



# Songs and Rhymes

Songs and rhymes can help you coordinate activities.  
Chant each line and act out the actions with the swimmers.

## **Bullfrog**

Here's Mr. Bullfrog  
Sitting on a rock.  
Along comes a little boy  
Mr. Bullfrog jumps kerplop!

## **Little Frog**

A little frog in a pond am I,  
Hippity, hippity, hop.  
And I can jump in the air so high,  
Hippity, hippity, hop.

## **My Turtle**

This is my turtle,  
He lives in a shell,  
He likes his home very well.  
He pokes his head out when he wants to eat,  
And pulls it back when he wants to sleep.

## **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.

## **Little Fish**

Little fish goes out to play,  
He wiggles his fins,  
Then he swims away.  
He swims and swims in the water bright,  
He swims and swims both day and night.

## **Swimming Duck**

When a yellow duck walks down the street,  
"Quack! Quack!" goes his bill,  
Waddle, waddle, go his feet.  
He comes to a puddle, and without a sound,  
In goes the yellow duck,  
And swims around and around.

## **Five Little Fishes**

Five little fishes were swimming near the shore,  
One took a dive, and then there were four.  
Four little fishes were swimming out to sea,  
One went for food, and then there were three.  
Three little fishes said, "Now what shall we do?"  
One swam away, and then there were two.  
Two little fishes were having great fun,  
But one took the plunge,  
And then there was one.  
One little fish said,  
"I like the warm sun."  
Away he went, and then there were none.

## **Hickory Dickory Dock**

Hickory dickory dock. (Action: Form a circle and join hands)  
The mouse ran up the clock. (Action: Sway)  
The clock struck one. (Action: Run into the middle and clap once)  
The mouse ran down. (Action: Run out)  
Hickory dickory dock. (Action: Sway)

## London Bridge

London Bridge is falling down,  
Falling down, falling down,  
London Bridge is falling down,  
My fair lady—O  
Build it up with sticks and stones,  
Sticks and stones, sticks and stones,  
Build it up with sticks and stones  
My fair lady—O.

Actions:

- Two people make a bridge. Everyone else goes under the bridge as it sinks lower and lower in the water. Then, the bridge rises up.

## Goin' on a Lion Hunt

(The Instructor says one verse, and the group repeats it.)

Goin' on a lion hunt. (Action: Hands on hips)  
Gonna catch a big one. (Action: Open arms wide)  
But I'm not afraid. (Action: Point to chest)  
Look at all my friends. (Action: Point to class)

Oh, oh, look what I see!  
I see some grass\*  
Can't go over it,  
Can't go under it,  
Can't go around it,  
Gotta go through it! (Action: Motions of going through tall, thick grass)

- \* In following verses, substitute:
- Trees
  - A pond
  - A bridge
  - A mountain
  - Final verse—everyone sees the **lion!** They run back through all the obstacles to safety. The last line is: “Whew—but I'm not afraid!”

## If You're Happy and You Know It

If you're happy and you know it, clap your hands.  
If you're happy and you know it, clap your hands.  
If you're happy and you know it, and you really want to show it,  
If you're happy and you know it, clap your hands.

Additional verses:

- Stamp your feet
- Blow some bubbles
- Jump up high
- Shout hurrah!
- Disappear (go underwater)
- Turn around

## Do Your Ears Hang Low?

Do your ears hang low?  
Do they wobble to and fro?  
Can you tie them in a knot?  
Can you tie them in a bow?  
Can you throw them over your shoulders  
Like a continental soldier?  
Do your ears hang low?

Actions:

- Perform the appropriate actions.
- Repeat song faster and faster.

## The Farmer Plants His Corn

The farmer plants his corn. (Action: Everyone pretends to be a little seed)  
The farmer plants his corn.  
Hi, ho the derry—O,  
The farmer plants his corn.

Additional verses:

- The rain begins to fall... (Action: Everyone imitates rain)
- The corn begins to grow... (Action: Everyone slowly stretches up from seed position to become tall stalks of corn)
- The farmer cuts his corn... (Action: Everyone falls down like corn falling off the stalks)

## Head and Shoulders

Head and shoulders, knees and toes,  
Knees and toes, knees and toes,  
Head and shoulders, knees and toes,  
Eyes, ears, mouth and nose.

Actions:

- Touch each part of the body as it is called out.

## Songs and Rhymes

### Humpty Dumpty

Humpty Dumpty sat on the wall. (Action: Sit on pool edge, hands outstretched, imitating big tummies)  
Humpty Dumpty had a great fall. (Action: Fall in)  
All the king's horses,  
And all the king's men,  
Couldn't put Humpty together again. (Action: Do a back float)

### Jack and Jill

Jack and Jill went up the hill (Action: Sit on pool edge)  
To fetch a pail of water. (Action: Scoop water)  
Jack fell down,  
And broke his crown, (Action: All the boys fall in)  
And Jill came tumbling after. (Action: All the girls fall in)

### People on the Boat

The people on the boat go up and down,  
Up and down,  
Up and down,  
The people on the boat go up and down all day long.  
The wipers on the boat go swish, swish, swish,  
Swish, swish, swish,  
Swish, swish, swish.  
The wipers on the boat go swish, swish, swish, all day long.  
The horns on the boat go honk, honk, honk,  
Honk, honk, honk,  
Honk, honk, honk.  
The horns on the boat go honk, honk, honk, all day long.  
The anchors on the boat just sit on the bottom,  
Sit on the bottom,  
Sit on the bottom,  
The anchors on the boat just sit on the bottom, all day long.

