Remember, it may not look like an animal or person to you, but will be satisfactory to the child.) Put the finished puppet over the hand of the child and tie at the wrist.
WHERE'S MISTER THUMBKIN?

Song to the tune of "Frère Jacques," this is one of the many finger-play songs beloved of babies and small children. Each thumb in turn is held up at "Here I am. Here I am," wriggled in turn at "How are you this morning? Very well, I thank you." Each hand takes refuge behind the back at the words "Run and hide." The same motions are then repeated for each finger of the hand: Pointer, Middleman, Ringman and Pinky.

Playfully

Where's Mis-ter Thumb-kin? Where's Mis-ter Thumb-kin? Here I am. Here I am.

How are you this morn-ing? Ve-ry well, I thank you. Run and hide. Run and hide.

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F C F C F C F

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Everyone is glad to be himself in this catchy song, and yet it still has a sad ending. The music was written by Walt Barrows, and the words by Bernard Zaritzky.
3. There's a little black bug floating on the water,
   A little black bug doing what he oughter,
   He tickled the frog on the lily pad,
   That the little duck bit and he said, "I'm glad
   I'm a little black bug floating on the water.
   Bzz! Bzz! Bzz!"

4. There's a little red snake playing in the water,
   A little red snake doing what he oughter,
   He frightened the duck and the frog so bad,
   He ate the bug and he said, "I'm glad
   I'm a little red snake playing in the water.
   Hiss! Hiss! Hiss!"

5. Now there's nobody left sitting in the water,
   Nobody left doing what he oughter,
   There's nothing left but the lily pad,
   The duck and the frog ran away; I'm sad
   'Cause there's nobody left sitting in the water.
   Boo! Hoo! Hoo!
A well-known finger-play song. The index fingers and thumbs indicate the spider's motion, and appropriate hand gestures act out the rest of the song.

Lightly

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Eenie weeny spider went up the water spout,
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Down came the rain and washed the spider out,
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Up came the sun and dried out all the rain.

So the een- cy ween- cy spi- der went up the spout a- gain.
This song is usually accompanied by hand motions:
the proper number of fingers are held up when a number is mentioned,
and the "quack-quack-quack" chorus is accompanied by sturdy arm-flapping in time to the music.

Rhythmically

1. Six little ducks that I once knew, Fat ducks, pretty ducks they were too,
2. Down to the meadow they would go, Wig-wag, wiggle-wag, to and fro,

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

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He led the others with his quack-quack-quack.

Quack-quack-quack, quack-quack-quack, He led the others with his quack-quack-quack.
There are many ways to play this game. A parent or teacher may sing all the words and the children can perform the actions at the proper places. Or a different child can be leader for each verse, deciding which action to do while the others imitate him, until each child has had his turn as leader.

To quicken the pace, the leader may change the action twice in each verse, with a different child singing the second line and performing a different action, instead of repeating the first line. Both actions are then performed in order after the last line.

Other actions suitable for this game: whistling, shaking hands, nodding heads, crying, snoring.
Come on and join in to the game,

You’ll find that it’s always the same. (clap, clap)

3. Let everyone yawn like me. (yawn)
   Let everyone yawn like me. (yawn)
   Come on and join in to the game,
   You’ll find that it’s always the same. (yawn)

4. Let everyone jump up like me. (jump)
   Let everyone jump up like me. (jump)
   Come on and join in to the game,
   You’ll find that it’s always the same. (jump)

5. Let everyone sit down like me. (sit)
   Let everyone sit down like me. (sit)
   Come on and join in to the game,
   You’ll find that it’s always the same. (sit)

6. Let everyone laugh like me. (ha-ha)
   Let everyone laugh like me. (ha-ha)
   Come on and join in to the game,
   You’ll find that it’s always the same. (ha-ha)
A beloved Do-As-I-Do game. Older children like to make up new verses, such as "Put your finger on your shoulder... And leave it till you're older."

Words and Music by Woody Guthrie.
TRO — Copyright 1954 Folkways Music Publishers, Inc.,
New York, N.Y. Used by permission.
Put your finger in the air, Tell me, how's the air up there?
Put your finger on your head, Tell me, is it green or red?

Put your finger in the air, in the air.
Put your finger on your head, on your head.

3. Put your finger on your cheek, on your cheek,
   Put your finger on your cheek, on your cheek,
   Put your finger on your cheek,
   Leave it there about a week,
   Put your finger on your cheek, on your cheek.

4. Put your finger on your nose, on your nose,
   Put your finger on your nose, on your nose,
   Put your finger on your nose,
   Is that where the cold wind blows?
   Put your finger on your nose.

5. Put your finger on your chest, on your chest,
   Put your finger on your chest, on your chest,
   Put your finger on your chest,
   Give it just a little rest,
   Put your finger on your chest, on your chest.

