

## Animal Romp & Stomp for Kids Lyrics for Music CD

- 1. Snake, Rattle & Roll 1:00
- 2. Chicken Walk 1:04
- 3. The Fish in the Sea 1:02
- 4. The Bear Went Over the Mountain 1:15
- 5. The Circus Song 2:07
- 6. Penguin Waddle:46
- 7. Monkey See, Monkey Do 1:08
- 8. Bunny Jump:59
- 9. Sing a Song of Sizes 1:06
- 10. Meerkat Conga 1:06
- 11. Polar Bear Freeze:50
- 12. Move Like an Animal 2:06
- 13. A Horse, Of Course 1:14
- 14. Oh, When a Shark 1:07
- 15. Osito. Osito:51
- 16. Kangaroos a Go-Go 1:17
- 17. Animal Letter Rap 1:14
- 18. Itsey Bitsey Spider:50
- 19. I've Got One Bug 1:20
- 20. Act Like You are On a Farm 1:46
- 21. Five Little Ducks 2:05
- 22. El Coquito (The Little Tree Toad) 1:36
- 23. Calif. Indian Thank You Song 1:26
- 24. The End :28

Approximate running time: 29 mins.

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If you have any comments or questions, please feel free to <u>contact us.</u>

Dear Educators, Parents, and Caregivers,

The ideas that are provided with the lyrics are suggestions. Please feel free to come up with your own moves, and let the children do the same. Songs are much more exciting when the children create their own moves!

Look at animals and insects through the lens of STEM!

These are updated lyrics for CDs purchased after 7-2013

## 1. Snake, Rattle & Roll

Children slide from side-to-side and front-to-back. Spin/turn their entire bodies. Back and forth across the floor, if there is room. Shake/rattle and roll a real or imaginary rattle in the air. Shake and roll different body parts or the entire body — Hands shake up high.. now roll the body. Free dance! Roll their forearms fist-over-fist. Roll up high, down low, to each side, between the legs, ... everywhere. Roll flat across the floor, if there is room.

A snake will slide, and slide, and slide, and spin slide, and slide and slide, and spin to one side and back again Snakes slide out and slither in A snake will Rattle, and rattle, and rattle, and roll Rattle, and rattle, and rattle, and roll Up real high and down real low Snakes will rattle and roll like so

# 2. The Chicken Walk

Children mimic the actions of a chicken, a fish, and a bird as described.

Elbows & knees out Squawk, squawk, squawk I move my feet And do the chicken walk Elbows & knees out Squawk, squawk, squawk I move my feet And do the chicken walk

I'm walkin', I'm squawkin' I'm walkin', I'm squawkin'

Arms are strokin' Swish, swish, swish I move my arms And swim, like a fish Arms are strokin' Swish, swish, swish I move my arms And swim, like a fish I'm swimmin', I'm stokin' I'm swimmin', I'm stokin'

Arms out straight and Flap, flap, flap I move my arms And do the birdie rap Arms out straight and Flap, flap, flap I move my arms And do the birdie rap

I'm flyin', I'm flappin' I'm flyin', I'm flappin'

# 3. The Fish in the Sea (Revised 7-2013)

Simple moves with the song telling children where to move their swimming wiggly hands and arms.

The fish in the sea They swim faster than me They swim right

They swim left
They swim free

They can swim behind me

They can swim through my knees

Up above Down below Underneath

Fish swim in the sea They swm near They swim far Wild and free

They can swim behind me They can swim through my knees

Up above Down below Beside me F | | |-|-

The fish in the sea
They swim faster than me
They swim straight
Then they turn around me
They can swim behind me
They can swim through my knees
Up above
Down below
Underneath

Fish swim in the sea
In the front
In the back
Right past me
They can swim behind me
They can swim through my knees
Up above
Down below
Beside me

Other ideas...

- $\sim$  Make and decorate a paper fish puppet that can be used to follow through the motions of the song. Kids draw and decorate a fish on each side of an 8.5" x 11" paper, fold the paper in half, tape the top, and slip their hands inside. Use **Diagram A**
- ~ Extend concept to making a fish kite using several pieces of large tissue paper cut into the shape of a fish (at least a foot long or bigger) and at least 10 inches high. Affix a string at the mouth of the fish. Children have to run and pull it behind them to make it fly.
- $\sim$  Tie in award winning books, such as "Rainbow Fish" and use to present an ocean theme.

#### 4. The Bear Went Over the Mountain

Walking, marching and leaping. Around and over a stationary object, such as a cone, foam cut-out, poly spot, or bean bag. Into a rope circle, chalk drawing. In the formation of a line.



