

So Big

Words, Music and Activities by Hap Palmer

Introduction

These easy-to-learn activity songs are designed for preschool and primary grade learners. They tap children's natural desire to move, sing and make-believe. From a tiny chick curled inside an egg, to the vigorous movements of a galloping pony, a full range of images and movement possibilities are explored through words and music. While clapping, stamping, turning, reaching, falling, throwing, catching, bending, twisting, crawling, walking, hopping, running and soaring, the whole child is engaged in developing movement skills, enriching language, experiencing basic math and science concepts, and stimulating imaginative powers.

Each song is repeated in an instrumental version. Once children have learned a song, they can sing along without hearing the words. The instrumentals have a soft melody line to act as a guide without overpowering the children's voices. The instrumentals also provide opportunities for choice making, problem solving and creativity. Children choose the things they would like to pretend, make up their own words and create their own movements. They then sing and move using their ideas. There are endless possibilities and variations of ways to use these songs. This guide is a starting point for introducing children to the joy of music and movement.

1. So Happy You're Here

Words and Music: Hap Palmer

Activity:

This is a song to warm up our voices and welcome everyone to music and movement time. Listen to each funny phrase, then sing it back like an echo. During the first chorus, give yourself a pat on the back, shake your own hand, and give yourself a hug and squeeze. During the second chorus, give someone else a pat on the back, shake her/his hand, and give that person a gentle squeeze to say, " We're so happy you're here today!"

Lyric:

Sing Doo wah doo, Tra la la,
Yo-dle-ay, Sha na na
Hi dee hi, Howdy doo
It's all a funny way to say,
"We're glad you're here today!"

Now give yourself a pat on the back
Reach out and shake your own hand
Give a gentle squeeze to say you're pleased
We're so happy you're here today, today
We're so happy you're here today

Sing Fee fi fo, Fiddly dee
Shooby doo, Golly gee
Skizzamaroo, An a hi to you
Now turn and face someone and say,
"We're glad you're here today!"

Now give someone a pat on the back
Reach out and shake a hand
Give a gentle squeeze to say you're pleased
We're so happy you're here today, today
We're so happy you're here today

Instrumental:

Make up your own funny phrases. Write them on the board, then sing the song using your ideas. You can also create a funny motion that goes with each phrase and play follow the leader.

2. Five Little Monkeys

Words and Music: Hap Palmer

Activity:

Act out the story of five monkeys who fell down and bumped their heads while jumping on the bed. The doctor told their mother not to let them jump on the bed. They decided to try hopping and then turning. They finally solved the problem of how to play and not hurt themselves by going outside and jumping on the lawn.

Lyric:

Five little monkeys jumping on the bed
They all fell down and bumped their heads
Mama called the doctor; the doctor said,
"No more monkeys jumping on the bed!"
So they thought and thought then said,
"Let's hop instead!"

Five little monkeys hopping on the bed
They all fell down and bumped their heads
Mama called the doctor; the doctor said,

"No more monkeys hopping on the bed!"
So they thought and thought and then said,
"Let's turn instead!"

Five little monkeys turning on the bed
They all fell down and bumped their heads
Mama called the doctor; the doctor said,
"No more monkeys turning on the bed!"
So they thought and thought and then said,
"Let's jump outside!"

Five little monkeys jumping on the lawn
They just kept jumping on and on
The doctor told mama, "There's nothing wrong
Just let those monkeys keep jumping on the lawn!"
Let them jump, jump, jump
Then all fall down!"

Instrumental:

Sing the song referring to the number of people in your group. For example, if there are twenty children in your class, sing "Twenty little monkeys jumping on the bed." What other ways could the monkeys move? What other animals could you pretend to be? Sing the song using your ideas.

3. I'm A Pretzel

Words and Music: Hap Palmer

Activity:

Put your hand over your head. Put your shoulder under your chin. Touch your leg with your toes. Put your wrist in back of your spine. Can you hold this shape and twist a little? ... bend a little? See if you can make the whole shape move with the music. Can you hold the shape and bounce? ... sway? ... travel across the room?

