

Free Lyrics and Activities for Bobby Susser Songs – Wiggle Wiggle

Wiggle Wiggle

by Bobby Susser

Purpose: To develop gross and fine motor skills, body awareness, a sense of rhythm and following directions.

1. The child/children may join in singing the chorus.
2. The parent/teacher may ask the child/children what he/she/they enjoyed the most about wiggling.
3. The parent/teacher may participate.

Let's show everybody how we

wiggle wiggle

Let's show everybody how we

wiggle wiggle

Wiggle your hands

Wiggle your fingers

Wiggle your hands

Wiggle your fingers

Wiggle your hands

Wiggle your fingers

Wiggle wiggle wiggle wiggle

Let's show everybody how we

wiggle wiggle

Let's show everybody how we

wiggle wiggle

Wiggle your feet

Wiggle your toes

Wiggle your feet

Wiggle your toes

Wiggle your feet

Wiggle your toes

Wiggle wiggle wiggle wiggle

Let's show everybody how we

wiggle wiggle

Let's show everybody how we

wiggle wiggle

Wiggle your knees

Wiggle your hips

Wiggle your knees

Wiggle your hips

Wiggle your knees

Wiggle your hips

Wiggle wiggle wiggle wiggle

Let's show everybody how we

wiggle wiggle

Let's show everybody how we

wiggle wiggle

Wiggle your shoulders

Wiggle your arms

Wiggle your shoulders

Wiggle your arms

Wiggle your shoulders

Wiggle your arms

Wiggle wiggle wiggle wiggle

Let's show everybody how we

wiggle wiggle

Let's show everybody how we

wiggle wiggle

Wiggle your nose

Wiggle your head

Wiggle your nose

Wiggle your head

Wiggle your nose

Wiggle your head

Wiggle wiggle wiggle wiggle

Let's show everybody how we

wiggle wiggle

Let's show everybody how we

wiggle wiggle

Wiggle everything

Wiggle everything

Wiggle everything

Wiggle everything

Wiggle everything

Wiggle everything

Wiggle wiggle wiggle wiggle

Let's show everybody how we

wiggle wiggle

Let's show everybody how we

wiggle wiggle

Wiggle wiggle wiggle wiggle

Wiggle wiggle wiggle wiggle

March Around In A Circle

by Bobby Susser

Purpose: To develop body awareness, coordination, gross motor skills, listening skills, a sense of rhythm, and following directions.

1. The child/children may join in singing the chorus to the song.
2. If the setting is safe and appropriate the child/children may march around in a circle during the chorus
3. The child/children may pretend to be marching in a circle during the chorus by remaining stationary and marching in place to the music.
4. The parent/teacher may participate.

Put your hands on your hips right now

And march around

March around

March around in a circle

March around

March around

March around in a circle

Put your hands on your nose right now

And march around

March around

March around in a circle

March around

March around

March around in a circle

Put your hands on your head right now

And march around

March around

March around in a circle

March around

March around

March around in a circle

Put your hands at your side right now

And march around

March around

March around in a circle

March around

March around

March around in a circle

Shake It and You'll be Happy

by Bobby Susser

Purpose: To develop listening skills, gross and fine motor skills, body awareness, coordination and a sense of rhythm.

1. The child/children may sing along with the chorus.
2. The parent/teacher may ask the child/children to draw a picture of children doing this exercise.
3. The parent/teacher may participate.

Everybody play the game

Shake it and you'll be happy

Everybody play the game

Shake it and you'll be happy

You can start to shake your hand

You can sit or you can stand

Let me see you shake your hand

Shake it and you'll be happy

Everybody play the game

Shake it and you'll be happy

Everybody play the game

Shake it and you'll be happy

You can start to shake your hip
Careful now so you don't slip
Let me see you shake your hip
Shake it and you'll be happy

Everybody play the game
Shake it and you'll be happy
Everybody play the game
Shake it and you'll be happy

You can start to shake your chin
Shake your chinney chin chin chin
Let me see you shake your chin
Shake and you'll be happy

Everybody play the game
Shake it and you'll be happy
Everybody play the game
Shake it and you'll be happy

You can start to shake your head
Nice and easy shake your head
Let me see you shake your head
Shake it and you'll be happy

Everybody play the game
Shake it and you'll be happy

Everybody play the game

Shake it and you'll be happy

Simple Exercise

by Bobby Susser

Purpose: To develop gross motor skills, body awareness, coordination, right/left discrimination, listening skills, a sense of rhythm and following directions.

