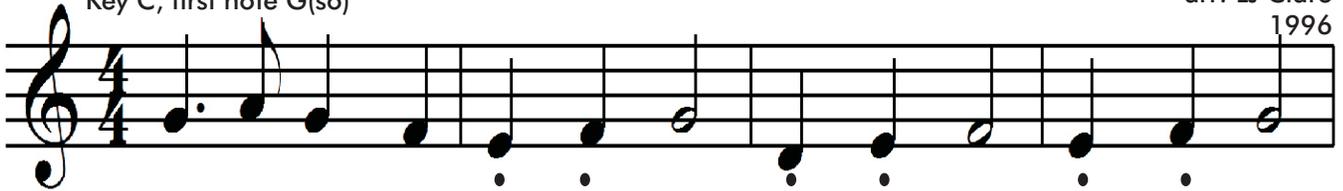


# Head and Shoulders

Key C, first note G(so)

arr: LJ Clare  
1996



Verse 1 Head and shoul-ders, knees and toes, knees and toes, knees and toes,  
 Verse 2 Head and shoul-ders, el - bows, hips, el - bows, hips, el - bows, hips,  
 Verse 3 Head and shoul-ders, tums and bums, tums and bums, tums and bums,



Head and shoul-ders, knees and toes, eyes, ears, mouth and nose.  
 Head and shoul-ders, el - bows, hips, eyes, ears, skin and lips.  
 Head and shoul-ders, tums and bums, belly-button, fingers and thumbs.

When the same music is used for different sets of words, the word sets are called verses. Verses are numbered to make it easy to find the words.

Can you find the verse numbers for each of the body parts below?



shoulders Verse \_\_\_\_\_

elbows Verse \_\_\_\_\_

hips Verse \_\_\_\_\_

Verse \_\_\_\_\_ ears

Verse \_\_\_\_\_ fingers

Verse \_\_\_\_\_ knees

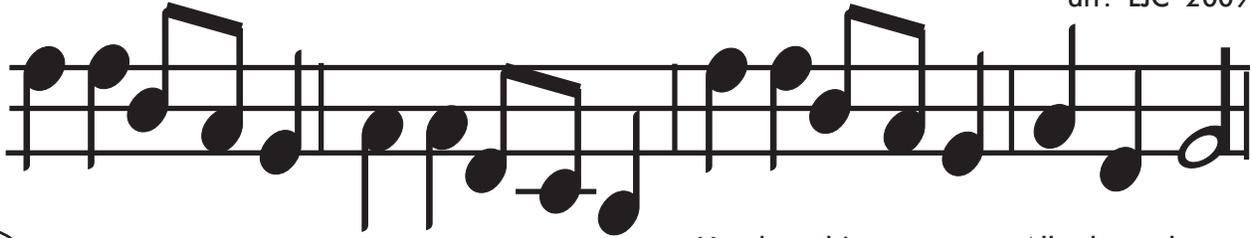
Verse \_\_\_\_\_ toes



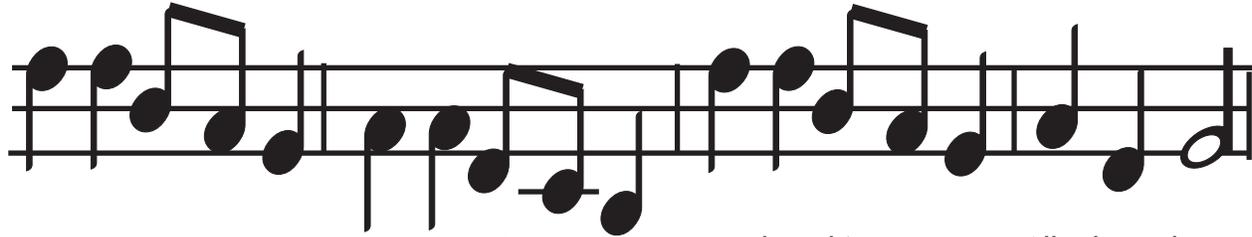
# Ha, Ha This-A-Way

Key G, first note D(so)  
a cappella count-in: 1,2,1,2,Ha...

United States  
folksong  
arr: LJC 2009



**Chorus** Ha, ha, this - a way, Ha, ha, that-a way Ha, ha, this- a way, All day long.



Ha, ha, this - a way, Ha, ha, that-a way Ha, ha, this- a way, All day long.

**Verse 1**

Ev'rybody wave, wave, wave, Ev'rybody wave all day long.  
Ev'rybody wave, wave, wave, Ev'rybody wave all day long.

**Chorus**

**Verse 2**

Ev'rybody stomp, stomp, stomp, Ev'rybody stomp all day long.  
Ev'rybody stomp, stomp, stomp, Ev'rybody stomp all day long.