The bear walked over the mountain The bear walked over the mountain The bear walked over the mountain

To see what he could see. To see what he could see. To see what he could see.

He marched back down the mountain He marched back down the mountain He marched back down the mountain Went back the way he came

The bear walked over the mountain The bear walked over the mountain The bear walked over the mountain

To see what he could see. To see what he could see. To see what he could see. He marched back down the mountain He marched back down the mountain He marched back down the mountain Went back the way he came

The bear leapt up the mountain The bear leapt up the mountain The bear leapt up the mountain

To see what he could see. To see what he could see. To see what he could see.

He leapt back down the mountain He leapt back down the mountain He leapt back down the mountain Went back the way he came

## 5. The Circus Dance

Introduce concepts of right, left, lean, turn, bend, step, kick, lean, stand, forward, back, down, up, outside, inside prior to playing the song. Enhance balance and coordination. Improve vestibular balance.

Sway to the right
Sway to the left
1, 2, 3
Follow me

Lean forward
Then lean back
6, 7, 8
Stand straight

Turn around

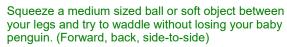
Turn around Down real short
Bend low down
2, 3, 4
Bend some more Down real short
Up real tall
1, 2, 3
Follow me

Take 3 steps
This way and that
4, 5, 6
Add a kick
Feet real wide
Back inside
2, 3, 4
Twirl the floor



# 6. Penguin Waddle

Mimic the way a penguin waddles. Use **Diagram B** to make your own penguin and secure it to your shirt as you waddle.



If you stand up real tall And puff out, try not to fall (puff out chest) Arms back & legs straight Now waddle like a penguin

You waddle, you waddle You waddle like a penguin Side to side, and round & round You waddle like a penguin

~ Repeat ~

Wings black, and chest white Now puff out. Yes, that's right (puff out chest) Arms back & leas straight

Arms back & legs straight Now waddle like a penguin

You waddle, you waddle You waddle like a penguin Side to side, and round & round You waddle like a penguin

# 7. Monkey See, Monkey Do

Cover eyes, ears, mouth, and play a charades. Mimic the movement and sound of primates.

I'm a monkey in a zoo Monkey see, monkey do. Arms are waving Walk funny, too.

Ee ee ahh, ahh oo oo, oo, oo Ee ee ahh, ahh oo oo, oo, oo

Cover eyes Do what I do Cover ears I'll copy you Cover mouth do monkey do



Ee ee ahh, ahh oo oo, oo, oo Ee ee ahh, ahh oo oo, oo, oo

Cover eyes Do what I do Cover ears I'll copy you Cover mouth do monkey do

Ee ee ahh, ahh oo oo, oo, oo Ee ee ahh, ahh oo oo, oo, oo

# 8. Bunny Jump

Mimic the movement of a bunny jumping, fish wiggling, and horse kicking. What other animals jump, wiggle, and kick?

Bunny jump And around I go Around I go Around I go Bunny jump And around I go Hi Ho! Hi Ho! Hi Ho!

Wiggle Like fish And around I go Around I go Around I go Wiggle like fish And around I go Hi Ho! Hi Ho! Hi Ho!



Kick my hooves And around I go Around I go Around I go Kick my hooves And around I go Hi Ho! Hi Ho! Hi Ho!

~ Repeat ~

# 9. Sing a Song of Sizes

Make the body big & wide, short & small, thin & balanced, and as tall as you can. Discuss and compare the sizes of animals and objects. Does the size of an animal make a difference in how they live? Use a measuring tape, ruler or piece of string to measure and compare a variety of things. Make a graph based on size.

I'm wider than an elephant (Wide arms, stomp) And stomp, stomp around

Smaller than a tiny mouse And scurry when I'm found (Bend knees, hands & arms in tight to the chest, tiny fast steps)

Thin like a flamingo (Straight arms, down and close to the body) One leg in the air (Lift one leg & balance)

Tall like a giraffe (Raise arms straight in the air, up on the toes) Who looks to see if danger's near (Look around)



# 10. Meerkat Conga

Timon, of the "Lion King", is a Meerkat. Introduce the concepts of front, back, left, right, and free dance on the chorus. Line up in a conga line and encourage the children to follow the directions.

Step to the FRONT And shake, shake Step to the step And shake, shake

Step to the BACK And shake, shake Step to the step And shake, shake



Back to the **LEFT** And shake, shake Step to the step And shake, shake

We dance the MEERKAT conga We dance the MEERKAT cha, cha We dance the MEERKAT conga We conga and we shake

We dance the MEERKAT conga We dance the MEERKAT cha, cha We dance the MEERKAT conga We conga and we shake

Now to the RIGHT And shake, shake Step to the step And shake, shake

Step to the FRONT And shake, shake Step to the step And shake, shake

Step to the BACK And shake, shake Step to the step And shake, shake

# 11. Polar Bear Freeze (Revised 7-2013)

Discuss the weather and temperature. How do people keep from being cold? From catching a cold? How are animals protected from the cold? What happens if we don't protect ourselves? How do we spread germs? Physical science: freeze/melt.