Lyric:

My hand is over my head
My shoulder is under my chin
My toes are touching my leg
And my wrist is in back of my spine

Chorus: I twist a little here and bend a little there
And now I think you will agree I hardly look like me ...
I'm a pretzel, I'm a pretzel
But please don't eat me up
I'm not a snack inside a sack
On top of your T.V.

I'm a pretzel, I'm a pretzel
But please don't eat me up
I'm just pretend ,oh yes, my friend ;
Don't try to chew on me

My thumb is under my ear
My hand is holding my elbow
My arm is stuck on my leg
And my ankle is behind my knee
(repeat chorus)

Instrumental:

Select body parts and positions to create your own pretzel.

4. So Big

Words and Music: Hap Palmer

Activity:

Close your eyes and picture yourself as a newborn baby. You can also picture a baby sister or brother if you have one. Now I'm going to ask you some questions. If the answer is "yes," say it three times: "yes, yes, yes." If the answer is "no," say it three times: "no, no, no." Is a baby bigger than a kitten?... a mitten? ... an apple when it's ripe for pickin'? Picture your mother. Is she bigger than a fly? ... the sky?... a slice of blueberry pie? This song also asks questions about your father, and in the last verse asks about you!

Try moving as you sing. Jump up and down each time you say "yes." Twist side to side as you say "no,no,no." When you sing "so big," reach up and out, lengthen your spine, and make yourself "soooo" big.

Lyric:

How big is baby; how big can she be?
Is she bigger than a kitten? Yes, yes, yes
Is she bigger than a mitten? Yes, yes, yes
Is she bigger than an apple when it's ripe for pickin'? Yes, yes, yes
Baby's So - big, So - big
Look and you will see baby's so, so, big

How big is mother; how big can she be?
Is she bigger than a fly? Yes, yes, yes
Is she bigger than the sky? No, no, no
Is she bigger than a slice of blueberry pie? Yes, yes, yes
Mother's So - big, So - big
Look and you will see mother's so, so, big

How big is father; how big can he be?
Is he bigger than a snail? Yes, yes, yes
Is he bigger than a whale? No, no, no
Is he bigger than a feather in a peacock's tail? Yes, yes, yes
Father's So - big, So - big
Look and you will see father's so, so, big

How big are you my friend; how big can you be?
Are you bigger than a flea? Yes, yes, yes
Are you bigger than the sea? No, no, no
Are you bigger than the wings on a bumble bee? Yes, yes, yes
You are So - big, So - big
Look and you will see you are so, so, big

Instrumental:

Use the names of people in your class. Think of other things people could be bigger or smaller than. For a variation sing, "Is she/he smaller than a _____?"

5. Rock and Roll Freeze Dance

Words and Music: Hap Palmer

Activity:

When you hear the music, dance any way you want. When the music stops, freeze like a statue. Add variety to your dancing by finding all the ways you can to move (jump, twist, turn, wiggle, swing, sway, etc.) and by changing level and direction.

Lyric:

Jumpin' around with the rock and roll music
Dancin' any way we please
Swingin' and swayin' as the band keeps playin'
But when the music stops, we FREEZE...
Twistin' and turnin' like a twirlin' top
And when we hear a pause, we STOP...
Just movin' along with a good old fashioned rock and roll song

Singin' dance to the music
Leavin' our troubles and worries behind
Singin' dance to the music
All we wanna do is have a good time

We're doin it together my friends and I
So happy and I'll tell you why
We're movin' along with a good old fashioned rock and roll song

Instrumental:

Wiggle just your fingers; when the music stops, freeze. What other parts of your body could you wiggle with the music? Now wiggle your whole body and freeze when the music stops. Can you think of other ways to move? Stand and walk around the room; stop when the music stops. Can you find other ways to travel with the music?

6. Baby Chickie

Words and Music: Hap Palmer

Activity:

Curl up and make yourself tiny. Imagine you're a baby chick squished inside an egg. As you grow bigger you feel cramped because you can hardly fit in the shell. So you peck at the shell, stretch and squirm, until you break the egg. You then gleefully hatch and explore the world around you.