1. The child/children may join in singing the chorus.

2. The child/children may join the vocalist in singing, "one two three".

3. The parent/teacher may participate.

4. Some children may have difficulty lifting their right and left legs up in a standing position. The child/children might feel more comfortable and confident doing this exercise seated on the floor, and if so, should be encouraged to do so. The parent/teacher should provide a safe spot on the floor.

This is such a simple exercise

And it's going to make us strong

This is such a simple exercise

And it's going to make us strong

Raise your right arm now

And count one two three

Bring your right arm down

And count one two three

This is such a simple exercise

And it's going to make us strong

This is such a simple exercise

And it's going to make us strong

Raise your left arm now

And count one two three

Bring your left arm down

And count one two three

This is such a simple exercise

And it's going to make us strong

This is such a simple exercise

And it's going to make us strong

Lift your right leg up

And count one two three

Bring your right leg down

And count one two three

This is such a simple exercise

And it's going to make us strong

This is such a simple exercise

And it's going to make us strong

Lift your left leg up

And count one two three

Bring your left leg down

And count one two three

And sing along with me

This is going to be such a simple exercise

And it's going to make us strong

This is going to be such a simple exercise

And it's going to make us strong

This is going to be such a simple exercise

And it's going to make us strong

It's going to make us strong

Let's Pretend

by Bobby Susser

Purpose: To develop imagination, fine motor skills, and coordination while learning good health habits and following directions.

1. The child/children may sing along with the chorus.
2. The parent/teacher may ask the child/children to pantomime other things he/she/they do in the morning.
3. The parent/teacher may ask the child/children to draw a picture of a good health habit that is done in the morning and its importance. This may lead to a discussion of good health habits in general.

Let's pretend to do some things we do in the morning

Let's pretend to do some things we do in the morning

Brush your teeth right now

Wash your hands right now

Let's pretend to do some things we do in the morning

Let's pretend to do some things we do in the morning

Wash your face right now

Comb your hair right now

Let's pretend to do some things we do in the morning

Let's pretend to do some things we do in the morning

Stretch Your Arms Way Out

by Bobby Susser

Purpose: To develop gross motor skills, right/left discrimination, coordination, listening skills, and following directions.

1. The child/children may join in singing the chorus.

2. When the song and exercise is over, the parent/teacher may ask the child/children to raise his/her/their right arm and then their left arm to reinforce right/left discrimination.

3. The parent/teacher may participate.

We're going to have some fun

We're going to have some fun

Stretch your arms way out

Stretch your arms way out

Lift and stretch your right arm way out

Lift and stretch your right arm way out

Raise your right arm high

Way up to the sky

Bring your right arm down

Closer to the ground

And let your right arm rest a while for now

We're going to have some fun

We're going to have some fun

Stretch your arms way out

Stretch your arms way out

Lift and stretch your left arm way out

Lift and stretch your left arm way out

Raise your left arm high

Way up to the sky

Bring your left arm down

Closer to the ground

And let your left arm rest a while for now

We're going to have some fun

We're going to have some fun

Stretch your arms way out

Stretch your arms way out

Lift and stretch your both arms way out

Lift and stretch your both arms way out

Raise your both arms high

Way up to the sky

Bring your both arms down

Closer to the ground

And let your both arms rest a while for now

We're going to have some fun

We're going to have some fun

Stretch your arms way out

Stretch your arms way out

We're going to have some fun

We're going to have some fun

Stretch your arms way out

Stretch your arms way out

It's always so much fun

When you stretch your arms way out

The Jumping Exercise

by Bobby Susser

Purpose: To develop gross motor skills, listening skills, right/left discrimination, and coordination.

1. The child/children may sing along with the chorus.
2. The child/children may continue to clap to the music while singing the chorus at the end of the song.
3. The parent/teacher may participate.