A polar bear WALKS in the snow (Walk around... in a circle, in a line, walk up high, down low, slow, fast...) Where it's COLD you know He'll SHIVER and FREEZE And then knock his knees

A polar bear WALKS in the snow Where it's COLD you know He'll SHIVER, SHAKE some more And STOMP..2..3..4

A polar bear WALKS in the snow Where it's COLD you know He'll SHIVER, SHAKE some more And STOMP..2..3..4



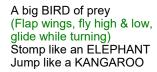
A polar bear WALKS in the snow Where it's COLD you know He'll SHIVER . then "BRRRR" SHAKE snow off his fur

A polar bear WALKS in the snow Where it's COLD you know He'll SHIVER, "ACHOO!" And SMACK his paws...1...2

## 12. Move Like an Animal

Compare the human body with those of animals or insects. How do we all benefit from our different features? How do we move differently? Are there things that we can't do? What if we didn't have certain parts of our body?

Move like an animal Prowl like a LION Slither like a SNAKE You're a GORILLA (Thump chest, wave arms)





Repeat ~

## 13. A Horse, Of Course

Can we mimic the ways horses move? How do the following moves differ in speed: walking, trotting, running? How does our body feel after we move at different speeds? Is there a rhythm to the way horses move? Tap out the rhythm. "Clip, clop, clip, clop" or "Ta-da-dum." What are the different ways that we have put horses to work? Life Science: Living things -Physical Science: speed.

WALKING, walking I like to walk around Yes. I'm a horse Of course, of course I walk around the town

Walking, walking I like to walk around Yes, I'm a horse Of course, of course I walk around the town

TROTTING, trotting I like to trot around It's only me A horse you see I trot down by the sea

Trotting, trotting I like to trot around It's only me A horse you see I trot down by the sea



**RUNNING**, running I like to run around Wind in my face I set the pace I run to win the raceRUNNING, running I like to run around Wind in my face I set the pace I run to win the race

Running, running I like to run around Wind in my face I set the pace I run to win the race

Wind in my face I set the pace I run to win the race

# 14. Oh, When a Shark

Mimic the way a shark opens it's mouth with it's sharp teeth, the way a crab moves from side-to side and opens and closes its claws, and the way an octopus moves through the water using its 8 arms. The octopus sprays ink to camouflage itself. What other animals do special things to protect themselves? (Skunk, chameleon, porcupine, etc.) Let the kids look at an aquarium and discuss their observations. What other ocean dwelling creatures are the kids familiar with? How do they look? How do they move? What do they eat? Compare and contrast ocean creatures with the human body.

Oh, when a SHARK Opens its mouth (Long straight arms in front, open and close. Fingers are teeth.)

Oh, when a shark opens its mouth It eats other fish if it's hungry Oh, when a shark opens its mouth

Oh, when a CRAB Opens its claws (Open and close pointer finger and thumb. Make pinchers that move all around. Shuffle feet, side-to-side)

Oh, when a crab opens its claws It can pinch your toes Or your fingers Oh, when a crab opens its claws



Has many arms (Wild wavy arms, team with 2-4 kids to make many wild arms) An octopus has many arms They can wrap around

An OCTOPUS

his whole body (Hug arms around body) An octopus has many arms



### 15. Osito, Osito (Brown Bear, Brown Bear)

The dancing circus bear can touch the ground, turn around, reach for the sky, and jump very high.

Osito, Osito

Touch the ground (Bend or squat and touch the ground) Brown bear, brown bear *Toca el piso* 

Osito, Osito Turn around Brown bear, brown bear,

De la vuelta entera



Osito, Osito
Touch the sky
(Reach high
on tippy toes)
Brown bear,
brown bear
Toca el cielo

Osito, Osito Jump so high Brown bear, brown bear Salte' arriba

# 16. Kangaroos a Go-Go

Allow lots of room for kicking and jumping. What other animals and insects move by leaving the ground in a hopping or jumping motion? Can people move like that? Where do Kangaroos keep their babies?

Like kangaroos Jump with me and go-go And SQUAT down too Push up and then go-go

JUMP up and down Your hands in place TURN AROUND like so-so



And kick and JUMP about the place Kangaroos will go-go

# 17. Animal Letter Rap

Combine movement and letter sounds to improve letter recognition and vocabulary. **Diagrams C1 and C2.** Use the song to introduce a phonic activity, because it's pretty fast. Use letter cue cards and complete an action from the song. Think up new move for new letters. action.

