

Bright Babies - Opposites

Welcome Song: (Tune: Twinkle, Twinkle)

Welcome, welcome everyone,
Now you're here, let's have some fun.
First we'll clap our hands just so,
Then we'll bend and touch our toes.
Welcome, welcome everyone,
Now you're here lets have some fun!

Wave!
Clap hands.
Touch toes.
Wave again!

Name Song: (Tune: Mary Had a Little Lamb)

(Child's name) has their (color) shirt on,
(Color) shirt on, (color) shirt on,
(Child's name) has their (color) shirt on,
We welcome, (Child's name) , today.

Clap!

Alphabet Song

Arm Exercise (Tune: Farmer in the Dell)

I put my arms up high,
I put my arms down low.
I put them straight out to the side,
And then I let them go.

Put arms up
Put arms down

Exercises:

Arms up 1-2-3!
Arms out 1-2-3!
Arms together 1-2-3!
Arms down 1-2-3!

Legs up 1-2-3!
Legs out 1-2-3!
Legs together 1-2-3!
Legs down 1-2-3!

Leg Exercise: (Tune: Row, Row, Row)

Kick, kick, kick your legs,
Kick them now with me.
Kick, kick, kick your legs,
Kick them now with me!

Kick Legs

Book:

Clap: The Opposite Song (Tune: Do You Know The Muffin Man?)

Oh, do you know some opposites, some opposites, some opposites?
Oh, do you know some opposites? Opposites are fun.
If I say stop, then you say go. If I say yes, then you say no.
If I say fast, then you say slow. Oh, opposites are fun.
If I say low, then you say high. If I say hi, then you say bye.
If I say wet, then you say dry. Oh, opposites are fun.

Clap!

Bounce: Oh, the Grand Old Duke of York

Oh, the grand old Duke of York. He had ten thousand men
He marched them up the mountaintop and marched them down again
Oh, when you're up, you're up and when you're down, you're down
And when you're only halfway up. You're neither up nor down!

Bounce
Lift baby up and down
Lift baby up and down
Bounce baby in lap

Tickle: Wiggle, Waggle

Fingers like to wiggle waggle, wiggle waggle, WAY UP HIGH!
Fingers like to wiggle waggle, wiggle waggle, WAY DOWN LOW!
Fingers like to wiggle waggle, wiggle waggle, ON MY KNEES!

Wiggle Fingers, then raise up
Wiggle Fingers, then touch ground
Wiggle Fingers, then tickle knees

Bright Babies - Opposites

Song: Two Little Black Bird

Two little blackbirds sitting on a hill.

One named Jack and one named Jill.

Fly away Jack, fly away Jill.

Come back Jack, come back Jill.

.....flying in the sky. One named Low and one named High...

.....sitting on a pole. One named Fast and one named Slow...

....sitting on a cloud. One named Quiet/Loud

Hold up Fingers for birds

Fly them behind you

Have them come back

Bounce: Slowly, Quickly

Slowly, slowly, very slowly creeps the little snail

Slowly, slowly, very slowly up the wooden rail

Quickly, quickly, very quickly runs the little mouse

Quickly, quickly, very quickly all around the house

Bounce Slowly

Bounce Quickly

Book:

Fingerplay: This Is...

This is big, big, big. This is small, small, small

This is short, short, short. This is tall, tall, tall

This is fast, fast, fast. This is slow, slow, slow

This is yes, yes, yes. This is no, no, no

Show Gestures with Arms

Song: Elevator (Tune: Do Your Ears Hang Low?)

Oh, the city is great and the city is grand. There are lots of tall buildings

On a little piece of land. We live way up on the fifty-seventh floor

And this is what we do. When we go out the door

Take the elevator up, take the elevator down

Take the elevator up, take the elevator down

Take the elevator up, take the elevator down. Now we spin around!

Lift Arms Up then Down

Spin Arms

Bounce: Oh My Baby (Tune: Oh Susannah)

Oh I'm looking at a baby that I'm bouncing on my knee

And it is the cutest baby that I ever want to see!

Oh, my baby, I'll bounce you left and right

I'll bounce you high, and bounce you low

And bounce you out of sight!

Bounce

Bounce left & right

Lift up, and lower down

Bounce Fast

Clap: Open, Shut Them

Open, shut them, open, shut them, Give a little clap, clap, clap!

Open, shut them, open, shut them, Lay them in your lap!

Creep them, Creep them, creep them, Creep them,

Right up to your chin, chin, chin!

Open wide your little mouth, But do not let them in!

Open/Close Hands, Clap

Crawl hand up to chin

Put hands down

Book:

Musical Movement: Freeze Game

Song: Twinkle, Twinkle (second time sing with just ca's)

Goodbye Song: (Tune: London Bridge)

Goodbye, goodbye, see you soon,

See you soon, see you soon.

Goodbye, goodbye, see you soon,

On another day.

Wave!