

Smart Steps for Toddler: Move, Share, Listen, Learn

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Toddlers... what a wonderful age. They learn about their environment and make discoveries through play and exploration. These developmentally appropriate INTERACTIVE songs encourage

toddlers to move and share creative experiences. They gain an understanding of spatial sense, improve their listening skills, are exposed to language, and develop motor skills. Encourage them to bounce, babble, pound, sway, clap, stomp, jump, wiggle, and more to melodic rhythms and rhymes that address the brain's attention to patterns, the body's urge to move, and the development of memory.

Simple concepts are introduced in a way that increases their desire to listen more, learn more, and know more. Start by assisting your child and they will eventually become more independent and interpret the moves themselves.



1. Special HELLO Song

A step-by-step action song that addresses separation anxiety. Do the actions together routinely before you leave and after you return.

Let us play our special game
 Since one of us will stay
 We won't be apart for long
 And you will be okay

Clap with me 1,2,3
 1,2,3
 Tap you head, like this
 Like this
 Shake my hand 1,2,3
 1,2,3
 Then we will blow a kiss
 A kiss

When I see you once again
 We both can play this game
 Then I will give you your kiss back
 And you can do the same

Clap with me 1,2,3
 1,2,3
 Tap you head, like this
 Like this
 Shake my hand 1,2,3
 1,2,3
 Then we will blow a kiss
 A kiss
 Clap with me 1,2,3
 1,2,3
 Tap you head, like this
 Like this
 Shake my hand 1,2,3
 1,2,3
 Then we will blow a kiss
 A kiss



2. Circle Time

Sitting in a circle (make a circle with arms)
 Circle, circle
 Sitting in a circle
 Circle time

Space for me
 And space for you
 We're sitting in a circle
 Looking fine

Stopping & listening (hands cup ears)
 Stopping & listening
 Looking & waiting (hands circle around eyes)
 Looking & waiting

All in a circle for circle time

Sitting in a circle (make a circle with arms)
 Circle, circle
 Sitting in a circle
 Circle time

Space for me and space for you
You do have yours and I have mine

Reading or playing
(hold hands like an open book)

Reading or playing
Singing or dancing
(cup hands around mouth)

Singing or dancing
All in a circle for circle time



3. My Hands, My Hands

We can do all sorts of things with our hands: wave, pound, touch, squeeze, clap, clean.

My hands, my hands
can wave, can wave
and help me say hello
Wave, wave

My hands, my hands
Can pound, can pound
And help me mash the dough
(Pound a fist into palm, on thighs, on a table, on a pillow)
Pound, pound

My hands, my hands
Can touch, can touch
They help me touch and feel
(Spread hands wide and rub hands together, rub palms on thighs, on a table, on a pillow)
Touch and feel

My hands, my hands
can squeeze, can squeeze
and help me eat my meal
(Squeeze hands together, squeeze a pillow, squeeze something soft)
Squeeze, squeeze

My hands, my hands
Can clap, can clap
And help me keep the beat

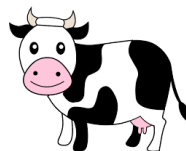
My hands, my hands
Can clean, can clean
And keep my space so neat

(Pinch fingers, act like grabbing or wiping, pick up something within reach)

Clean, clean
My hands!

4. The Cow Goes

Visit imaginary farm animals to practice listening skills. You can't see them, but you can hear them. Children mimic the sounds and actions of the cow/ walk, duck/waddle, dog/run, and pig/ roll.



The cow goes
Moo, Moo, Moo
And then he walks around the farm

The duck goes
Quack, quack, quack
And waddles back into the pond

The dog goes
Woof, woof, woof
And runs around, the barn

The pig goes
Oink, oink, oink
And rolls in mud that's on the ground
(roll hands and forearms around each other or roll like a tootsie roll on the ground)

5. When I am Happy

Explore different feelings: happy, sad, angry, tired, sick, excited. Make facial expression and act out the emotions.



When I am happy,
HA HA HA

HA HA HA
When I am sad
boo hoo hoo
boo hoo hoo

When I am angry
I just might stomp my feet
1, 2 - 1, 2 - 1, 2

When I am tired,
A yawn is what I do (yawn)

When I am sickly,
You just might hear Achoo!
Achoo!
When I'm excited
Hooray, Yippee, Yahoo!
Hooray, Yippee, Yahoo!

These are my feelings
And if you have them, too
Hooray, Yippee, Yahoo!
Hooray, Yippee, Yahoo!



6. Bumpy Road

A bouncing or jumping song.
Bounce the toddler on your knee, or they can bounce in their seats, or they can jump around. Hold onto the steering wheel!

Oh we're driving down a road
Yes, a bumpy road
And, we're bouncing up and down

All around the town
Bouncing up and down
We can hear the funny sounds

(Horn sound effects)

Turn a corner on the road
Hit a big pot hole
And into the hole I go

7. Babble Babble

Listening skills! Imitate saying the word "babble" and clap to the rhythm. Experiment with singing "babble" with vocals in high and low pitches or soft and loud volume.