Lyric:

Little, bitty chickie curled within the egg
Growing bigger day by day
It's getting squished inside and won't be satisfied
Until it's time to come outside and play

Peck, chickie, peck,
Stretch out your neck,
Squirm about and shake each leg,
Tap your beak and wiggle
Push real hard and jiggle
Until you crack the shell and break the egg

Welcome to the world, baby chickie
Walk about and see what's all around
Peck a little here and peck a little there
And let us hear your merry peeping sound

Instrumental:

Are there other animals that hatch from eggs. Could you pretend to be an ostrich? ... a dinosaur? ... what else?

7. When I'm Down I Get Up And Dance

Words and Music: Hap Palmer

Activity:

Act out the feelings and do the motions described in this song. Respond to the changes in tempo and rhythm showing sad and happy ways of moving.

Lyric:

When the rain is falling and I'm stuck inside the house
When friends are on vacation far away
When I see a movie that's so sad it makes me cry
I have a little trick that saves the day

When I'm down, I get up and dance
Kicking up my shoes and shaking off the blues
When I'm low, I reach for the stars
Soaring through the space with a smile upon my face
Dancing's really easy when you see the simple parts
There's stepping, and hopping, and bending, and stretching -
Oh, when I'm down, I get up and dance
Wouldn't you like to join me, too?

When I'm sad I start out moving like a drooping willow tree
When I'm mad I'm like a bull stung by a bee
I dance the feelings out and the sun shines in
And my heart starts picking up the beat

Oh, when I'm down, I get up and dance
Twirling 'round and 'round and rolling on the ground
When I'm low I reach for the stars
Soaring through the space with a smile upon my face
Dancing's really easy when you see the simple parts
There's twisting, and swinging, and jumping, and leaping -
Oh, when I'm down I get up and dance
Wouldn't you like to join me,
Wouldn't you like to join me, too?

Instrumental:

Create your own motions, and find your own ways to respond to the changes in mood, tempo and rhythm.

8. Ten Wiggle Worms - Part I

Words and Music: Hap Palmer

Activity:

Imagine your fingers are ten wiggly worms. They start down in the ground and come up to play in the sun. Using your fingers, act out the motions described in this song. When a bird swoops down from the sky to catch the worms, quickly lower your fingers to pantomime the worms wiggling underground to safety.

Lyric:

Ten wiggle worms slither up from the earth,
Takin' in the sun each and every one,
They all get together and wiggle to the side
They all get together and wiggle to the other side

Five wiggle forward and five wiggle backward
They all come together and tangle in a pile
Gush! Smush!
Ten wiggle worms all tangled in a pile

Five wiggle left and five wiggle right
They all come together and tangle in a pile
Gush! Smush!
Ten wiggle worms all tangled in a pile
A bird swoops down -
Ten wiggle worms slither back down

And hide in the ground all safe and sound!

9. Ten Wiggle Worms - Part II

Words and Music: Hap Palmer

Activity:

Start with wiggling your fingers and lifting one hand as five wiggle worms come up to play in the sun; then lift your other hand as five more follow to make ten worms playing in the sun. They all get together and wiggle to the right, then the left. A bird swoops down from the sky and snatches five worms. Another bird flies down and snatches four worms. When a bird swoops down to catch the last worm, quickly lower your finger to pantomime the last little worm wiggling safely underground.

Lyric:

Five wiggle worms slither up from the earth
Five little friends slither up to make ten
They all get together and wiggle to the right,
They all get together and wiggle to the left

A bird swoops down and snatches up five
How many left, what do you say?
_____ what? _____ what?
Five wiggle worms left playin' in the sun

A bird swoops down and snatches up four
How many left , what do you say?
_____ what? _____ what?
One wiggle worm left playin' in the sun
A bird swoops down -
Last little worm slithers back down
And hides in the ground all safe and sound!

Instrumental:

Make up your own wiggle worm movements and math problems.