Animal Moves, Animal Moves Give them a letter And let's see what they do

With an L they can LAY, they can LEAP, they can LAND

With an S they will SHUFFLE, they will STRIDE, they will STAND

SWING, SWIM, SCATTER, or SPIN With a P, they can POUNCE, they can PRANCE right it

Animal Moves, Animal Moves Give them a letter And let's see what they do



With an R they can RISE, they can RUN, or RETREAT

With a C they will CLIMB, they will CRAWL, they will CREEP

With an F they can FLOAT, they can FLY in the sky

With a D they will DIVE, they will DANCE right by

# 18. Itsy Bitsy Spider

Traditional finger play song. Tie in with the introduction of insects found around the home and those found outside. Discuss and mimic the different characteristics of insects: color, number of legs, antenna, wings, biting, stinging, flying, climbing, crawling. Use **Diagram D**— Where else did the spider go? More bug songs? How about on our entire "Bugsters Tunes & Tales" music CD.



The itsy, bitsy spider
(Wiggly fingers)
Went up the water spout
(Crawl fingers up into the air)
Down came the rain and washed the spider out
(Bring down hands in a sweeping motion)
Out came the sun and dried up all the rain
(Hand open up over head)
And the itsy, bitsy spider
Went up the spout again
(Crawl fingers up into the air)

La Arana Pequena (The itsy, bitsy spider)
Went up the water spout
Down came la Iluvia (the rain) and washed the spider out
Out came el sol and dried up all the rain
Y La Arana Pequena (The itsy, bitsy spider)
Went up the spout again

# 19. I've Got One Bug

Practice number recognition and counting. Use fingers. When you get to 20, team up with another person holding up 10 fingers. Use paper bugs that kids have cut-out and colored, beans in the individual cups of an egg carton, or manipulatives to help children count with the song. Compliment the song with a felt board: **Diagram E** - Book suggestion: "Bugs by Numbers" by Sharon Werner, and "Hey, Little Ant" by Phillip H. Hoose.

I've got 1 bug You've got 1 bug That makes 2 That makes 2

I can bring another You can bring another We'll have 4 We'll have 4

We've got 4 bugs He's got 1 bug That makes 5 That makes 5

We can bring another He can bring another We'll have 7 We'll have 7 We've 7 bugs She's got 1 bug That makes 8 That makes 8

We can bring another She can bring another We'll have 10 We'll have 10

We've got 10 bugs They've got 10 bugs That makes 20 That makes 20

We sure have a lot of bugs We sure have a lot of bugs Let them go Set them free!

# 20. Act Like You are On a Farm

Good cool down song where kids mimic the sounds of animals found on a farm: duck, horse, pig, cow. It's fun to use animal noses or making identifying head bands as a craft,

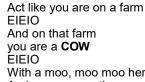
and use them also. What other animals live on a farm? Sheep, goat, rooster, dog... What noises do they make? Compliment the song with a felt board story. Choreograph a silly move that you repeat when you sing EIEIO.

Act like you are on a farm EIEIO And on that farm you are a **DUCK** EIEIO With a quack, quack here And a quack, quack there Here a quack, there a quack everywhere a quack, quack Act like you are on a farm EIEIO

Act like you are on a farm EIEIO And on that farm you are a **HORSE** EIEIO With a neigh, neigh here And a neigh, neigh there Here a neigh, there a neigh everywhere a neigh, neigh Act like you are on a farm EIEIO

#### 20. Act Like You are On a Farm

Act like you are on a farm **EIEIO** And on that farm you are a PIG **EIEIO** With an oink, oink here And an oink, oink there Here an oink, there a oink everywhere a oink, oink Act like you are on a farm **EIEIO** 



With a moo, moo moo here And a moo, moo there Here a moo, there a moo everywhere a moo, moo Act like you are on a farm **EIEIO** 

## 21. Five Little Ducks

Good cool down finger play that get children familiar with counting fingers or manipulatives. Use a felt board or Diagram F. Introduces addition and subtraction on a simple level. Covers the safety issue: "Stay with your caregiver." Expand on the concept by using this STEM experiment Activity G.