6. Put your finger on your belly, on your belly,
   Put your finger on your belly, on your belly,
   Put your finger on your belly,
   Make it shake like apple jelly,
   Put your finger on your belly, on your belly.
THE HOKEY POKEY

The game is played as the words indicate, with the children in a line or forming a circle. The hokey-pokey motion is a hula-type wriggle. The words "And that's what it's all about" are simply sung, with no action, and are followed by a loud clap at "Hey!"

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3. You put your right hand in, etc.

4. You put your left hand in, etc.

5. You put your right shoulder in, etc.

6. You put your left shoulder in, etc.

7. You put your right hip in, etc.

8. You put your left hip in, etc.

9. You put your whole self in, etc.
FORMATION: A single circle with one child in the middle.

ACTION:
Chorus: As the singing starts, the child in the middle chooses a partner and the two skip around inside the circle while the others sing and clap. At measure 7 of the chorus the first child joins the circle, leaving the second child in the middle.
Verse 1: The child now in the middle skips around the inside of the circle alone, while the others sing the verse. At measure 15 he picks a partner.

Repeat Chorus: Both children skip around inside the circle. The first child goes back to the circle at the last line of chorus.
Verses 2-6: The action of Verse 1 is repeated for each verse, always followed by chorus. The children forming the circle may pantomime the activities of each verse, and can easily improvise new verses to prolong the game.

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1. Lost my partner, what'll I do? Lost my partner, what'll I do?

2. I'll get an other one, prettier than you, I'll get an other one, prettier than you,

3. Flies in the buttermilk, shoo, fly, shoo, (3 times)
   Skip to my Lou, my darling. (Chorus)

4. Cows in the barnyard, moo, moo, moo, (3 times)
   Skip to my Lou, my darling. (Chorus)

5. Train is a-coming, choo, choo, choo, (3 times)
   Skip to my Lou, my darling. (Chorus)

CHORUS:
Lou, Lou, skip to my Lou,
Lou, Lou, skip to my Lou,
Lou, Lou, skip to my Lou,
Skip to my Lou, my darling.
A hundred years ago in England children waited for the Muffin Man to come around with his wares as children today wait for the Ice Cream Man.
A popular number-learning song. The chorus is usually accompanied by clapping, stamping, banging or drumming of some sort or other.

1. This old man, he played one, He played knick-knack on my drum.

2. This old man, he played two, He played knick-knack on my shoe.

3. This old man, he played three, He played knick-knack on my knee.

4. This old man, he played four, He played knick-knack on my door.

5. This old man, he played five, He played knick-knack on my hive.

6. This old man, he played six, He played knick-knack on my sticks.

7. This old man, he played seven, He played knick-knack up to heaven.

8. This old man, he played eight, He played knick-knack at the gate.

9. This old man, he played nine, He played knick-knack on my line.

10. This old man, he played ten, He played knick-knack over again.

chorus: With a knick-knack, paddy whack, give the dog a bone, This old man came rolling home.

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What Kinds of Toys and Activities
Shall We Give Children?

1 + to 3 Years

For his body:

- large, soft, ball to push or roll over
- small rocking horse
- boxes to climb through and over

push-and-pull toys
kiddie kar

For his relations with others:

- toys which help him relive what he has enjoyed in real life, such as mother and daddy dress-up clothes, dolls, small dishes and pots and pans, trucks, cars, play telephone, etc.

For his feelings:

- large, cuddly, toy animals
- large crayons and big sheets of paper
- tom-tom, bells, music box

play dough
sand and sand toys

For his mind:

- linen picture books
- books with simple stories
- nesting blocks
- large colored beads to string

color cones
very easy inlay puzzles (2 or 3 pieces)
peg board with large pegs

3 through 5 Years

For his body:

- wagon
- tricycle
- push-and-pull toys
- large balls

bean bags
mallet with peg set
simple throwing games

For his relations with others:

- washable, unbreakable doll
dress-up clothes
- easy games to play with others, such as Lotto (with adult participation)
housekeeping toys
large boxes for making stores, houses, etc.

For his emotions:

- crayons and big sheets of paper
- blunt scissors and paste
- cuddly toy animals
- record player and records

painting materials
sand and sand toys
musical toys
puppets

For his mind:

- magnets
- picture books with simple stories and large, colorful pictures
- water play toys (plastic containers, funnels, measuring cups, small sprinkling can, etc.)

simple puzzles (3 to 8 pieces)
art activities
For his body:
climbing equipment
punching bag
large and small balls
bean bag games
skates

For his relations with others:
games such as, lotto, checkers, parchesi
puppets

costumes for “dressing-up”
playhouse to be used as a “store, school, or clubhouse”

For his emotions:
crayons
paint
weaving materials
record player

chalk
clay
musical instruments

For his mind:
magnets
magnifying glass
books: some to read, some for being read to
puzzles
card games

thermometer
number games
printing sets
view master, slides
toys to build with, such as tinker toys

6 to 9 Years
jump ropes
bicycle
wagon
sled

25