Babble babble will
Babble babble won't
Babble babble do
Babble babble don't

Will you babble?
Yes, I will
Do you babble?
No, I don't

Babble babble (clap, clap)
Babble babble (clap, clap)
Babble babble (clap, clap)
Babble babble (clap, clap)

Babble babble will
Babble babble won't
Babble babble do
Babble babble don't
Will you babble?

Yes, I will
Do you babble?
No, I don't

Babble babble (clap, clap) x 4



8. We Blow the Bubbles

Blow real or imaginary bubbles.
Blow with the mouth, pop & catch
with hands, stomp with feet.

We blow the bubbles
We blow the bubbles

We pop the bubbles
We pop the bubbles

We catch the bubbles
We catch the bubbles

We stomp the bubbles
We stomp the bubbles

We blow the bubbles
And we... we pop the bubbles
And we... we catch the bubbles
And we STOMP!

STOMP! STOMP!

9. The Train Ride

Move independently
or in a line shuffling
feet to the beat of the song. Great
for limited space.

Pump arms around at sides like
the mechanism on the wheel of a
train. Blow the imaginary whistle.



Wave to the people, slow down and
stop.

Toot, Toot

The train goes down the track
Engine in the front
The train goes down the track
Caboose is in the back

Toot, Toot

The train goes down the track
The train goes around the bend
Pull the train's whistle
The train goes around the bend
Take turns with a friend
The train goes around the bend

The train is slowing down
Wave to all the people
The train is slowing down
What a welcome town

The train is slowing down
The train is slower now
All I can say is, WOW!

The train is stopping now.

10. How Do you Move?

Move around while interpreting the
sounds you hear with the rest of your
body: walk, march, jump, walk.

How do you move to a sound like this?
How do you move to a sound like this?
I feel like walking, like walking today
I feel like walking, like walking this way
(Walk and interpret the sounds of the
music you hear. Do a silly walk!)

How do you move to a sound like this?
How do you move to a sound like this?
I feel like marching,
like marching today
I feel like marching,
like marching this way
(March! Change directions. March in a
circle. Shake a homemade instrument)

How do you move to a sound like this?
How do you move to a sound like this?
I feel like jumping, like jumping today
I feel like jumping,
like jumping this way

(Jump using two feet: forward, back,
sideways)

How do you move to a sound like
this?
How do you move to a sound like
this?
I feel like walking, like walking today
I feel like walking, like walking this
way



11. Colors

Orange is a carrot
Pluck carrots from ground
Yellow is the sun
Arms in a big circle
Green is the grass
Where I can run and run and run
run and run and run **RUN!**

Purple is a grape
Pick the grapes from waist level vine
Blue is the sky
Arc arms like a rainbow overhead
White are the clouds
Where birds can flap their wings and
fly flap their wings and fly **FLAP!**

Red is a cherry
Pick high up from the cherry tree
Black is a bear
Claw like a bear
Grey is the moon
That I can reach for way up there
I reach for way up there **REACH!**

12. Touch Your Head

Action song using parts of the body,
sung to "If You're Happy and You
Know It."

Touch your head
Touch your nose
Wave hello... hello

Touch your head
Touch your nose
Wave hello...hello

Touch your head
Touch your nose
Touch your head
Touch your nose

Touch your head
Touch your nose
Wave hello... Hi, hello there!

Touch your ears
Touch your cheek
Take a peek
(Make circles with your hands and use them like binoculars to peek through)

Touch your ears
Touch your cheek
Take a peek

Touch your ears
Touch your cheek
Touch your ears
Touch your cheek

Touch your ears
Touch your cheek
Take a peek

13. Clap, Jump, Thump

A series of hand claps, two foot jumps, and thumps (using four fingers that fly off the thumb)

Clap, clap, clap
Jump, jump, jump
I raise my fingers
and thump, thump, thump

Ok, Kids. We're clapping.

Clap, clap, clap
Jump, jump, jump
I raise my fingers
and thump, thump, thump

Clap, clap, clap
Jump, jump, jump
I raise my fingers
and thump, thump, thump

Around in a circle, around I go
Clapping high and clapping low

Around in a circle, around I go
Clapping high and clapping low

Jump, jump, jump
Clap, clap, clap
I raise my arms
and flap, flap, flap

Ok, Kids. We're jumping.

Jump, jump, jump
Clap, clap, clap
I raise my arms
and flap, flap, flap

Jump, jump, jump
Clap, clap, clap
I raise my arms
and flap, flap, flap

Around in a circle, around I go
Clapping high and clapping low

Around in a circle, around I go
Clapping high and clapping low



14. Come on and Say the Alphabet with Me

Sing the alphabet song

Come on and say,
the alphabet with me
Come on and say,
the alphabet with me
At first we start with A,
and then we move right on to Z

15. Wiggle Your Fingers and Hands

Wiggle your fingers and hands
With ten fingers and two hands
Wiggle your fingers and hands
(Wiggle hands and different positions: at shoulder level, down by the hips, up in the air, down at the feet, out to the side, behind back)

