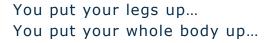


Body Awareness Songs

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.







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 tickly 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.





Cronfa lach ac Egnïol Healthy & Active Fund





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