5 little ducks went out one day out in the woods and far away Mama duck called, quack, quack, quack, quack But only 4 little ducks came back

4 little ducks went out one day out in the woods and far away Mama duck called, quack, quack, quack, quack

But only 3 little ducks came back

3 little ducks went out one day out in the woods and far away Mama duck called, quack, quack, quack, quack

But only 2 little ducks came back

2 little ducks went out one day out in the woods and far away Mama duck called, quack, quack, quack, quack But only 1 little duck came back



1 little duck went out one day out in the woods and far away Mama duck called, quack, quack, quack, quack But no little ducks came back

Mama duck went out alone one day To look for her babies far away Mama duck called, quack, quack, quack, quack And 5 little duckies all came right back

#### 22. El Coguito (The Little Tree Toad)

Good cool down, sit down song. Sit down and rest when you are tired.

The froggie sits down. He is tired.

El Coqui se sienta. Esta' cansada.

He is resting just under a tree.

Esta' descansando, detras el arbol.

He looks up to see stars in the moonlight.

Mira a las estrellas en la luz de la luna.

His hands rest just on top of his knees.

Los manos descansen en sus rodillas

Sway side-to-side, Sway side-to-side We're resting. We're resting Sway to side-to-side.



# 23. Calif. Indian Thank You Song

Courtesy of Jacque Nunez, Calif. Mission Indian Acjachemen Nation, San Juan Capistrano, CA www.journeystothepast.com

Introduce the many things that the land provides for us, and how much we depend upon it for our survival. Keeping our environment clean is very important to us. and everything in our environment has its purpose.

Discuss how the American Indians lived, what they ate and how they made their clothing & shelters, modes of transportation. They are/were one with the land, and what they hunted did not go to waste.

Hi, hi, hi, HO! Hey, hey, hey, ho! Hi. hi. hi. HO! Hey, hey, hey, ho!

Oompa loo, Huh! Oompa loo, Huh! Mooyla (Moon) Temet (Sun) Ekledle (Earth) Pala (Water)

~ Repeat ~



#### Translation:

Thank you Thank you a lot For the Moon For the Sun For the Earth For the Water

#### Credits:

"California Indian - Thank You Song" Lyrics and song written by:

Jacque Tahuka-Nunez, Storyteller California Mission Indian Acjachemen Nation, San Juan Capistrano, CA

For more info: www.journeystothepast.com

**Music Composition, Arrangement & Production:** Bill Burchell

Original Lyrics & Original Songs: Angela Russ

Music Production: Angela Russ

CD Cover Art & Design: Rodger Sharer

**Print Ready Graphics:** 

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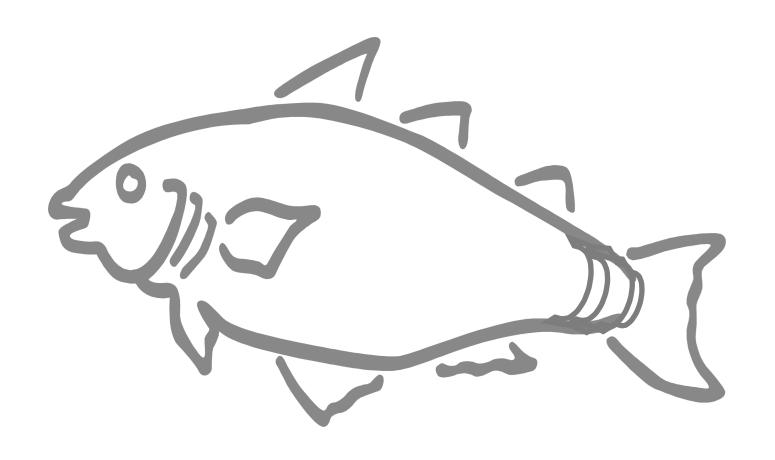
Singers: Angela Russ, Michael Russ, Tim Russ

Donna Sava

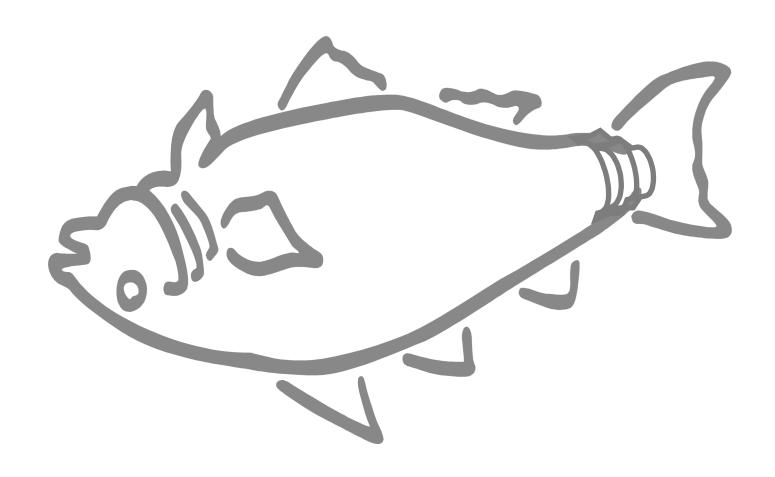
# Thank you for listening, and welcome to the CLUB!