Stomp your little feet
Stomp your little feet

Stomp the ground with two feet
Stomp you little feet
(Stomp feet: close together, out wide, in a squat position, one foot forward & one foot back)

Wiggle your fingers and hands
Wiggle your fingers and hands
With ten fingers and two hands
Wiggle your fingers and hands

Shake your little hips
Shake your little hips
Put your hands on your hips
Shake your little hips

Wiggle your fingers and hands
Wiggle your fingers and hands
With ten fingers and two hands
Wiggle your fingers and hands

16. Big Toe, Little Toe

Seated or standing

Big toe, little toe
3 in between
(Wiggle feet)



Wiped and washed and
nice and clean
(Circle hands in a wiping motion)
I touch my toes
with my hands
(Touch toes)

1 foot, 2 feet
help me stand
(IF SEATED, bend knees and tap one foot on the ground and then the other - or tap hands on feet. Standing is optional. IF STANDING, step with one foot and then the other)

17. Bee, Ant, Froggie

Mimic the movement of animals and insects: bee/Flap Arms, march like ants, jump like froggies

Flap, flap, your wings and
Fly around with me.
Flap, flap your wings just
like a busy bee.
The bee is going to fly
past your nose.
Here he comes
There he goes.



Buzz Buzz Buzz
Buzz Buzz Buzz

Raise, raise your knees and
march around with me
March, march just like
an ant upon a tree
The ant is going to march
with his friends
Around your feet
and back again

Cymbals, cymbal, cymbal
Cymbals, cymbal, cymbal

Lift, lift, both feet and
Jump around with me
Lift, lift both feet just
like a big froggie

The frog is going to jump
In the air
From right here... to
Over there

Croak Croak Croak
Croak Croak Croak



18. When I Share

Young children rarely want to give up what they have. Practice passing, holding, and passing age-appropriate items around in a circle: scarves, bean bags, manipulatives, etc. Prompt the children to pass all at the same time.

When I share, I let you touch
so, please be careful.
Thank you so much.

We take turns, passing, passing
We take turns, holding, holding

When I share, you know it's mine
and give it back after a time

We take turns, passing, passing

We take turns, playing, playing

When I share, we show and tell
and play together very well

We take turns, passing, passing
We take turns, holding, holding

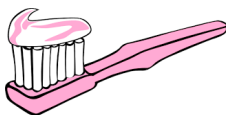
When I share, you play with me
I play with you and others, too

We take turns, passing, passing
We take turns, playing, playing

When I share, we take turns
We wait and watch
We watch and learn

We take turns, passing, passing
We take turns, holding, holding

We take turns, passing, passing
We take turns, playing, playing



19. I Brush My Teeth

On a brush I squeeze...
my tooth paste
Open my mouth on my face
Shake shake shake (brushing sound)
shake shake shake (brushing sound)
It's a funny pasty taste

Oh... I brush my teeth to and fro
Up and down and up I go
Shake shake shake (brushing sound)
shake shake shake (brushing sound)
Up and down I go

Oh....It makes a silly brushing sound
In my mouth and all around
Shake shake shake (brushing sound)
shake shake shake (brushing sound)
Round and round and round

I rinse and rinse and rinse and spit

Spit out every little bit
Swish, swish, swish, swish (brushing sound)
Swish, swish, swish, swish (brushing sound)
Spit out every bit

So... I squeeze and squeeze,
brush and brush,
rinse and rinse,
spit and spit.

And to keep my smile clean and
bright
I brush my teeth day and night

20. The Potty Song

When I have to pee pee
When I have to poo
I sit on the potty
I do!
I do!

I don't go in my diaper
I am big enough to say
I don't go in my undies
No way!
No way!

I hear my pee pee tinkle
I hear my poo poo plop
When I know I am finished
I stop!
I STOP!

Time to wipe my bum bum
Flush my poo and pee
I use soap to wash my hands
Yes, me!
YES, ME!
YES, ME!
YES, ME!

Poo and Pee
Wipe, wipe me
Flush then
Wash my hands

Poo and Pee
Wipe, wipe me
Flush then
Wash my hands





21. It's Time to Say Goodbye

It's time to say goodbye
 It's time to say adios
 Keep everything you're learned
 And everything you know
 Tucked safely in your head
 And remember as you go
 Before you say, "Goodbye"
 To smack a kiss
 And blow.....

22. Gentle Breeze

*Mindful moments: soft and slow wings
 flapping, slow swaying and bending,
 gentle reaching and stretching. Take
 big, deep breaths.*

I'm making gentle wings
 Flapping, gliding
 in the quiet breeze

I'm making gentle wings
 Flapping, gliding
 in the quiet breeze

I make a quiet breeze
 swaying, bending
 the leaves on the trees

I make a quiet breeze
 swaying, bending
 the leaves on the trees

I make a solid tree
 reaching, growing
 as tall as can be

I make a solid tree
 reaching, growing
 as tall as can be



23. Hush Little One

Calming, resting song.

Hush Little One
 Rest little one
 Now it's time to
 rest yourself to sleep
 Rest yourself to sleep

Soft instrumentation