

Welsh action songs

Caneuon â symudiadau

A Welsh version of 'head, shoulders, knees and toes' sang to the same tune. It is not however a direct translation so be careful to point to the correct body part.

Pen, ysgwyddau, coesau, traed



Words

Pen, ysgwyddau, coesau, traed, coesau, traed
Pen, ysgwyddau, coesau, traed, coesau, traed
Llygaid, clustiau, trwyn a ceg
Pen, ysgwyddau, coesau, traed, coesau, traed



Actions

Hands on head, hands on shoulders, hands on thighs, touch your toes, hands on thighs, touch your toes
Hands on head, hands on shoulders, hands on thighs, touch your toes, hands on thighs, touch your toes
Point to your eyes, point to your ears, point to your nose and point to your mouth
Hands on head, hands on shoulders, hands on thighs, touch your toes, hands on thighs, touch your toes



Welsh action songs

Caneuon â symudiadau

Welsh version of 'one finger, one thumb keep moving' sung to the same tune.

Un bys, un bawd yn symud

Words

Un bys, un bawd yn symud (x3)

A dyma ni yn llon

Un bys, un bawd, un goes, un fraich yn symud (x3)

A dyma ni yn llon

Un bys, un bawd, un goes yn symud (x3)

A dyma ni yn llon

Un bys, un bawd, un goes, un fraich yn symud (x3)

Actions

Point your index finger, put up your thumb (x3)

Put your arms around yourself in a hug

Point your index finger, put up your thumb, lift one leg (x3)

Put your arms around yourself in a hug

Point your index finger, put up your thumb, lift one leg, lift one arm (x3)

Put your arms around yourself in a hug



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Vocabulary

Pen (pehn)
Head

Ysgwyddau (ughs -gooeethahy)
Shoulders

Ysgwydd (úghs-gooeeth – ‘th’ as in ‘this’)
Shoulder

Coesau (kóheesahy)
Legs

Coes (kóhees)
Leg

un Goes (een ghohees)
One Leg

Traed (tráheed)
Feet

Troed (tróheed)
Foot

Llygaid (llúgh-aheed)
Eyes

Llygad (llúgh-ahd)
Eye

Clustiau (klées-teeay)
Ears

Clust (kléest)
Ear

Trwyn (trúeen)
Nose

Ceg (kéhg)
Mouth

Bysedd (búghs-ehdd – ‘th’ as in ‘this’)
Fingers

Bys (beess)
Finger

Bawd (báhwd)
Thumb

Braich (bráheech)
Arm

un Fraich (een vráheech)
One arm