**Chorus**

**Verse 3**

Ev'rybody tiptoe, tiptoe, tiptoe, Ev'rybody tiptoe all day long.  
Ev'rybody tiptoe, tiptoe, tiptoe, Ev'rybody tiptoe all day long.

**Chorus**



**Choose or think of 3 verbs to make your own version of this song.**

**Verse 1**

Ev'rybody \_\_\_\_\_

**Verse 2**

Ev'rybody \_\_\_\_\_

**Verse 3**

Ev'rybody \_\_\_\_\_

clapping  
stretching  
wiggling  
swimming  
trotting  
tip-toes  
stomping  
flying  
floating  
sneaking

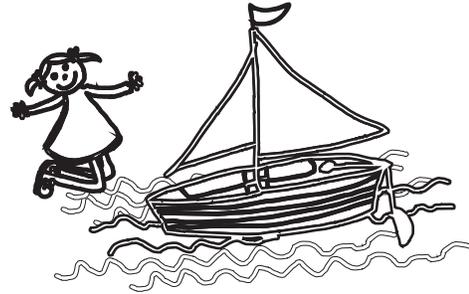
**This song has three verses. How many time do you sing the chorus?**

# When I Was One

Canada  
 Skipping Rhyme  
 20th Century  
 arr: ljc 2010

Key G, first note D(low so),  
 a cappella count-in: 1 and 2 and 3 when

When I was one I ate a bun, going over the sea,  
 I jumped aboard a sailing ship  
 and the sailor said to me,  
 "Going over, going under,  
 stand at attention, like a soldier,  
 with a 1, 2, 3."



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1	ate	a bun
2	dropped	my shoe
3	climbed	a tree
4	painting	the floor
5	danced	the jive
6	played	some tricks

When I was 3  
 I climbed a tree



but

what if I  
 painted a tree  
 instead?



**Create your own silly song by changing the verbs. What will you sing?**

When I was one I \_\_\_\_\_ a bun

ate

When I was two I \_\_\_\_\_ my shoe

dropped

When I was three I \_\_\_\_\_ a tree

played

climbed

When I was four I \_\_\_\_\_ the floor

painting

When I was five I \_\_\_\_\_ the jive

danced

When I was six I \_\_\_\_\_ some tricks

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# One Person, Many Voices

Key C, first note G(so)  
count-in: 1 and-a, 2 and-a, Shout....

teaching rhyme  
Canada 2012  
LJ Clare

**Shout-ing** is an out - side voice, call - ing to far a - way.  
**Speak-ing** is an in - side voice, for work-ing or for play.  
**Whis-per-ing** is a qui-et voice so bab-ies can sleep in the day.

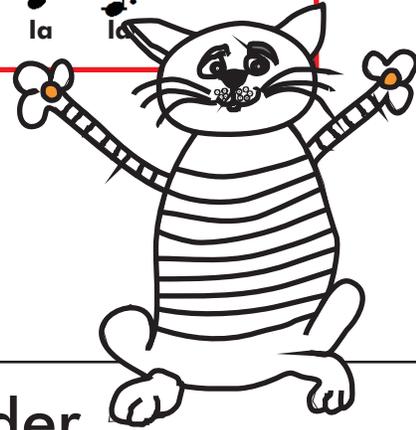


Sing-ing is a spec-ial voice, and it goes this way-----.



La la la la la la la. La la la la la

**When cats shout they yowl.**  
**When cats speak they meow.**  
**When cats whisper its with a hissssss**  
**When cats sing, its purr bliss.**  
by LJ Clare



# Follow The Leader

Key D, first note so(A),  
a capella count-in: 1,2,1,2,One...

L.J. Clare  
Canada  
2011



ONE, two, three, four, ONE, two, three, four,



Fol-low the lead-er keep in line, keep in line, keep in line.  
Clap your hands and keep in line, keep in line, keep in line.  
Pat your head and ...  
Reach for the sky and ...



Fol-low the lead-er keep in line. Do this to keep the time \_\_\_\_.  
Clap your hands and keep in line. Do this to keep the time \_\_\_\_.  
Pat your head and ...  
Reach for the sky and ...

# A Sailor Went to Sea, Sea, Sea

Key C, first note G(so)  
a cappella count-in: 1,2,3, A sailor...

North American  
folksong  
arr: LJ Clare

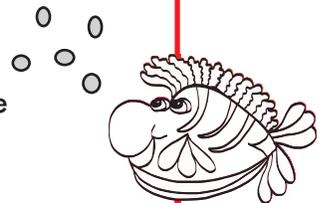
Presto C

1. A sail - or went to sea, sea, sea, To

see what he could see, see, see, but all that he could

see, see, see was the bottom of the deep blue sea, sea, sea.

