Stretching and Re-Focusing Songs and Chants

Circle time for preschoolers should not last much longer than 15 minutes. If they get fidgety, use the songs below to let them get up to stretch and then re-focus. Moving and singing will help stimulate their brains. Songs are traditional or of unknown origin unless otherwise specified.

“Children, Children, Turn Around,” M. Speranza (Tune – “Teddy Bear, Teddy Bear”) (BB CD#3, Track #31)
Children, children turn around, children, children touch the ground.
Children, children show your shoe, children, children, clap one, two!
Children, children touch your nose, children, children touch your toes,
Children, children look around, slowly, quietly sit right down.

“Clap Your Hands” (BB CD#3, Track #32)
Clap your hands, touch your toes, turn around and put your finger on your nose.
Flap your arms, jump up high, wiggle your fingers and reach for the sky!

“Everybody Stand Up,” M. Speranza (Tune – “Shortnin’ Bread”) (BB CD#3, Track #33)
Everybody stand up, stand up, stand up,
Everybody stand up on your feet.
Stretch to the ceiling, stretch to the floor,
Repeat, changing last line to “now clap to four – 1, 2, 3, 4!”

“Eyes Are Watching” (Tune - “Frère Jacques”) (BB CD#1, Track #73)
Eyes are watching, ears are listening,
Lips are closed, hands are still
Feet are quiet; you should really try it
Listening well, listening well.

“I Wiggle My Fingers” (chant)
I’m wiggle my fingers, I wiggle my toes,
I wiggle my shoulders, I wiggle my nose.
Now all the wiggles are out of me,
And I can sit quietly as can be! (end in a whisper!)

“I’m Looking for Someone” M. Speranza (Tune - “99 Bottles of Pop on the Wall” w/o the swing) (BB CD#3, Track #34)
I’m looking, looking, looking, I’m looking for someone
Who’s sitting very quietly and ready for some fun! (or change “very quietly” to “with a smile” or other words)

“Inside Voices” (Tune – “Frère Jacques”)”
Inside voices, inside voices,
Shhh, shhh, shhh, Shhh, shhh, shhh.
Inside voices, inside voices,
Shhh, shhh, shhh, Shhh, shhh, shhh.

“Let’s Sit Down” (BB CD#3, Track #42) This helps children stay focused when transitioning from standing to sitting.
Let’s sit down while we sing, down, down, down, down, down, down, down, down. (Sing down C major scale)
“Let’s Stand Up” (BB CD#3, Track #43)
Let’s stand up while we sing to 8.  1, 2, 3, 4, 5, 6, 7, 8.  (Sing up C major scale)

“My Ears Are Listening” (Tune – “London Bridge”)
My ears are listening, listening, listening,
My ears are listening to Miss M’Lou.  (insert teacher’s name)

“Open, Shut Them” (BB CD#3, Track #35)
Open, shut them, open, shut them, give a little clap, clap, clap.
Open, shut them, open, shut them, fold them in your lap, lap, lap.
Creep them, creep, them, creep them, creep them, right up to your chin.
Open up your little mouth but do not let them in!
Open, shut them, open, shut them, give a little clap, clap, clap.
Open, shut them, open, shut them, fold them in your lap.

“This is My Place” (BB CD#3, Track #36)
This is my place,  (Point to the floor where you’re sitting)
This is my space,  (Make pretend circle around you)
My place, my space,  (Point to floor, the make circle)
Nobody but me!  (Shake finger, then point to self)
(After above part is learned, add the following:)
I can get from here to there, I can get most anywhere!
I can travel all through space, and I can come back to my space.

“Time to Listen” (BB CD#3, Track #37)
Time to listen! Now it’s time to listen.  (Sung to “Alouette”)
Time to listen! Open up your EARS!  (touch ears and freeze!)