

**CD 550**

## **Silly Willy Moves Through The ABCs**

### **Formatted for Phonetic Learning and Movement:**

The alphabet is introduced one letter at a time with two key words that begin with the letter. The song following consists mainly of words beginning with the letter sound. Children will then learn new words as well as each letter sound. The vowels are all introduced with the short vowel sound for easier phonetic recognition.

### **Expanding usage into the classroom curriculum**

- \* For pre-school children, divide into smaller segments. Three to four letters including teaching comprehension and movement basics will fill a lesson of approximately 30 minutes.
- \* Older children can use it as a fitness activity. Challenge them to create, on their own, movement and words with the same letter.
- \* Discuss the words in the lyrics, what those words mean along with other words that begin with the same letter. Ask them what other words begin with the same letter.

Each letter has a unique song lasting 25 to 60 seconds. With instruction inserts, chorus repeats and all 26 letters the program is close to 30 minutes. This is the ideal time for children to sustain a movement activity with optimal endurance. The chorus, "Silly Willy Moves to the Alphabet" repeats after every two letters, providing children repetition and a chance to rest as they sing and clap along to the lyrics.

Enjoy this program as a fitness activity or for listening, and remember, the joy children get from movement and music at an early age is essential for developing lifelong fitness habits.

## 1. Introduction

## 2. Silly Willy Moves to the Alphabet

Chorus

Activity: Children clap, sing-a-long, march or dance.

*Silly Willy says move to the alphabet,  
Dancin', playin', pretendin',  
is so much fun when we move together  
through the alphabet.  
Let's move together through the alphabet!*

## 3. Animal Antics

**A**-Anteater

**A**-Animal

Activity: Crawling on hands and feet with nose pointed to the ground.

*A is for anteater.  
What is an anteater?  
Actually an animal who likes to eat ants.  
Animals with appetites for African ants.  
Go after those ants,  
Away with the ants!  
(Repeat)*

## 4. The Buddy Balance

**B**-Balance

**B**-Buddy

Activity: Balancing on an imaginary boogie board in the ocean. Move slowly up and down the board with arms out for balance.

*B is for balance.*

*B is for buddy.  
Balance with your buddy on your board  
at the beach.  
Boogie boards and bathing suits.  
Bring your belly in!  
(Repeat)*

Chorus

## **5. Chorus**

## **6. Crazy Crab**

**C-** Crab

**C-**Crawl

Activity: Crawling on hands and feet with tummy facing up.

*C is for crawling like a crazy crab. Get down on your claws and creep like a crab. Can you keep your tummy up as you crawl? Creeping, Crawling, Creeping, Crawling, Creeping, Crawling.....*

## **7. Dinosaur Disco Dance**

**D-**Dinosaur

**D-**Dance

Activity: Dancing with the whole body moving to the music.

*D is for doing a dinosaur dance,  
a dizzy disco dinosaur dance.  
Do you hear the beat?  
Dance to the beat.  
Dance to the disco dinosaur beat (Repeat)  
Dance to the disco dinosaur beat.  
Dance to the disco dinosaur beat.*

Chorus

## 8. Chorus

## 9. Exercising Elephants

E-Elephant

E-Exercising

Activity: Elephant walk; arms together, legs apart.

*E is for extraordinary elephants  
Exercising every day.  
Exciting and enthusiastic  
elephants, exercising every day.  
Elastic ears, enchanting eyes  
exceptional in ev'ry way.*

*E is for extraordinary elephants  
Exercising every day  
Elegant in every way!*

## 10. The Flamingo Freeze

F-Flamingo

F-Friends

Activity: Balancing on one leg, the other leg bent.

*F is for five feathered friends  
standing like flamingos.  
Balance on one foot and  
pretend that you're a flamingo.  
Focus on a spot and freeze like a  
flock of flamingos.  
Fascinating, fancy flamingo flamingos!*

Chorus

## 11. Chorus

### 12. The Gorilla Gallop

G-Gorilla

G-Gallop

Activity: Galloping in a circle around the room.

One leg forward, the other stays in back.

*G is for gorillas galloping through the  
green grass*

*(Repeat)*

*Gigging, galloping, galloping, giggling*

*(Repeat)*

*Gorillas-Green grass- Gallop- G!*

### 13. Happy Hummingbirds

H-Hurry

H-Hummingbird

Activity: Hands move fast like the wings  
of a hummingbird. Feet move quickly  
with light steps.

*Hummingbirds*

*Hurry hurry hurry hurry*

*Happy Hummingbirds*

*Have you seen them hov' ring here?*

*As they hesitate- Say "Hello, Hello"*

*Hush, hear them hum,*

*I'm hoping to hear them-*

*Humming, humming, humming...*

Chorus

## 14. Chorus

## 15. Imagination

I-Imagine

I-Insect

Activity: First crawl making the body as small as possible to imitate an insect: then pretend to be different animals.

