

## Sensory Social Routines and Songs

- Joint activity routines in which each partner’s attention are focused on the other.
- Draws attention to the partner’s face, voice, body movements and gestures
- Repetition is key
- Pause before the “big” event-most dramatic moment of the game

### Sample ideas on how to use finger play and body movements.

<p><b>ITSY BITSY SPIDER</b></p>	<p>Combine a gesture that fits each phrase            Position yourself in front of your child            Example, when singing the itsy bitsy spider climbs up the water spout- creep your fingers along the child’s chest            Pause and see if child looks            Down came the rain and washed the spider out- brush hands down his chest</p>
<p><b>CRISS CROSS APPLESAUCE</b></p>	<p>Criss cross applesauce, spiders crawling up your back (walk fingers up the childs back), tight squeeze (squeeze back), cool breeze (blow on back) now you have the shiveries (tickle child)            Note you can do it on different body parts eg. Head, arms, feet</p>
<p><b>PATTY CAKE PATTY CAKE</b> with hands and feet</p>	<p>Patty cake patty cake bakers man bake me a cake as fast as u can roll it and pat it and mark it with a ___ (initial of childs name) and out it in the oven for and me</p>
<p><b>ROUND AND ROUND THE GARDEN</b></p>	<p>Round and round the garden like a teddy bear one step two step tickle me under there            Note you can do this on different body parts.</p>
<p><b>THE WHEELS ON THE BUS</b></p>	<p>Lie child on the floor – lean over your child so you are face to face            Move legs around when singing wheels on the bus go round and round            People on the bus go up and down- lift child’s legs up and down            Horn on bus goes beep – push child’s legs to his chest            Doors on the bus go open and shut- open and close child’s legs            Wipers go swish swish- move child’s legs back and forth</p>

## SONGS

### **MOTORBOAT**

Motor boat motor boat go so slow  
Motor boat motor boat go so fast  
Motor boat motor boat step on the gas

### **IF YOU'RE HAPPY AND YOU KNOW IT**

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 than your face will surely show it,  
If you're happy and you know it clap your hands.  
Repeat with (stomp your feet, and shout hurray-arms up)

### **HOKEY POKEY**

You put your right foot in you take your right foot out you put your right foot in and you shake it all about you do the hokey pokey and you turn yourself around that's what it's all about

You put your left foot in you take your left foot out you put your left foot in and you shake it all about you do the hokey pokey and you turn yourself around that's what it's all about

You put your right hand in you take your right hand out you put your right hand in and you shake it all about you do the hokey pokey and you turn yourself around that's what it's all about

You put your left hand in you take your left hand out you put your left hand in and you shake it all about you do the hokey pokey and you turn yourself around that's what it's all about

You put your whole self in you take your whole self out you put your whole self in and you shake it all about you do the hokey pokey and you turn yourself around that's what it's all about

### **TWINKLE TWINLE LITTLE STAR**

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

### **OPEN THEM AND SHUT THEM**

Open them and shut them open them and shut them give them a little clap, open them and shut them, open them and shut them put them in your lap.

### **FIVE LITTLE PIGGIES**

This little piggy went to market, This little piggy stayed home, This little piggy had jam and bread, This little piggy had none, And this little piggy went crying all the way to town<sup>[3]</sup>

### **PETER POINTER**

Peter pointer's up and peter pointer's down

Peter pointer's dancing all around the town

Dance him on your shoulder dance him on your knee dance him on your head and tuck him into bed

Do for each finger- peter pointer, toby tall, ruby ring, tommy thumb and baby finger

### **RING AROUND THE ROSY**

Ring around the rosy, Pocket full of posies, Ashes, ashes, We all fall down.

### **IM A LITTLE TEAPOT**

I'm a little teapot short and stout here is my handle here is my spout when I get all steamed up I just shout tip me over and pour me out

### **OH MR. SUN**

Oh, Mr. Sun, Sun, Mr. Golden Sun, Please shine down on me.

Oh Mr. Sun, Sun, Mr. Golden Sun, Hiding behind a tree

These little children are asking you, To please come out so we can play with you.

Oh Mr. Sun, Sun, Mr. Golden Sun, Please shine down on, please shine down on,

Please shine down on me.

