

Body Awareness Songs

To the tune of the Hockey Cockey

You put your arms up, you put your arms down
You put your arms up and you wave them all around
You tickle tickle tickle, and you wiggle wiggle, wiggle
That's how baby hokey pokey goes.
All do the hockey cockey, all do the hockey cockey,
All do the hockey cockey, that what its all about.



You put your legs up...
You put your whole body up...



Clap, clap un, dau, tri
Clap, clap un, dau, tri
Clap, clap un, dau, tri
Troi a throi ein dwylo!

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

Pen, ysgwyddau, coesau a traed, coesau a traed
Pen, ysgwyddau, coesau a traed, coesau a traed
A llygaid a clustiau a trwyn a cheg
Pen, ysgwyddau, coesau a traed, coesau a traed!



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,
Then your face is going to show it,
If you're happy and you know it, clap your hands.

(Tune: Here We Go 'Round the Mulberry Bush) The Wriggle Song

This is the way my fingers wiggle,
Fingers wiggle, fingers wiggle,
This is the way my fingers wiggle
So early in the morning.
This is the way they dance about,
Dance about, dance about
This is the way they dance about
So early in the morning.
This is the way I clap my hands,
Clap my hands, clap my hands
This is the way I clap my hands,
So early in the morning.



Round and round the garden, like a Teddy Bear, one step, two step and
a tickle under there!
(Repeat again)

(Touch a different toe for each "piggy," and tickle baby on the last line)

This little piggy went to market
This little piggy stayed home
This little piggy ate roast beef
This little piggy ate none
And this little piggy went wee wee wee all the way home.