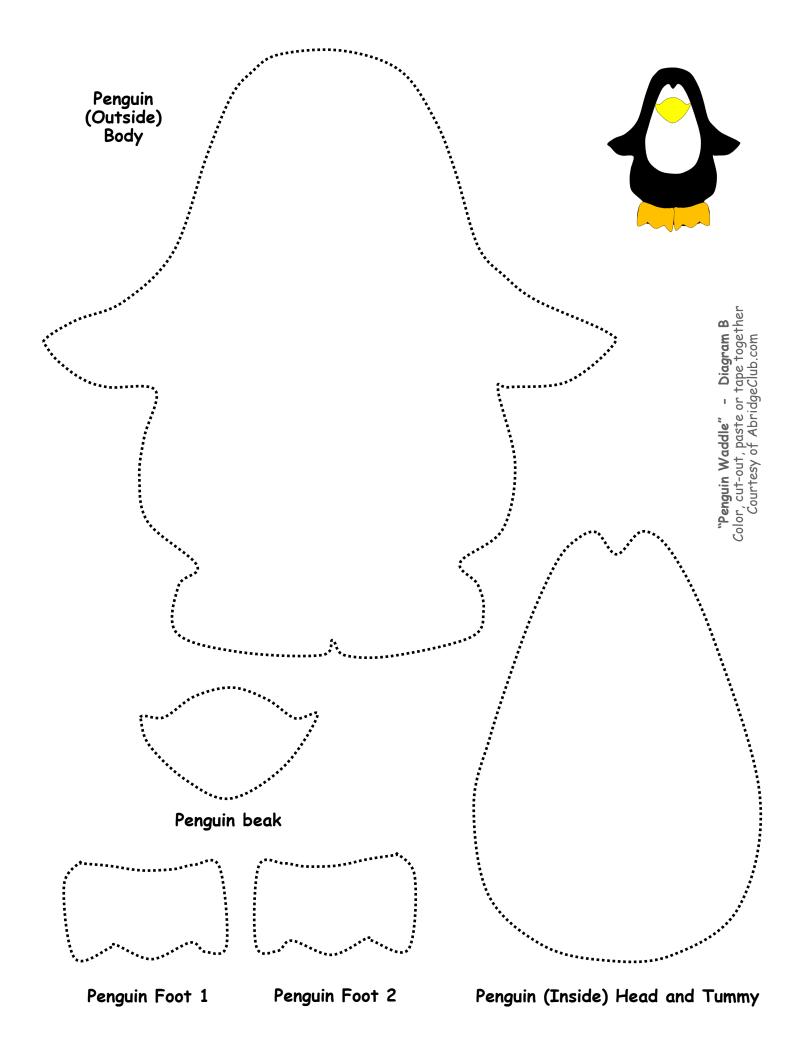
Angela Russ-Ayon Recording Artist ~ Children's Author Keynote Speaker www.AbridgeClub.com

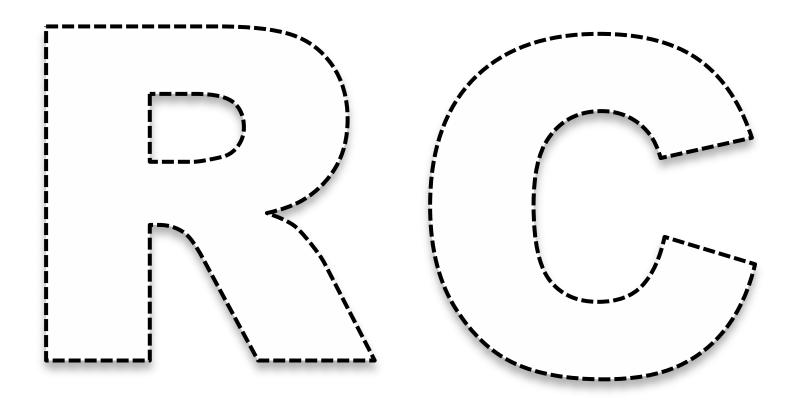




"The Fish in the Sea" - Diagram A - Fish Puppet
FOLD ---- Courtesy of AbridgeClub.com ---- FOLD
Decorate, fold, tape the open end at the top fin, and slide hand inside (right to left)