2. A sailor went to chop, chop chop; To see what he could chop, chop, chop  
But all that he could chop, chop, chop  
Was the bottom of the deep blue chop, chop, chop
3. A sailor went to knee, knee, knee; To see what he could knee, knee, knee  
But all that he could knee, knee, knee  
Was the bottom of the deep blue knee, knee, knee
4. A sailor went to sea chop knee; To see what he could see chop, knee  
But all that he could see, chop, knee  
Was the bottom of the deep blue sea, chop knee.



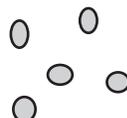
## One, Two, 3,4,5 --Fish Alive!

clapping rhyme  
origin unknown  
arr: LJ Clare 2011

One, two, three, four, five X  
First I caught a fish alive X  
Six, seven, eight, nine, ten X  
Then I threw it back again X

**OR**

Ten, nine, eight, seven, six X  
The fish began to do some tricks X  
Five, four, three, two, one X  
It looked like it was having fun! X



X shows where to clap in this chant

# A Sailor Went to See, See, See

Key C, first note G, count-in: 1,2,3, A sailor...  
arr: ljc

North American  
folksong  
new words: LJ Clare

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**eyes**

A sailor went to see, see, see  
To see what he could see, see, see  
But all that he could see, see, see  
Was the bottom of the deep blue sea, sea, sea

**ears**

A sailor went to hear, hear, hear  
to hear what he could hear, hear, hear  
But all that he could hear, hear, hear  
Was the ocean very near, near, near

**hands**

A sailor went to touch, touch, touch  
To touch what he could touch, touch, touch  
But all that he could touch, touch, touch  
Was a big old wooden crutch, crutch, crutch

**mouth**

A sailor went to taste, taste, taste  
To taste what he could taste, taste, taste  
But all that he could taste, taste, taste  
Was an open bottle of paste, paste, paste

**nose**

A sailor went to smell, smell, smell  
To smell what he could smell, smell, smell  
But all that he could smell, smell, smell  
Was a lobster's stinky shell, shell, shell

# Red, Red Leaves

Key C, first note G(so)  
a cappella count-in: 1 2 3 4 Red...

seasonal song  
Canada  
LJ Clare 2013

so so mi so so la la so mi

Red red leaves, fall-ing all a-round us,

so so mi so mi do,

Red red leaves, fall - ing down.

1

**change the colour**

Red, red leaves, falling all around us; Red, red leaves, falling down.  
 ? ? leaves, falling all around us; ? ? leaves, falling down.

2

**change the verb**

Red, red leaves, falling all around us; Red, red leaves, falling down.  
 Red, red leaves, \_\_\_ing all around us, Red, red leaves, \_\_\_ing down.

3

**change the tree**

Red, red leaves, falling all around us; Red, red leaves, falling down.  
 Ma - ple leaves, falling all around us; Ma - ple leaves, falling down.

4

**Can you compose a verse where the colour, the verb and the tree change?**

**example**

Yel - low leaves blow- ing all around us

Pop - lar leaves float- ing down.

**my new verse**

\_\_\_\_\_ leaves \_\_\_\_\_ing all around us

\_\_\_\_\_ leaves \_\_\_\_\_ing down.

# Autumn Leaves, Falling Down

Key D, first note F#(mi),  
a cappella count-in: 1,2,Three...

Round  
tune: England  
words: LJ Clare

Au - tumn leaves, au - tumn leaves, Red, or-ange, brown, red, or-ange, brown

Twirl-ing and whirl-ing and fall - ing down, in parks and on side-walks all

o -ver our town, Raked in-to piles and then bagged on the ground, Au - tumn leaves.

# Everybody, Sing a Song of Seasons

Chorus  
Everybody, sing a song of seasons.  
Everybody, sing a song now!  
Everybody, sing a song of seasons.  
Everybody, sing a song now!

tune: folksong USA  
words: LJ Clare Canada  
2011

**1** Autumn is the time when we pick apples,  
Autumn is the time when the leaves fall down.  
Autumn is the time when it gets a little chilly,  
Autumn is the time when the leaves fall down.

**3** Spring is the time when we jump in puddles,  
Spring is the time when the rain falls down.  
Spring is the time when it gets a little warmer,  
Spring is the time when the rain falls down.

**2** Winter is the time when we play hockey,  
Winter is the time when the snow falls down.  
Winter is the time when its cold, cold, cold,  
Winter is the time when the snow falls down.

**4** Summer is the time when we go swimming,  
Summer is the time when the sun shine down.  
Summer is the time when its hot and sticky,  
Summer is the time when the sun shines down.

### Find the Verse Number for these words ...

- little chilly
- apples
- hockey
- hot and sticky
- rain
- sun
- cold, cold, cold
- puddles
- swimming
- little warmer
- leaves