*Imagine you're invisible and  
imitate an insect*

*An itty bitty insect*

*Use your imagination-Improvise!*

*Can you be a reptile Iguanas are so itchy*

*Isn't that impossible?*

*Don't you mean icky?*

*Use your imagination-Improvise!*

(children make the shape of their favorite animal)

## 16. Jolly Jump Rope

J-Jolly

J-Jump rope

Activity: Children pretend they are holding a jump rope. Rhythmic jumping to the music with proper jump-roping form.

*Jolly jolly jump rope*

*Jolly jolly jump rope*

*Jumping in my jammies like a jelly bean*

*(Repeat)*

*When do we jingle, jangle and jig?*

*January, June and July*

*Why do we jabber, joke and jest?*

*Ask Jackie, Joe, Julie and Jim  
Jolly jolly jump rope  
Jolly jolly jump rope  
Jumping in my jammies  
Like a jelly bean!*

Chorus

## **17. Chorus**

## **18. Kangaroo Kick**

K-Kangaroo

K-Kick

Activity: Kicking; right and left legs to the tempo of the song.

*Kick kick kick kick  
like a kangaroo  
While you hide your kiwi  
in your pouch  
Kick kick kick kick  
like a kangaroo  
And hide a kookaburra too!  
(Repeat)*

## **19. Lion Leap**

L-Lion

L-Leap

Activity: Leaping with one foot forward. Have children visualize stretching out to jump up and over a lake.

*L is for a lion leaping over a lake  
to land on lanky legs.  
Limber and light-footed  
leaping again,*

*lazy-loose and light.  
Look the loyal lion,  
is laughing and learning to leap.  
Leaping leaping lions,  
leaping leaping lions.*

*L is for a Lion leaping over a lake  
to lick a lollipop.  
L is for a Lion leaping over a lake.  
(Repeat last line 2 times)*

Chorus

## **20. Chorus**

### **21. Monkeys Marching**

**M-Marching**

**M-Monkeys**

Activity: Marching with knees up high,  
arms swing loosely like a monkey.

*Monkeys - marching  
Marching through the muddy mountains.  
monkeys - marching -  
Through the muddy  
magnificent mountains.  
monkeys - marching  
Miles and miles of messy muddy  
marching monkeys - marching  
While they're munching on  
their macaroons!*

### **22. Nimble Nanny Goats**

**N-Nimble**

**N-Nanny Goats**

Activity: Crawling on hands and knees or  
walking on hands and feet. Children

pretend they are nibbling or nudging.

1 2 3 4 5 6 7 8 *Nine-*  
*Nimble nanny goats.*  
*What does a nanny goat do?*  
*Nibble on a noodle,*  
*Nuzzle your neck.*  
*Nudge with their nose.*  
*Are they naughty, nervy, noisy*  
*Nanny goats?*  
*Naturally the nuisance of the*  
*neighborhood.*  
*Nevertheless they are nice!*  
*Nine nosy nimble nanny goats!*

Chorus

## **23. Chorus**

## **24. Oscar the Odd Octopus**

O-Octopus

O-Oscar

Activity: Moving arms and legs with  
slow fluid motion.

*Oscar, the odd octopus*  
*often sings off key!*  
*He's such an oddball, he's such an oddity!*  
*It's the way he oscillates, with*  
*many different arms.*  
*Oscar the odd octopus*  
*sings octaves, and octaves and*  
*octaves off key!*

## 25. Popcorn Party

P-Party

P-Popcorn

Activity: Children start in a squat position and when they hear the "pop" and "jump" cues they jump up as high as they can, returning to the squat position.

*A party calls for popcorn!*

*Put yourself in a pan,*

*pretend you're popping!*

*Lets pop-pop-pop-pop- Jump!*

*A party calls for popcorn!*

*Plenty of puffy perky popcorn in a pan-*

*Let's pop - pop - pop - pop - JUMP!*

Chorus

## 26. Chorus

## 27. Quiet Queen

Q-Quiet

Q-Queen

Activity: Children tiptoe quietly around the room pretending there is a queen asleep.

*Q is for the quiet quivering Queen  
in her quilt.*

*Quietly tiptoe around the room.*

*Don't wake the quivering queen*

*Q is for the quiet quivering Queen  
in her quilt.*

## 28. Running in the Rain

R-Running

R-Rain

Activity: Running in place or around the room.

*Running, running, running, running,  
in the rain.*

*Running, running, running in a race  
in the rain.*

*Rushing like a rabbit in a relay race.*

*Be ready to repeat and run the race again.*

*(repeat first 4 lines)*

*Running, running, running,  
running, running, running.....*

*Relax - Rest*

Chorus

## 29. Chorus

## 30. Let's Swim

S-Swimming

S-Sea

Activity: Moving arms as if swimming,  
walk around the room in a big circle.

*Swimming safely in the sapphire sea.*

*Swimming in the salty swirling sea.*

*Searching as we snorkel in the silv'ry sea*

*Stopping and staring at a school  
of sardines.*

*Swarming and spreading surrounding us-  
Suddenly-Wait! It's a SQUID!*

*Stroking strongly as we swiftly  
swim away;  
to the surf and the sand where we're safe!  
"Secretly we were scared!"*

### **31. Tiptoe on a Tightrope**

T-Tiptoe

T-Tightrope

Activity: Tiptoe while on a balance beam or a line of tape on the ground. Arms out as they twist slowly from side to side.