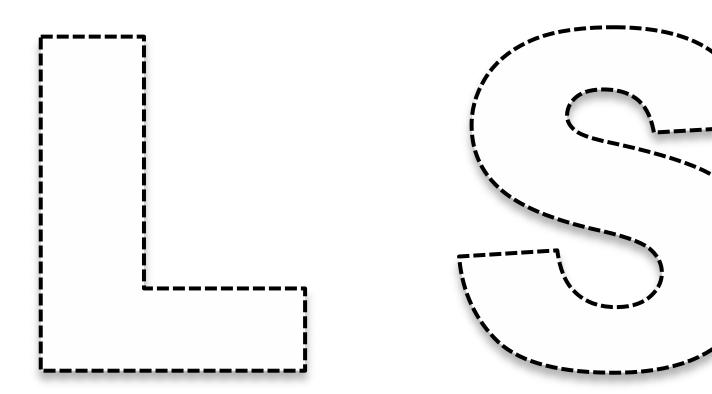




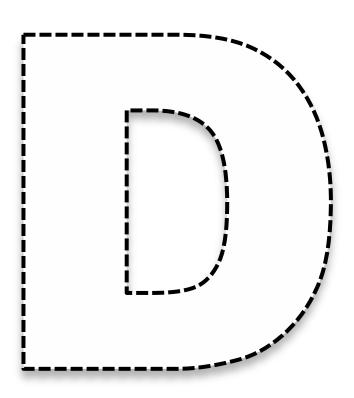


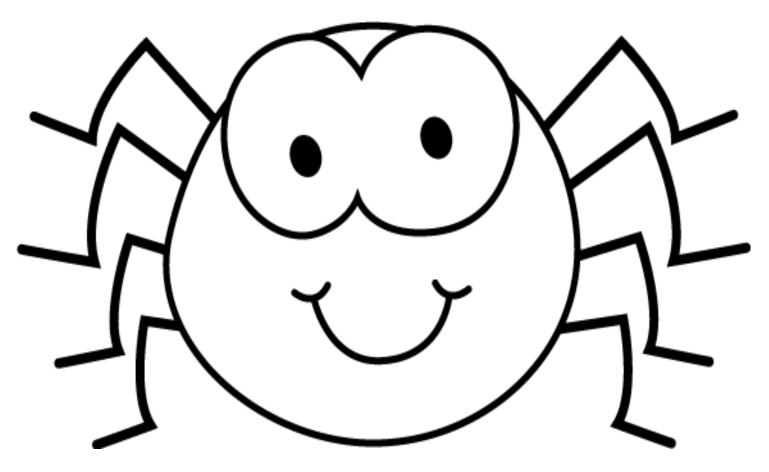
"Animal Moves" - Diagram C1 - Color, cut-out, place on the floor and MOVE!

