

Using The BrainDance with Rhymes

While playing any of the Rhyme tracks, 17 – 26, follow along with the instructions. When you are familiar with the movements, share the Rhymes with your students. Eventually, you may want to sing or chant the Rhymes with your students without playing the CD.

Track 17

Breath: “Bubble Gum”

Students sit in a small circle and wiggle fingers and toes while chanting the rhyme:

“Bubble gum, bubble gum in a dish,

How many blows do my dancers wish?”

Everyone blows (like blowing out a birthday candle) the indicated number of times, moving backward to form a bigger circle. “Pop” the bubble with a clap of the hands and move in again while exhaling.

Track 18

Tactile: “Hickory Dickory Dock”

(Sitting with legs long in front - moving up and then down the front of the body)

Hickory Dickory Dock the mouse squeezed up the clock,

The clock struck one, (Clap hands once.)

the mouse squeezed down, Hickory Dickory Doc.k

Hickory Dickory Dock the mouse tapped up the clock,

The clock struck two, (Clap hands twice.)

the mouse said “Whooo”, Hickory Dickory Dock.

Hickory Dickory Dock the mouse patted up the clock,

The clock struck three, (Clap hands three times.)

the mouse said “Wheee”, Hickory Dickory Dock.

Hickory Dickory Dock the mouse brushed up the clock,

The clock struck four, (Clap hands four times.)

the mouse said “no more,” Hickory Dickory Dock.

Track 19

Core-Distal: “Twinkle Twinkle Little Star”

Reach out (grow big) and curl in (shrink small) during alternate lines of the rhyme.

“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.”

Track 20

Head-Tail: “Bounce Like A Ball”

Sit with knees bent, soles of feet together (or legs crossed). Make a circle with the arms as if hugging a ball.

“Bounce and bounce and bounce like a ball, (Curl torso over feet or legs and bounce gently.)

bounce and bounce,

Stretch big and tall (Stretch the arms, the back and the top of the head straight up toward ceiling.)

Put your hands in your lap (Bring the arms down.)

And look at the wall. (Reach head backward and look up at the ceiling.)

Reach for your toes, curl up tiny and small (Curl into a ball.)

And...fall! (Roll backward onto the back.)

Now sit up tall.” (Sit up and repeat the rhyme with legs extended in front of the body.)

Track 21

Head-Tail: Ages three through five can also do “Pussy Cat”. Do the yoga “cat-cow” posture while chanting this verse:

“Pussy cat, pussy cat arching your back (Arch and release back several times kneeling on hands and knees.)

Pussy cat, pussy cat furry and black

Pussy cat, pussy cat wag tail and head (Wag or wiggle head and bottom from side to side.)

Pussy cat, pussy cat curl into bed” (Curl down into a ball – the “child’s pose”.)

Track 22

Upper-Lower: “I Shake My Hands; I Kick My Feet”

Sit on the floor and follow the words of the song.

“I shake my hands up high

I shake my hands down low

I shake them up above my head

I shake them down below.

I shake them to the left

I shake them to the right

I shake them all around

And I shake with all my might!

I kick my feet up high

I kick my feet down low

I kick them up above my head

I kick them down below.

I kick them to the left

I kick them to the right
I kick them all around
And I kick with all my might!"

Track 23

Body-Side: "One, Two, Buckle My Shoe"

Lie down on the left side of the body. Lift and lower the right leg and arm on each verse. After chanting the rhyme once, roll to the other side and repeat while moving the left arm and leg up and down. (This rhyme can also be done seated by opening the left arm and leg to the left side, closing the right arm and leg to the left side. Open the right arm and leg to the right side, closing the left arm and leg to the right side. Repeat with each verse of the rhyme. On "Nine, ten, a big fat hen", spin around on bottom.)

"One, two, buckle my shoe.

Three, four, shut the door.

Five, six, pick up sticks.

Seven, eight, lay them straight.

Nine, ten, let's do it again!"

(Repeat the rhyme, ending with "Nine, ten, a big fat hen!")

Track 24

Cross-Lateral: "Miss Mary Mack"

"Miss Mary Mack, Mack, Mack (Crisscross legs.)

All dressed in black, black, black,

With silver buttons, buttons, buttons (Crisscross arms.)

Up and down her back, back, back.

She asked her mother, mother, mother (Crisscross arms and legs.)

For fifty cents, cents, cents

To see the elephant, elephant, elephant (Alternate reaching each arm across the midline of the body.)

Jump over the fence, fence, fence.

He jumped so high, high, high (For vertical eye tracking, alternate reaching right and left hands up and down with gaze following the hand.)

He touched the sky, sky, sky

And he never came back, back, back

'Til the fourth of July, ly, ly." (Drum hands on the floor.)

Track 25

Vestibular: "Humpty Dumpty"

"Humpty Dumpty sat on a wall, (Tip side to side.)

Humpty Dumpty had a great fall. (Fall backward on the word "fall".)

All the king's horses and all the king's men

couldn't put Humpty together again. (Spin around on back.)

Humpty Dumpty sat on a wall, (Rock backward and forward.)
Humpty Dumpty had a tummy fall. (Fall onto stomach on the word “fall”.)
All the king’s horses and all the king’s men
couldn’t put Humpty together again.” (Spin around on stomach using hands to
push oneself around.)

Track 26

Students are now in a position for belly crawling. End the sequence of
BrainDance rhymes with a series of crawling, creeping and walking patterns that
mirror the stages of infants’ motor development. These patterns benefit people of
all ages.

Crawling, Creeping and Walking Patterns:

Belly crawling (Crawl forward on belly.)

“I’m a scaly little lizard
And I’m crawling along
I’m a scaly little lizard
and I sing my tongue song” (Wiggle tongue in and out like a lizard.)
(Repeat while crawling backward.)

Hand/knee creeping (Creep forward on hands and knees.)

“I’m a furry little puppy
And I’m creeping along
I’m a furry little puppy
And I sing my tongue song” (Pant like a puppy.)
(Repeat while creeping backward.)

Hand/foot walking (Walk forward on hands and feet.)

“I’m a great big bear
And I’m walking along
I’m a great big bear
And I sing my tongue song” (Make a soft growling sound.)
(Repeat while walking backward.)

Upright walking (Walk on two feet forward.)

“I’m a great big person
And I’m walking along
I’m a great big person
And I sing my tongue song “ (Sing “La la la la”)
(Repeat while walking backward.)