

Naptime Storytime

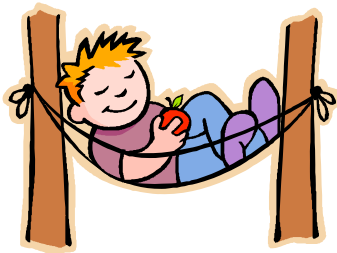
Shake My Sillies Out

Gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away.

Gotta clap, clap, clap my crazies out...
Gotta jump, jump, jump my jiggles out...
Gotta yawn, yawn, yawn my sleepies out...
Gotta stretch, stretch, stretch my stretchies out
Gotta shake, shake, shake my sillies out...

Open Them, Shut Them

Open them, shut them
Open them, shut them
Give a little clap.
Open them, shut them
Open them, shut them
Put them in your lap.



Creep them, creep them
Creep them, creep them
Right up to your chin.
Open up your mouth
But do not put them in.

Open them, shut them
Open them, shut them
Give a little clap.
Open them, shut them
Open them, shut them
Put them in your lap.

This is a Baby Ready For a Nap

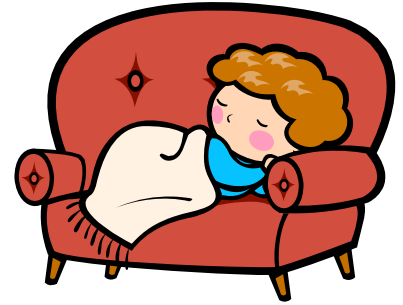
This is a baby girl ready for a nap
(hold up one finger)
Lay her down in her mother's lap
(Place in palm of other hand)
Cover her up so she won't peep.
(Wrap fingers around it)
Rock her til she's fast asleep.
(Rock finger back and forth)



This is a baby boy ready for a nap
(hold up one finger from other hand)
Lay him down in his mother's lap
(Place in palm of other hand)
Cover him up so he won't peep.
(Wrap fingers around it)
Rock him til he's fast asleep.
(Rock finger back and forth)

Are You Sleepy

Are you sleepy?
Are you sleepy?
(rub eyes)
Yes I am. Yes I am.
(nod head)
Take your cozy blanket
(pull hands up to neck)
And your teddy bear
(hug self)
Close your eyes
(close eyes)
Go to sleep
(put hands under head)



I'm Sleepy, Very Sleepy

(suit actions to the words)

I'm sleepy, very sleepy
I want to stretch and yawn
I'll close my eyes and just pretend
That daylight time has gone
I'll breathe so softly and be so still
A little mouse might creep
Across the floor, because he thought
That I was fast asleep

If You're Happy and You Know It

If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, clap your hands

If you're happy and you know it, stomp your feet
If you're happy and you know it, stomp your feet
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, stomp your feet

If you're happy and you know it, shout hooray—"Hooray!"
If you're happy and you know it, shout hooray—"Hooray!"
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, shout hooray—"Hooray!"

If you're happy and you know it, do all three.
If you're happy and you know it, do all three.
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, do all three.