Courtesy of AbridgeClub.com

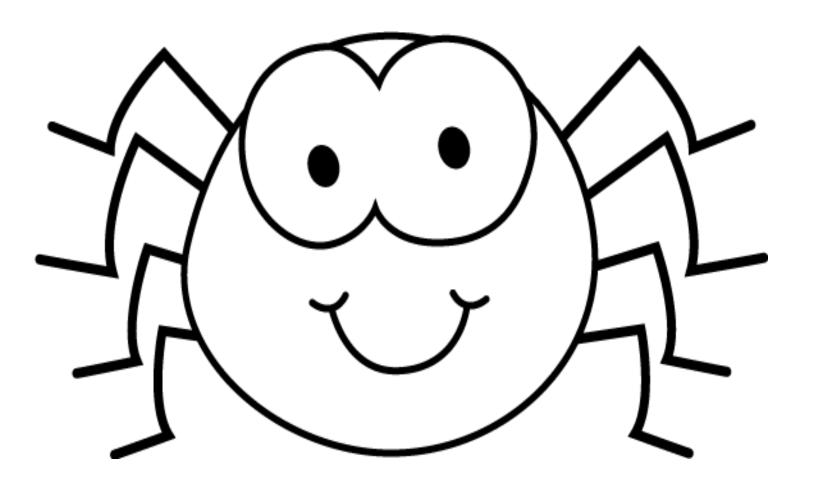




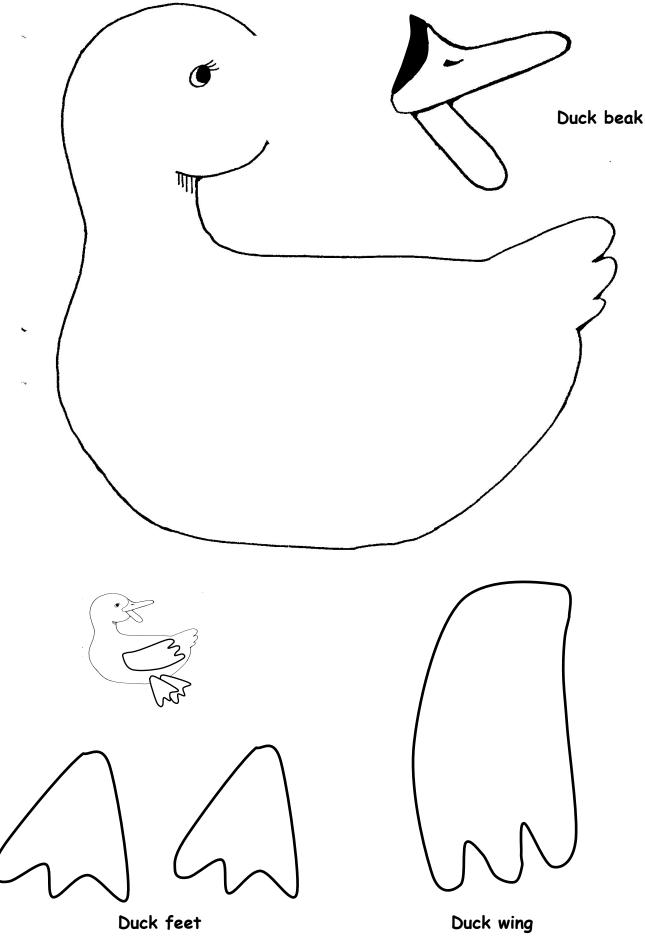




"Itsy Bitsy Spider" - Diagram D - Color, cut-out, place where the spider goes Courtesy of AbridgeClub.com



"I've Got 1 Bug" - Diagram E - Color, cut-out, use for and counting activity
Courtesy of AbridgeClub.com



# **DUCK Experiment — STEM / SCIENCE Extension**



# AbridgeClub.com MUSIC:

Animal Romp & Stomp CD, Song "5 Little Ducks" Math, Music & Motion CD, Song "Down and Up I Go"



#### INTRODUCTION:

- Heavy things usually sink when they are placed in water.
- But many objects will float, if they are filled with air.
- A ducks feathers trap air like a balloon or like water wings that children wear on their arms in a swimming pool.
- They also have air sacs inside their bodies, like a balloon.
- When a duck wants to dive under water, it squeezes the air out from it's wings and lungs, then holds air again to float.
- Ducks also have very light weight bones inside of their bodies that help them float. Their bones are not as solid as ours.
- If light objects are placed in water, and the objects absorb the water, they become heavier and might sink.
- Ducks aren't very light, but they spread an oil that their body makes all over their body. The oil keeps water from soaking into their feathers, and keeps their bodies light.

#### **ACTIVITY:**

- 1. Fill up large glass bowl/s or small aquarium with water.
- 2. Demonstrate how the water rolls off of the balloon, like it rolls off of a duck's oiled feather, making it waterproof.
- 3. Demonstrate how the water is absorbed into a paper towel, because it is not waterproof.
- 4. Demonstrate how the balloon with air inside will float, like the air sacs inside of a duck's body.
- 5. Have all of the children breath in and hold their breaths.
- Show how you use the air in your lungs fills/expands a balloon.
- 7. Show how hard it is to push the full balloon under water.
- 8. Then, demonstrate how easy it is to push an empty balloon under water, like when the air sacs are empty.
- 9. Explain how a duck pushes the air out in order to dive down for food.
- 10. Let children practice this with full balloons and empty balloons.
- 11. Take a smooth rock and pour water over it to show that it doesn't absorb the water, and is not waterproof.
- 12. Ask the children for a prediction, and then place the rock/s in the water to see if it/they will float or sink.
- 13. Let the children make predictions on other random items around the room.
- 14. How do our bodies compare with a duck's body?

# SCIENTIFIC CONCEPTS ADDRESSED

Expansion & Contraction
Weight: Heavy & Light
Movement

Pressure Mass Gravity

#### **MATERIALS:**

- (1) clear bowl/s or small aquarium
- (4) 8-12 ounce water bottles
- (1) empty balloons
- (1) blown up and tied balloons
- (1) paper towels
- (1) small smooth rocks

As many as you feel you need to engage all of the children.

## **BOOKS:**

### 10 Little Rubber Ducks

by Eric Carle

10 little rubber ducks get swept away and float to every part of the world. They all find adventure, but one duck finds something very special!

#### "Come Along, Daisy"

By Jane Simmons

Daisy learns why it is important to stay close to Mama.

## Do Like a Duck Does

by Judy Hindley

Mama Duck has a good hunch that the big brown creature waddling behind her babies is no duck! It's a FOX!



#### **Alternate ARTWORK:**

- (1) white or yellow paper plate
- (4) colored feathers
- (1) small orange triangle
- (1) black marker for eye