10. Jack-In-The-Box

Words and Music: Hap Palmer

Activity:

(Showing real jack-in-the-box) Who knows what this is called? Listen to the music as I turn the crank. When the clown jumps out of the box, jump up and freeze. Now imagine you are inside a jack-in-the-box. Make yourself small so you can fit. Instead of a clown, pretend you're a pony. When you hear the words "Pop goes the pony!", jump up and gallop around the room. When the music stops, curl up inside your box and get ready to pretend to be something else.

Lyric:

What's inside the jack-in-the-box?
Soon we all shall see
Turn the crank and out it jumps;
Pop goes the pony!
Galloping out so happily,
To the merry melody
'Round and 'round the room it runs;
Pop goes the pony!

What's inside the jack-in-the-box?
Soon we all shall see
Turn the crank and out it jumps;
Pop goes the blue jay!
Soaring out from tree to tree,
To the merry melody
'Round and 'round the room it flies;
Pop goes the blue jay!

(slowly)

What's inside the jack-in-the-box?
Soon we all shall see
Turn the crank and out it jumps;

Pop goes the turtle!
Creeping out so leisurely,
To the merry melody
'Round and 'round the room it crawls;
Pop goes the turtle!

(quickly)
What's inside the jack-in-the-box?
Soon we all shall see
Turn the crank and out it jumps;
Pop goes the rabbit!
Racing out so rapidly,
To the merry melody
'Round and 'round the room it hops;
Pop goes the rabbit!

Instrumental:

What other animals could you pretend to be as you pop out of the jack-in-the-box? Can you think of an animal that moves slowly? ... quickly? ... that is heavy? ... light? ... that flies? ... swims?. Sing the song using your own ideas.

11. Growing

Words and Music: Hap Palmer

Activity:

Sway from side to side with the music. Each time you hear the words "grow, grow, grow," lift your hands higher and higher in the air. With the first verse, make yourself small, and pretend you are a tiny little seed that slowly grows to a great big tree. During the second verse, act out the growth of a baby by crawling, walking, talking, and running.

Lyric:

Chorus: There are so many things that grow, grow, grow
So many things that grow, grow, grow
There are flowers and trees and chimpanzees
Mice and rats and little kitty cats
There are monkeys and parrots, peas and carrots
And boys and girls all over the world

Now let's start with a tiny little seed
That slowly grows and becomes a tree
And the little twigs and branches become big limbs
With leaves that sway and rustle in the wind
With leaves that sway and rustle in the wind

Repeat Chorus

Now we all started out as a tiny little baby
And we grew a little bit and then we could crawl
And we grew a little more and then we could walk
And we grew a little more and then we could talk
And we grew a little more and we could run like the wind

Repeat Chorus

Instrumental:

Can you sing along without hearing the words? Name all the things you can think of that grow. Act out the growth of something you choose and we'll try to guess what you are.

12. Bluegrass Jamboree

Words and Music: Hap Palmer

Activity:

Clap your hands then stamp your feet with the bluegrass band. As each instrument solos, do the following motions: jump and spin with the violin; hop and grin with the mandolin; step and swing as the banjos ring; run in place when you hear the bass and fall down with the guitar sound. Freeze when the music stops. When the music starts again, jump up and repeat all the motions.

Lyric:

Clap, clap, clap, clap,
Clap your hands with the bluegrass band
Stamp, stamp, stamp, stamp,
Stamp your feet with the bluegrass beat

Jump and spin with the violin
Hop and grin with the mandolin
Step and swing as the banjos ring
Run in place when you hear the bass
Now as you hear the guitar sound
Everybody all fall down!

(Repeat entire song)

Instrumental:

Create your own way of moving with each instrument.

13. Teddy Bear Play Time

Words and Music: Hap Palmer

Activity:

Gently throw and catch your teddy bear. Turn around once and jump three times. Balance your teddy bear on your head and walk around the room. Stop and put your bear on each body part named in the song.