The jumping exercise

Makes you feel so good

The jumping exercise

Makes you feel so good

Stand in place and jump up high now

Jump jump jump way up high

Stand in place and jump up high now

Jump jump jump way up high

Jump a little to the right now

Jump jump jump to the right

Jump a little to the right now

Jump jump jump to the right

The jumping exercise

Makes you feel so good

The jumping exercise

Makes you feel so good

Stand in place and jump and clap now

Jump jump jump clap and jump

Stand in place and jump and clap now

Jump jump jump clap and jump

Jump a little to the left now

Jump jump jump to the left

Jump a little to the left now

Jump jump jump to the left

The jumping exercise

Makes you feel so good

The jumping exercise

Makes you feel so good

Oh the jumping exercise

Makes you feel so good

The jumping exercise

Makes you feel so good

Yes the jumping exercise

Makes you feel so good

The jumping exercise

Makes you feel so good

We Exercise

by Bobby Susser

Purpose: To develop coordination, a sense of rhythm, gross motor skills, body awareness, listening skills, and following directions.

1. The child/children may join in singing the chorus.
2. The parent/teacher may ask the child/children to draw a picture of children doing this exercise.
3. The child/children may clap hands to the rhythm of the music.
4. The parent/teacher may participate

We exercise

We exercise

All together we exercise

We exercise

We exercise

All together we exercise

Touch touch touch touch your toes

Touch touch touch touch your toes

Touch touch touch touch your nose

Touch touch touch touch your nose

We exercise

We exercise

All together we exercise

We exercise

We exercise

All together we exercise

Touch touch touch touch your hips

Touch touch touch touch your hips

Touch touch touch touch your lips

Touch touch touch touch your lips

We exercise

We exercise

All together we exercise

We exercise

We exercise

All together we exercise

Touch touch touch touch your toes

Touch touch touch touch your toes

Touch touch touch touch your nose

Touch touch touch touch your nose

We exercise

We exercise

All together we exercise

We exercise

We exercise

All together we exercise

Hello Hello Goodbye Goodbye

by Bobby Susser

Purpose: To develop fine motor skills, right/left discrimination, a sense of rhythm, coordination, and basic counting skills to five.

1. The child/children may join the vocalist in saying "Hello hello hello-Goodbye goodbye goodbye".
2. The parent/teacher may write the numbers one through five, and ask the child/children to copy the numbers to develop number recognition. Some children who can count and write higher numbers should be encouraged to do so.
3. The parent/teacher may participate in this exercise.

Wave one finger on your right hand

Wave it side to side

Wave two fingers on your right hand

Wave them side to side

Wave three fingers on your right hand

Wave them side to side

Wave four fingers on your right hand

Wave them side to side

Wave five fingers on your right hand

Wave them side to side

And now wave all five fingers

Hello hello hello

Goodbye goodbye goodbye

And now wave all five fingers

Hello hello hello

Goodbye goodbye goodbye

Wave one finger on your left hand

Wave it side to side

Wave two fingers on your left hand

Wave them side to side

Wave three fingers on your left hand

Wave them side to side

Wave four fingers on your left hand

Wave them side to side

Wave five fingers on your left hand

Wave them side to side

And now wave all five fingers

Hello hello hello

Goodbye goodbye goodbye

And now wave all five fingers

Hello hello hello

Goodbye goodbye goodbye

Hello hello hello

Goodbye goodbye goodbye

Hello hello hello

Goodbye goodbye goodbye

Rest Awhile

by Bobby Susser

Purpose: To rest awhile after exercising.

1. This song is to allow the child/children to rest and in doing so gives them recognition for a hard day of work.
2. The child/children may listen to this song as the parent/teacher plays it during rest, nap, or bedtime

It's time for us to rest awhile

Because we worked so hard today

It's time for us to rest awhile

Because we worked so hard today

Playing, laughing, jumping up and down

Singing, clapping, dancing, shaking, moving all around

It's time for us to rest awhile

Because we worked so hard today

It's time for us to rest awhile

Because we worked so hard today

Playing, laughing, jumping up and down

Singing, clapping, dancing, shaking, moving all around

It's time for us to rest awhile

Because we worked so hard today

It's time for us to rest awhile

Because we worked so hard today

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NOTE TO PARENTS AND TEACHERS OF YOUNG CHILDREN: All dancing and exercising to songs should be done in a safe and appropriate setting and environment, with adult supervision. Proper clothing should be worn when dancing or exercising (not too big, bulky or confining). Each child's age and personal readiness should be taken into account for any dance or exercise, before he or she is getting ready to begin. If there is the slightest doubt, regarding a child's health in relationship to a dance or exercise, the parent, teacher or other supervising adult should receive the approval of the child's physician.