### I'm Bein' Swallowed by a Boa Constrictor

I'm bein' swallowed by a boa constrictor,  
I'm bein' swallowed by a boa constrictor,  
I'm bein' swallowed by a boa constrictor,  
And I don't like it very much.

Additional verses:

Replace "And I don't like it very much" with:

- Oh no, he's got my toe!
- Oh gee, he's got my knee!
- Oh heck, he's got my neck!
- Oh dear, he's got my ear!
- Oh gee, he's got all of me!

### Alice the Camel

Alice the camel has five humps,  
Alice the camel has five humps,  
Alice the camel has five humps,  
Go Alice, Go, Boom, Boom, Boom.

Additional verses:

Repeat the song replacing:

- Five humps with four humps
- Four humps with three humps

And so on until the last verse:

Alice the camel has no humps,  
Alice the camel has no humps,  
Alice the camel has no humps,  
'Cause Alice is a horse!

### This Is the Way We Play It Safe

This is the way we play it safe,  
Play it safe,  
Play it safe,  
This is the way we play it safe, all day long.

Additional verses:

Repeat, replacing "all day long" with:

- Wearing our PFD.
- Swimming with our buddies.
- Taking our Red Cross swimming lessons.

### Shake, Shake

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 woggles away!

### Old McDonald Had a Pond

Old McDonald had a pond  
Ee ei ee ei oh.  
And in his pond he had some fish  
Ee ei ee ei oh.  
With a blub blub here, and a blub blub there,  
Here a blub, there a blub, everywhere a blub blub  
Old McDonald had a pond  
Ee ei ee ei oh.

Additional verses:

- Frogs that go ribbit
- Ducks that quack
- And so on

### Row, Row, Row Your Boat

Row, row, row your boat  
Gently down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.  
Swim, swim, swim yourself  
Gently down the stream.  
Merrily, merrily, merrily, merrily,  
Swimming isn't as hard as it seemed!

Additional verses:

- Kick, kick, kick your feet...
- Stroke, stroke, stroke your arms...
- Blow, blow, blow your bubbles...

### Itsy Bitsy Spider

The itsy bitsy spider ran up the water spout.  
Down came the rain and washed the spider out.  
Out came the sun and dried up all the rain,  
And the itsy bitsy spider climbed up the spout again.

### The More We Get Together

The more we get together, together, together,  
The more we get together, the better we'll swim!  
We move our arms,  
We kick our feet,  
We blow bubbles,  
The more we get together, together, together,  
The more we get together, the better we'll swim!  
We lie on our backs,  
We kick our feet,  
We stand up tall,  
The more we get together, together, together,  
The more we get together, the better we'll swim!

### All Around the Mulberry Bush

All around the mulberry bush  
The monkey chased the weasel.  
The monkey thought it was all in fun,  
Pop goes the weasel!

### Twinkle, Twinkle Little Star

Twinkle, twinkle little star  
How I wonder what you are.  
Up above the world so high  
Like a diamond in the sky.  
Twinkle, twinkle little star  
How I wonder what you are.

### Swimming, Swimming

Swimming, swimming  
In a swimming pool.  
When days are hot,  
When days are cold,  
In a swimming pool.  
Front stroke, back stroke,  
Fancy diving too.  
Oh don't you wish you never had  
Anything else to do!

### I'm a Little Teapot

I'm a little teapot, short and stout  
Here is my handle, here is my spout.  
When I get all steamed up  
Then I shout,  
Tip me over and pour me out!

## Songs and Rhymes

### We'll Be Blowing Big Loud Bubbles

(To the tune of “She’ll Be Coming Around the Mountain”)

We’ll be blowing big loud bubbles when we stop,  
We’ll be blowing big loud bubbles when we stop,  
We’ll be blowing big loud bubbles,  
We’ll be blowing big loud bubbles,  
We’ll be blowing big loud bubbles when we stop.

Additional verses:

- Kicking big fat splashes
- And so on

### Goin’ on a Fishing Trip

(Chorus)

Goin’ on a fishing trip  
But I’m not afraid,  
'Cause I know my safety rules  
And I want to stay alive.  
Oh! Look what I see.  
I see a big lake and my little boat.  
Better put my lifejacket on.  
Oh! Look what I see.  
I see my empty boat.  
I need my safety equipment.  
What do I need?  
Oh no! Look what I see.  
I see **big** waves.  
Rock, rock, roll, roll. (Action: fall out of boat)  
What should we do?  
Oh oh! Look what I see.  
I see someone coming to rescue me.  
Sure glad I stayed with my boat!

Instructions:

- Class repeats each line after the teacher

### Five Little Frogs

Five green and speckled frogs,  
Sat on a speckled log,  
Eating some most delicious bugs.  
Yuuuuuummmmm, yummy!  
One jumped into the pool,  
Where it was nice and cool,  
Then there were  
Four green speckled frogs...

Additional verses:

Continue the song until there is only “one green and speckled frog” left.