

## Body 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.

### Heads, Shoulders, Knees and Toes

Heads, shoulders, knees and toes, knees and toes  
Heads, shoulders, knees and toes, knees and toes  
Eyes and ears and mouth and nose  
Heads, shoulders, knees and toes, knees and toes.

### After a Bath

After my Bath, I try, try, try

To wipe myself 'til I'm dry, dry, dry

Hands to wipe, and fingers, and toes

And two wet legs, and one shiny nose

Just think how much less time I'd take,

If I were a dog and could shake, shake, shake.



### Knick Knack Paddy Whack

This old man was a spy  
He played knick knack on my eye  
With a nick nack paddy whack  
Give a dog a bone  
This old man came oling home.

This old man liked to doze  
He played knick knack on my nose...

This old man lived down south  
He played knick knack on my mouth...

This old man couldn't hear  
He played knick knack on my ear

This old man liked to linger  
He played knick knack on my finger...

This old man went to the farm  
He played knick knack on my arm...

### Say and Touch

Say "red," and touch your head.  
Say "sky," and touch your eye.  
Say "bear," and touch your hair.  
Say "hear," and touch your ear.  
Say "south," and touch your mouth.  
Say "rose," and touch your nose.  
Say "in," and touch your chin.  
Say "rest," and touch your chest.  
Say "farm," and touch your arm.  
Say "yummy," and touch your tummy.  
Say "bee," and touch your knee.  
Say "neat," and touch your feet.

### 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, shout hooray...  
If you're happy and you know it, do all three...

