

Action Rhymes to assist young children with Learning Difficulties

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1. Humpty Dumpty

Humpty Dumpty sat on a wall.
Humpty Dumpty had a great fall.
All the king's horses and all the king's men
Couldn't put Humpty together again.

Actions:

1. Sit on a chair or on the floor cross-legged.
2. Palms slap knees. (Left palm – left knee; right palm – right knee)
3. Palms slap knees. (Right palm – left knee; left palm – right knee)
4. Repeat step 2.
5. Repeat step 2, but cross hand the opposite way.

2. Ishy Wishy

Ishy Wishy was a fishy, swish, swish, swish.

Actions:

1. Draw a figure 8 on its side, (or an infinity sign), with your finger in the air.
2. Repeat the rhyme, drawing with the other hand.
3. Repeat steps 2 and 3.

3. Over, Under

Over, under, round and through
What a tricky thing to do.

Actions:

1. Take a small object, like a rubber or eraser.
2. Stand.
3. Take the rubber in your right hand and pass it under your left knee.
4. With your left hand take the rubber and pass it under your right knee.
5. Repeat steps 3 and 4.

4. I can draw a circle

I can draw a circle. I can draw a square,

I can draw a diamond in the air.
I can draw a flower, I can draw a tower.
Up, up, up,
Down, down, down.
Spiral, spiral, round and round.
Now sit down.

Actions:

1. Draw a circle and a square, using pointer fingers of both hands, from the middle line, starting at the top.
2. Do the same for the diamond, flower (daisy head) and tower (long rectangle).
3. Up, up, up - draw 3 bubbles joined together, from bottom up, (using pointer fingers of both hands)
4. Down, down, down – come back down, tracing over the bubbles, top to bottom.
5. Each pointer finger draws a spiral from the centre out, simultaneously.
6. Sit down

5. Peas Porridge

Peas porridge hot, peas porridge cold,
Peas porridge in the pot, nine days old.
Some like it hot, some like it cold.
Some like it in the pot, nine days old.

Actions:

1. Stand facing a partner.
2. Slap knees with hands.
3. Clap
4. Pat your partner's hands, open palms.
5. Clap
6. Repeat steps 2-5 seven times.

6. Ipsy Wipsy Spider

Ipsy Wipsy Spider, climbed the water spout.
Down came the rain and washed poor Ipsy out.
Out came the sunshine and dried up all the rain.
So Ipsy Wipsy Spider climbed the spout again.

Actions:

1. Middle finger right hand on left hand thumb.
2. Climb upwards twisting middle finger left hand on right hand thumb.
3. Repeat, gradually climbing upwards for the first line.
4. Make fingers come down like rain.
5. Make arms come out from the centre line in a circular movement.
6. Repeat steps 1 and 2.

7. The Grand Old Duke of York

The Grand Old Duke of York
He had ten thousand men.
He marched them up to the top of the hill
And he marched them down again.
And when they were up they were up.
And when they were down they were down.
And when they were only half way up
They were neither up nor down

Actions:

1. Stand
2. On “Grand”, lift left knee and slap with right palm.
3. On “Duke”, place left foot on ground.
4. On “York”, lift right knee and slap with left palm.
5. Then place right foot on ground.
6. Continue with this rhythm pattern for the whole rhyme.

8. Pat-a-cake

Pat-a-cake, pat-a cake baker’s man
Bake me a cake as fast as you can.
Pat it and prick it and mark it with “B”
And put it in the oven for baby and me.

Actions:

1. For the first 2 lines, use the same actions as “Humpty Dumpty”.
2. Pat and prick it: 2 knee slaps and 2 pricks on knees with pointer fingers.
3. Mark it with “B”: Make a capital B lying on its side, using pointer fingers from centre line.
4. Put it in the oven: Palms side by side facing up. Pretend to slide tray into oven.
5. “Baby: – point out. “Me” – point to self.