### **FIVE LITTLE MONKEYS**

5 Little monkeys jumping on a bed one jumped up and bumped his head.

Mom called the Doctor and the Doctor said....."no more monkeys jumping on a bed."

4 Little monkeys jumping on a bed one jumped up and bumped his head.

Mom called the Doctor and the Doctor said....."no more monkeys jumping on a bed."

3 Little monkeys jumping on a bed one jumped up and bumped his head.

Mom called the Doctor and the Doctor said....."no more monkeys jumping on a bed."

2 Little monkeys jumping on a bed one jumped up and bumped his head.

Mom called the Doctor and the Doctor said....."no more monkeys jumping on a bed."

1 Little monkeys jumping on a bed one jumped up and bumped his head.  
Mom called the Doctor and the Doctor said....."no more monkeys jumping on a bed."

### **ROW ROW ROW YOUR BOAT**

Row, row, row your boat, Gently down the stream. Merrily, merrily, merrily, merrily, Life is but a dream.

### **FIVE GREEN AND SPECKLED FROGS**

Five green and speckled frogs sat on a speckled log  
Eating some most delicious bugs -- YUM YUM!  
One jumped into the pool where it was nice and cool  
Then there were four green and speckled frogs.  
Four green and speckled frogs sat on a speckled log  
Eating some most delicious bugs -- YUM YUM!  
One jumped into the pool where it was nice and cool  
Then there were three green and speckled frogs.

Three green and speckled frogs sat on a speckled log  
Eating some most delicious bugs -- YUM YUM!  
One jumped into the pool where it was nice and cool  
Then there were two green and speckled frogs.

Two green and speckled frogs sat on a speckled log  
Eating some most delicious bugs -- YUM YUM!  
One jumped into the pool where it was nice and cool  
Then there was one green and speckled frogs.

One green and speckled frogs sat on a speckled log  
Eating some most delicious bugs -- YUM YUM!  
One jumped into the pool where it was nice and cool  
Then there were no green and speckled frogs.

### **ZOOM ZOOM ZOOM**

Zoom, Zoom, Zoom

*(rub hands together, back and forth while pointing them up in the air)*

We're going to the moon. Zoom, Zoom, Zoom We're going to the moon. If you want to take a trip, Climb aboard my rocket ship. Zoom, Zoom, Zoom We're going to the moon.

5, 4, 3, 2, 1,

*(hold 5 fingers up and count down)*

Blast off!

*(toss child up gently in the air)*



### SMOOTH ROAD, BUMPY ROAD

We're going down a smooth road, a smooth road, a smooth road (Stroke child's arms smoothly)

We're going down a bumpy road, a bumpy road, a bumpy road (Bounce child)

We're going down a winding road, a winding road, a winding road (Move child from far left to far right)

We're going over a hole in the road! (Lower child upside down)

### DINGLE DANGKE SCARECROW

When all the cows were sleeping and the sun had gone to bed

Up jumped the scarecrow and this is what he said

"I'm a dingle dangle scarecrow with a floppy floppy hat,

I can shake my hands like this and shake my feet like that.

When all the hens were rousing and the moon behind a cloud,

Up jumped the scarecrow and shouted very loud

"I'm a dingle dangle scarecrow with a floppy floppy hat,

I can shake my hands like this and shake my feet like that

### 1, 2 TIE MY SHOE

1,2 Tie my shoe

3,4 Shut the door

5,6 Pick up sticks

7,8 Lay them straight

9, 10 A big fat hen.

Let's get up and count again

### TEN FINGERS

I have ten fingers *hold up both hands, fingers spread*

And they all belong to me, *point to self*

I can make them do things-

Would you like to see?

I can shut them up tight *make fists*

I can open them wide *open hands*

I can put them together *place palms together*

I can make them all hide *put hands behind back*

I can make them jump high *hands over head*

I can make them jump low *touch floor*

I can fold them up quietly *fold hands in lap*

## FIVE LITTLE BEES

One little bee blew and flew. He met a friend, and that made two.  
Two little bees, busy as could be-- Along came another and that made three.  
Three little bees, wanted one more, Found one soon and that made four.  
Four little bees, going to the hive. Spied their little brother, and that made five. Five little bees  
working every hour-- Buzz away, bees, and find another flower and hold them just so.