Lyric:

Throw your teddy bear and catch
Turn around, turn around, jump, jump, jump
Throw your teddy bear and catch
Turn around, turn around, jump, jump, jump

Put it on your head and walk around the room
Put it on your head and walk around the room

Put it on your shoulder
Put it on your elbow
Put it on your knee
Put it on your back now
Put it on your stomach
Put it on your fingers
Put it on your foot
Put it on your arm now

Put it on your head and walk around the room
Put it on your head and walk around the room

(Repeat First Verse)

Instrumental:

Can you find other parts of your body on which you can place your bear? Do you have other stuffed animals with which you could play this game? What else could you throw and catch? (Some things you can try: playground ball, wadded up paper ball, rolled up socks, yarn ball etc.) Sing this song again using your ideas.

For example: "Bounce the rubber ball and catch."

Note:

You can also do this activity with a bean bag using the song, THE BEAN BAG from the recording CAN A JUMBO JET SING THE ALPHABET.

14. Put Your Hands In The Air

Words and Music: Hap Palmer

Activity:

Move with the rhythm of the music, and add your own movements as you follow the directions in this song.

Lyric:

Put your hands up in the air
Put your hands down on your nose
Put your hands up in the air
Now bend down and touch your toes
Everybody turn around
Now let's all jump up and down

Put your right hand in the air
Put your right hand on your lips
Put your left hand in the air
Now put both hands on your hips
Everybody turn around
Now let's all jump up and down

Tip toe quietly to your seat
Don't let anyone hear your feet
Put your hands down in your lap
Bow your head and take a nap

Instrumental:

What other body parts could you put up in the air? Can you put your foot in the air? Can you put your elbow in the air? Lower your elbow and find and contact it with a different part of your body.

Sing this song again using your ideas. For example:

Put your elbow in the air
Put your elbow on your knee
Put your thumbs up in the air
Bring them down and touch your heels

15. Big Things Come From Little Things You Do

Words and Music: Hap Palmer

Activity:

Everything we do is a series of small tasks. To build something with blocks you put the blocks in place one at a time. What are the steps for making a cake? ... preparing for a birthday party? ... growing a garden? ... What things do you like to make or do? What are the steps you take to reach your goal? Act out the tasks described in this song. Each time you hear the word "big,"

make a big shape with your body, and each time you hear the word "little,"
make a small shape.

Lyric:

Step by step, bit by bit,
Piece by piece, dreams come true
Big things come from little things you do
Clear some space, bring your blocks
Stack them up to build a house
Big things come from little things you do
One by one, each step you take
Makes your wish come true

Pour the mix, crack an egg
Stir in milk then bake a cake
Big things come from little things you do
Call your friends, hang balloons
Plan some birthday party games
Big things come from little things you do
One by one, each step you take
Makes your wish come true
Makes your wish come true

Dig the ground, plant some seeds
Spray the hose, a garden grows
Big things come from little things -
Big things come from little things -
Big things come from little things you do

Credits

Producers: **Tom Perry, Miriam Mayer, Hap Palmer**

Arranger: **Miriam Mayer**

Recording Engineers: **Tom Perry, John Slattery**

Lead Vocals: **Hap Palmer**

Background Vocals: **Karen Harper, Marsha Skidmore, Luana Jackman,
Hap Palmer**

Piano, Keyboards, Synthesizer: **Steve Kaplan**

Bass: **Jim Garafalo**

Drums: **Tom Walsh**

Guitars: **Grant Geissman, Hap Palmer**

Flutes: **Suzanne Teng, Jon Kip**

Saxophones: **Jon Kip, Miriam Mayer, Hap Palmer**

Trumpet: **Stu Blumberg**

Percussion: **Brian Kilgore**

Violin: **Miriam Mayer**

Banjo, Mandolin: **Grant Geissman**
Children's Chorus Director: **Tricia Billes**

Children's Chorus: **Aleza Axelrod, Arianna Axelrod, Danielle Bateman, Patrick Billes, Sonja Billes, Brette Gentry, Logan Gentry, Lisa Hill, Jessica Hillard, Gena Inkeles, Sky LaBrot, Sondra Lanutti, Buckley Mitchell, Talor Mitchell, Jessica Nelson, Jody Rollins, Tami Rollins, Blake Stevens, Robben Wilson-Anger.**

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