*Turning and twisting as you tiptoe  
on a tightrope.  
As you travel on a tightrope in  
the circus tent.  
Testing the tightrope with tricks as  
you stand tall,  
taking turns in your tights, try again.  
(repeat first 4 lines)  
Talented - Terrific  
As you tiptoe on a tightrope,  
next we'll try a trapeze!*

### **32. Chorus**

### **33. Under the Umbrella**

U-Umbrella

U-Under

Activity: Jumping Jacks-Arms up, legs out/Arms down, legs in. Practice slowly for coordination. Listen to cues in the music.

*Under the umbrella in our  
underwear (underwear?)  
We undo the umbrella in our underwear.  
Up - Down - Up - Down*

*Under the umbrella in our underwear,  
isn't it unusual we're in our underwear?  
Up - Down - Up - Down  
Let's all go uptown!  
(But please, get dressed first!)*

### **34. Vegetable Volleyball**

V-Vegetable

V-Volleyball

Activity: Moving arms up and down,  
imagining playing in a volleyball game.

*This funny version of vegetable volleyball  
uses a variety of vegetables.*

*Let's try a carrot an onion or a pea,  
maybe a radish, or broccoli!*

*This funny version of vegetable volleyball  
uses a variety of vegetables,*

*What about a pumpkin,  
zucchini or a beet.*

*Cabbage, potatoes, tomatoes - yeeek!*

*This funny version of  
vegetable volleyball,  
uses a variety of vegetables!*

Chorus

### **35. Chorus**

### **36. The Wiggle Walk**

W-Walking

W-Wiggle

Activity: Walking around the room, wiggling the hips and bottom on cues.

*Walking, walking*

*wiggle, wiggle, wiggle, wiggle.*

*Walking, walking,*

*waddle, waddle, waddle, waddle.*

*Willy says don't wobble as you wiggle  
when you walk.*

*Silly Willy will walk with you today.*

*Walking, walking,*

*wiggle, waddle, wiggle, waddle.*

*Walking, walking,*

*Wiggle, waddle, wiggle;*

*Silly Willy will walk with you today,*

*While he wiggles and he waddles*

*with you!*

### **37. X-Y-Z and Chorus**

**X-X-Ray**

**Y-Yo-Yo**

**Z-Zoo**

Activity: Make the shapes of these letters with the body.

**X - Y - Z**

*Are the last letters you can be-*

*Let's make an X\_\_\_\_\_*

*Let's make a Y\_\_\_\_\_*

*Let's make a ZZZZZZZZZZZZ*

**X - Y - Z**

*Are the last letters you can be.*

*Silly Willy says*

*"Glad you've come along,*

*to play and sing these songs"*

### **38. Alphabet Song (Traditional)**

(Children sing-along)

**A B C D E F G**

**H I J K L M N O P**

**Q R S**

**T U V**

**W X Y AND Z**

*Now I know my ABC's*

*Next time won't you sing with me!*

40. **Animal Antics (Instrumental)**
41. **The Buddy Balance (Instrumental)**
42. **Crazy Crab (Instrumental)**
43. **Dinosaur Disco Dance (Instrumental)**
44. **Exercising Elephants (Instrumental)**
45. **The Flamingo Freeze (Instrumental)**
46. **The Gorilla Gallop (Instrumental)**
47. **Happy Hummingbirds (Instrumental)**
48. **Imagination (Instrumental)**
49. **Jolly Jump Rope (Instrumental)**
50. **Kangaroo Kick (Instrumental)**
51. **Lion Leap (Instrumental)**
52. **Monkeys Marching (Instrumental)**
53. **Nimble Nanny Goats (Instrumental)**
54. **Oscar the Odd Octopus (Instrumental)**
55. **Popcorn Party (Instrumental)**
56. **Quiet Queen (Instrumental)**
57. **Running in the Rain (Instrumental)**
58. **Let's Swim (Instrumental)**
59. **Tiptoe on a Tightrope (Instrumental)**
60. **Under the Umbrella (Instrumental)**
61. **Vegetable Volleyball (Instrumental)**
62. **The Wiggle Walk (Instrumental)**
63. **X-Y-Z**

***Dedicated to Pat Lebold***

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Tim Horrigan - C, G, J, M, R, W

Norma Roberts - F, H, N, O, R, F, W, X, Y, Z

Vicki Rae DeBoer - V

Joe Colgate - M

**Children's Vocals** - Rachel Colgate, Jacqueline Colgate, Emily Horrigan, Rebecca Horrigan, and Katharyn Roberts.

**Arrangements and Percussion Instruments:**

Tim Horrigan

**Instruments include:** Electric Bass,

Electric Guitar, Banjo, Calliope, Autoharp,

Keyboard, Harmonica and Tambourine

**Piano:** Norma Roberts

**Photography:** Photography by Cheryl,

Laguna Beach, CA.

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