## TEN IN A BED

There were ten in a bed and the little one said,  
"Roll over, roll over." *rolling motion*  
So they all rolled over and one fell out.  
There were nine in the bed and the little one said,  
"Roll over, roll over."  
So they all rolled over and one fell out....  
*This is repeated until you get to the number one. Each time "roll over" is said, rolling motion is dramatized.*  
There was one in the bed and the little one said, "Good night!"

## WIGGLE WAGGLE WIGGLE

I got a wiggle in my toe.  
I got a wiggle in my toe.  
Oh no! I think I got a wiggle in my toe.  
I got a wiggle in my toe and I don't know where it's gonna go.  
Wiggle Waggle Wiggle, I got a big wiggle in my toe.

I got a wiggle in my foot.  
I got a wiggle in my foot.  
Oh no! I got a wiggle in my foot.  
I got a wiggle in my foot and it seems like it won't stay put.  
Wiggle Waggle Wiggle, I got a big wiggle in my foot

I got a wiggle in my knee.  
I got a wiggle in my knee.  
Oh no! I think I got a wiggle in my knee.  
I got a wiggle in my knee as you can plainly see.  
Wiggle Waggle Wiggle, I got a big wiggle in my knee.

I got a wiggle in my hand.  
I got a wiggle in my hand.  
Oh no! I think I got a wiggle in my hand.  
I got a wiggle in my hand and I don't know where it's gonna land.  
Wiggle, Waggle, Wiggle, I got a big wiggle in my hand.

I got a wiggle in my nose.  
I got a wiggle in my nose.

Oh no! I think I got a wiggle in my nose.  
I got a wiggle in my nose. It came all the way from my toes.  
Wiggle Waggle Wiggle, I got a big wiggle in my nose

I got a wiggle in my face.  
I got a wiggle in my face.  
Oh no! I think I got a wiggle in my face.  
I got a wiggle in my face and it's wigglin' all over the place.  
I Got a Wiggle (continued)  
Wiggle, Waggle, Wiggle, I got a big wiggle in my face.

I had a wiggle in my ears.  
I had a wiggle in my ears.  
Oh no! I think I had a wiggle in my ears.  
I had a wiggle in my ears, but it wiggled right outa here.  
Wiggle Waggle Wiggle, I had a big wiggle.  
Wiggle Waggle Wiggle, I had a big wiggle.  
Wiggle Waggle Wiggle, I had a big wiggle in my ears.

## JOHNNY WORKS WITH ONE HAMMER

1. Johnny works with one hammer,  
One hammer, 1 hammer,  
Johnny works with 1 hammer,  
Then he works with two.  
(Hammer one fist lightly on leg)

2. . . . Two hammers  
(Hammer both fists on legs)

3. . . . Three hammers  
(Hammer both fists on legs and one foot on the floor)

4. . . . Four hammers  
(Hammer both fists on legs and both feet on the floor)

5. Johnny works with five hammers,  
Five hammers, five hammers,  
Johnny works with five hammers  
(Hammer both fists on legs, both feet on floor, and nod head down and up)  
Then he goes to sleep.  
(Rest head on joined palms, pretending to go to sleep)

## FIRETRUCK SONG

Hurry, hurry, drive the fire truck(Hands on steering wheel)  
Hurry, hurry, drive the fire truck ,Hurry, hurry, drive the fire truck  
Ding, ding, ding, ding, ding!(Ring bell)

Hurry, hurry, turn the corner(Lean to the right)  
Hurry, hurry, turn the corner(Lean to the left)  
Hurry, hurry, turn the corner(Lean to the right and left)  
Ding, ding, ding, ding, ding!(Ring bell)

Hurry, hurry, climb the ladder(Pretend to climb ladder)  
Hurry, hurry, climb the ladder, Hurry, hurry, climb the ladder  
Ding, ding, ding, ding, ding!(Ring bell)

Hurry, hurry, squirt the water,(Pretend to spray hose)  
Hurry, hurry, squirt the water, Hurry, hurry, squirt the water  
Ding, ding, ding, ding, ding!(Ring bell)

Slowly, slowly, back to the station(Lean slowly to the left and right)  
Slowly, slowly, back to the station, Slowly, slowly, back to the station  
Ding, ding, ding, ding, ding!

