

BEDTIME

Ten in the Bed

There were ten in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over
And one fell out
...Continue down 9 through 2 until...
There was one in the bed
And the little one said,
"I'm lonely!"
So the nine came back
And they all snuggled up
Good night!

Twinkle Twinkle Little Star

Twinkle, twinkle, little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle little star
How I wonder what you are

Five Little Monkeys

Five Little Monkeys Jumping on the bed,
One fell off and bumped his head
Mama called the doctor, and the doctor said
"no More monkeys jumping on the bed!"
 ...count down to one
Mama called the doctor, and the doctor said
"put those monkeys right to bed!"

If You're Sleepy and You Know it

Tune: If You're Happy and You Know It

If you're sleepy and you know it, take a stretch.
If you're sleepy and you know it, take a stretch.
If you're sleepy and you know it,
and you really want to show it,
If you're sleepy and you know it, take a stretch.
 ...give a yawn.
 ...grab your pillow
 ...say "goodnight."
 ... go to sleep

Bedtime (Action)

Time for Bed, time for bed! (tap back of wrist)
Fluff up the pillow (make fluffing motions)
Lay down your head (head on hands)
Pull up blanket (pull imaginary blanket up to chin)
Tuck in tight (arms down tightly against sides)
Close your eyes (close eyes)
And sleep all night. (snore)

Ready for a Nap (Action)

This is a baby ready for a nap
(hold up 1 finger)
Lay her down in her mother's lap
(put finger in palm of other hand)
Cover her so she won't peep.
(wrap fingers around it)
Rock her til she's fast asleep.
(rock finger back and forth)

BEDTIME

Dream a Happy Dream

Tune: Go In and Out the Window

It's time to rest your head (3)
And dream a happy dream.
It's time to rest your feet.(3x)
And dream a happy dream.
It's time to rest your eyes. (3x)
And dream a happy dream.

Teddy Bear, Teddy Bear (Action)

Teddy bear, teddy bear, turn around
Teddy bear, teddy bear, touch the ground
Teddy bear, teddy bear, reach up high
Teddy bear, teddy bear, touch the sky
Teddy bear, teddy bear, touch your knees
Teddy bear, teddy bear, sit down please

Teddy Bear, Teddy Bear (Action) v.2

Teddy bear, teddy bear, turn around
Teddy bear, teddy bear, touch the ground
Teddy bear, teddy bear, show your shoe
Teddy bear, teddy bear, that will do
Teddy bear, teddy bear, turn off the light
Teddy bear, teddy bear, kiss goodnight!

Two Little Stars

Two little stars ready for bed,
One named Nan, one named Ned
Go to sleep Nan, Go to sleep Ned
Wake up Nan, wake up Ned.

Fuzzy Blanket

I have a fuzzy blanket
To snuggle in at night
I wrap it all around me
And pull it warm and tight!

Stretching Song

Tune: Twinkle, Twinkle, Little Star

Everybody reach up high
Stretching, stretching to the sky
Swaying left and swaying right
Blinking in the sky at night
Everybody reach up high
Stretching, stretching to the sky

Everybody sit back down
Pit your bottom on the ground
Swaying left and swaying right
Blinking in the sky at night
Everybody reach up high
Stretching, stretching to the sky

This is the Way (Scarf Song)

This is the way we wash our face,
wash our face, wash our face.
(rub scrunched scarf on face)
This is the way we wash our face,
When we get ready for bed.
...wash our arms
...wash our knees
...wash our toes

BEDTIME

Sleepyhead Moon (Action)

Big yellow moon shines so bright, (circle overhead)
Glides across the starry night (arms left to right)
Looks down at me (hand shades eyes)
Asleep in bed, (head on hands)
Whispers, "Good night sleepyhead." (shh)
Big yellow moon, your turn is done
(move arms down)
Here comes Mr. Morning Sun (circle overhead)
I wake up. (arms stretch out)
You go to bed. (head on hands)
"Sleep well, Moon, you sleepyhead." (shh)

Dance Your Fingers Up (Fingerplay)

Dance your fingers up,
Dance your fingers down
Dance you fingers to the side,
Dance them all around
Dance them on your shoulders,
Dance them on your head
Dance them on your tummy,
And put them all to bed

I Have a... (Action)

I have a giraffe. (Nod your head)
He plays the drums. (Pretend to play the drums)
He keeps me up. (Lift arms up)
When bedtime comes. (Yawn, hand over mouth)
With a Boom-Bah Boom. (Play the drums)
Boom-Bah Boom BOOM. (Play the drums)
...Elephant - Trumpet - toot-a-toot
...Zebra - Piano - plinkity-plink
...Lion - Guitar - strum-strum-thrum
Animals get tired. (yawn, stretch)
Lay down sleepy heads (Fold hands, pretend sleep)
Have musical dreams (Snore)