## LEAVES ARE FALLING DOWN

(Sing to the tune of London Bridge is Falling Down) Use scarves and/or felt leaves:

All the leaves are falling down, falling down, falling down (wave scarves overhead)  
All the leaves are falling down, down to the ground (let scarves fall to the ground)  
Rake the leaves and pile them high, pile them high, pile them high (rake scarves)  
Rake the leaves and pile them high – way up to the sky (rake into a pile)  
Take the leaves and jump right in, jump right in, jump right in (jump into the center pile)  
Take the leaves and jump right in – then we'll play again

## SKINAMRINK

SkiNamrirk-a-dink, a-dink, a dink (kids step or jump side to side)

Skinamrirk-a-dooI..love...you..

*(pause center & cross arms over chest with "I" then "love" and uncross arms & point forward for "you")* Oh, skidamirink-a-dink, a-dink Skinamrirk-a-dooI..love...you..I love you in the morning*(arms overhead, round like a sun)* And in the afternoon *(lean sun over to the side)* I love you in the evening*(squat down lower arms)* And underneath the moon *(squat down to the floor, hands to floor, jump feet behind & back in again)*

Oh, skinamirink-a-dink, a-dink Skinamrirk-a-doo*(stand-up & cross arms over chest again & point forward to others)* I..love..you..And you, and you, and you

## BABY BUMBLEBEE

I'm bringing home a baby bumblebee, Won't my mommy be so proud of me, *(Cup hands together as if holding bee)* I'm bringing home a baby bumblebee, Ouch! It stung me!

*(Shake hands as if just stung)*

I'm squishing up the baby bumblebee, Won't my mommy be so proud of me, *(Squish' bee between palms of hands)* I'm squishing up a baby bumblebee, Ooh! It's yucky!

*(Open up hands to look at 'mess')*

I'm wiping off the baby bumblebee, Won't my mommy be so proud of me,

*(Wipe hands off on shirt)*

I'm wiping off the baby bumblebee, Now my mommy won't be mad at me!

*(Hold hands up to show they are clean)*

## BUMPIN UP AND DOWN IN MY LITTLE RED WAGON

Bumpin' up and down in my little red wagon, Bumpin' up and down in my little red wagon

Bumpin' up and down in my little red wagon, Won't you be my darlin'

One wheel's off and the wagon's draggin', One wheel's off and the wagon's draggin'

One wheel's off and the wagon's draggin', Won't you be my darlin'

Other wheel's off and the wagon's draggin', Other wheel's off and the wagon's draggin'

Other wheel's off and the wagon's draggin', Won't you be my darlin'

### **POP GOES THE WEASAL**

All around the mulberry bush (or cobbler's bench)  
The monkey chased the weasel;  
The monkey thought 'twas all in good fun,  
Pop! goes the weasel.

A penny for a spool of thread,  
A penny for a needle—  
That's the way the money goes,  
Pop! goes the weasel.

### **LITTLE SNOWFLAKE**

Snowflake, snowflake, [Snowflake gesture.]  
little snowflake. [Little gesture. Snowflake gesture.]  
Little snowflake [Little gesture. Snowflake gesture.]  
falling from the sky. [Snowflake gesture moving down.]  
Snowflake, snowflake, little snowflake.  
Falling, falling, falling, falling, falling,  
falling, falling, falling, falling... [Snowflake gesture moving down very slowly.]  
falling on my head. [Snowflake gesture landing on top of your head.]  
Snowflake, snowflake, little snowflake.  
Little snowflake falling from the sky.  
Snowflake, snowflake, little snowflake.  
Falling, falling, falling, falling, falling,  
falling, falling, falling, falling...  
falling on my nose. [Snowflake gesture landing on your nose.]

Snowflake, snowflake, little snowflake.  
Little snowflake falling from the sky.  
Snowflake, snowflake, little snowflake.  
Falling, falling, falling, falling, falling,  
falling, falling, falling, falling...  
falling in my hand. [Snowflake gesture landing in your hand.]  
Falling on my head.  
Falling on my nose.  
Falling in my hand.  
Snowflake, snowflake, little snowflake... 🎵

### **THE GOOD MORNING TRAIN IS COMING**

THE GOOD MORNING TRAIN IS COMING HOW ARE YOU, CHOO CHOO  
THE GOOD MORNING TRAIN IS COMING HOW ARE YO  
U, CHOO CHOO THE GOOD MORNING TRAIN IS COMING,  
THE GOOD MORNING TRAIN IS COMING,  
THE GOOD MORNING TRAIN IS COMING, HOW ARE YOU. CHOO CHOO

and we'll say hello to \_\_\_\_\_, how are you, choo choo and we'll say hello to \_\_\_\_\_, how are you, choo choo and we'll say hello to Hayat and we'll say hello to \_\_\_\_\_ and we'll say hello to everyone, how are you, choo choo.

### **OH HERE WE ARE TOGETHER, TOGETHER TOGETHER**

Oh here we are together, together, together. Oh here we are together all sitting on the floor.  
with (name staff and clients)

Oh here we are together all sitting on the floor.

### **YOU ARE SPECIAL**

(sung to tune of Frere Jacques)

You are special, You are special, Look at you and you'll see, Someone very special,  
Someone very special It is YOU, it is YOU.

### **SQUISHY SQUISHY FINGERS (rhyme)**

Squishy Squishy fingers, squishy squishy toes,  
Squishy squishy \_(child)\_ on your squishy nose.

I like to squish your fingers, I like to squish your toes,  
I like to squish (child) on your squishy nose.

### **SLOWLY SLOWLY**

Slowly slowly (walk fingers slowly up child's legs and tummy very slowly)

Crawls the garden snail, Slowly slowly, Up the garden trail

Quickly quickly very quickly (make fingers run quickly up baby's body)

Runs the little mouse Quickly quickly Right in to its ...HOUSE!

(tickle baby under the arm)

### **A SMOOTH ROAD**

(client on your knees)

A smooth road, a smooth road, a smooth road, a smooth road, a windy road, ETC.

A bumpy road (bounce) ETC, A rough road ETC. (faster bouncing)

And aaaa....HOLE! (lower client between your knees)

### **CLAP CLAP CLAP YOUR HANDS**

Clap Clap Clap your hands Clap your hands together

Clap Clap Clap your hands, clap your hands together.

Stomp Stomp Stomp your feet etc.

Shake Shake Shake your hands etc.

### **MY TOES MY KNEES MY SHOULDERS MY HEAD**

(sung to the tune of Here We go round the Mulberry Bush)

(touching client's body do it slowly, then faster, and faster, and faster!)

My toes, my knees, my shoulders, my head

My toes, my knees, my shoulders, my head

My toes, my knees, my shoulders, my head

Come on let's clap our hands.

### **SHAKE IT BABY SHAKE IT**

Shake it (client) shake it, Shake it up and down, Shake your little (Shaking item)

And make a ch-kuh sound, shake your piece of paper

and make a scrunchy sound

### **SLICE SLICE**

Slice slice (cutting movement on clients's arm or tummy), The bread looks nice.

Spread spread the butter on my bread (spreading movement on client's hand or tummy)

Jam on top to make you sweet (on client's head)

And now you're good enough to eat! (pretend nibble)

(Create a big build up on and now you're ready for me tooooooo EAT! ..yum yum yum, yum yum yum. (as you nuzzle face into baby's tummy)

### **YOU ROCK AND YOU ROCK AND YOU ROCK AND YOU STOP**

You rock and you rock and you rock and you STOP

You rock and you rock and you rock and you STOP

You rock and you rock and you rock and you STOP

You rock and you rock and you rock and you (PAUSE)

...STOP!

(add verses, you bounce, you wave, etc)

### **SWING ME OVER THE OCEAN**

Swing me over the ocean, Swing me over the sea, Swing me over the garden wall

And swing me home for tea. Swing me over the treetops, Swing me over the zoo

Swing me over the garden wall And swing me home to you.

## ACTIVITY IDEAS

- Blow bubbles
- Blow balloons
- Pinwheels blow them to make them turn
- Pom poms-shake them and throw etc.
- Peek a boo
- Items to put on each other eg. Beads, hats, bracelets glasses etc.
- Lotion- put small amount on child and rub in
- Filmy scarves- throw, hide under, prance around with
- Blankets or mats- roll child in blanket, swing child in blanket
- Squeeze and wiggle games with pillow or bean bag chair
- Bounce and roll on a big exercise ball
- Bounce on a trampoline
- Rock on rocking horse-sit in front- face to face
- Party favours- noisemakers, tambourines, noise makers
- Slinky
- Tube
- Push on a swing from the front