

For Children Ages 2-8 Parent/Teacher notes & lyrics enclosed
Home & Classroom Tested

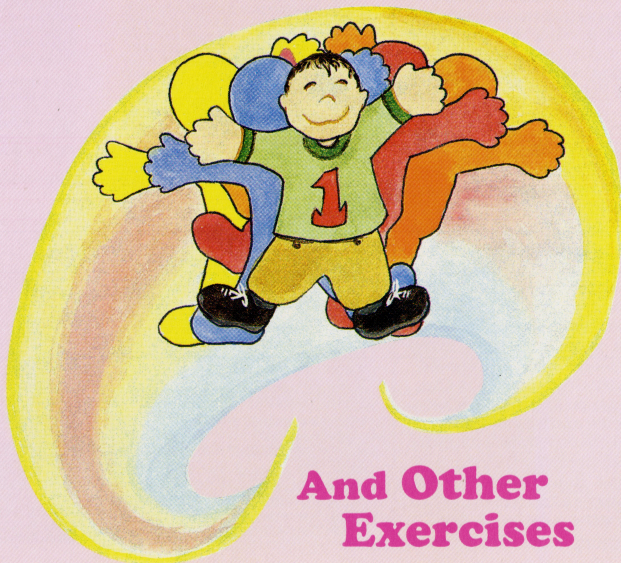


BOBBY SUSSETM SONGS

For Children



Wiggle Wiggle



And Other Exercises



BOBBY SUSSEY SONGS

For Children

Wiggle Wiggle And Other Exercises

The natural blending of exercise and music helps develop a young child's body and mind, and contributes to the development of the self. These original, instructive, Bobby Susser songs and exercises are simple to follow, and meant to develop gross and fine motor skills, coordination, right/left discrimination, listening skills, a sense of rhythm, and imagination, as well as basic skills such as counting and good health habits. Children learn and follow directions while having fun.

For Children Ages 2-8, Grades Pre-K-3, including ESL & Special Education Children. Parent/Teacher notes, suggested activities and lyrics included. Home & Classroom Tested.

Note To Teachers And Parents:
All exercises should be done in a safe and appropriate setting and environment with adult supervision. Proper clothing should be worn when exercising (not too big, bulky, or confining). Each child's age and personal readiness should be taken into account for any exercise before he or she is getting ready to begin. If there is the slightest doubt regarding a child's health in relationship to an exercise the teacher, parent, or other supervising adult should receive the approval of the child's physician.

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
Put your hands on your hips right now
Put your hands on your hips right now
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
Put your hands on your nose right now
Put your hands on your nose right now
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
Put your hands on your head right now
Put your hands on your head right now
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
Put your hands at your side right now
Put your hands at your side right now
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
Shake it and you'll be happy
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
Shake it and you'll be happy
Shake it and you'll be happy
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
Brush your teeth right now
Brush your teeth right now
Brush your teeth right now
Wash your hands right now
Wash your hands right now
Wash your hands 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
Wash your face right now
Wash your face right now
Wash your face right now
Comb your hair right now
Comb your hair right now
Comb your hair 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

Bobby Susser, M.A. Communication Arts and Sciences and Early Childhood Education, Columbia University, has written and produced original easy-to-learn children's songs for over twenty years as well as the internationally acclaimed, "Once You Understand", for teenagers. Three times an Early Childhood News Directors' Choice Award Winner and recipient of Dr. Toy's/The Institute of Childhood Resources' "Best Children's Vacation Products Award", Susser chooses and works with several types of singers and musicians depending upon the song, style, and subject matter. He feels that the performance as well as the song must be believable, honest, and sincere. These important qualities are the running threads throughout his original songs. Listen to his songs and you'll discover a serious and careful effort to help kindle imagination, empathy, understanding, compassion, and socialization in our children, which are key elements in the development of the self. Like his songs, Bobby Susser is believable, honest, and sincere. *He's an original!*

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



BOBBY SUSSEER SONGS

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For Children



Wiggle Wiggle And Other Exercises

1. Wiggle Wiggle 2:56
2. March Around In A Circle 3:26
3. Shake It And You'll Be Happy 3:09
4. Simple Exercise 2:45
5. Let's Pretend 1:57
6. Stretch Your Arms Way Out 3:22
7. The Jumping Exercise 2:50
8. We Exercise 2:33
9. Hello Hello Goodbye Goodbye 2:40
10. Rest Awhile 2:36

PRODUCER: Bobby Susser

ARRANGER: Michael Green With Some Help From John Abbott

ENGINEERS: Mark Passy, Stephen Rajkumar

VOCALS: Mike Green, Deanna Jones, William Howard, Janet Lake,
The Bobby Susser Children's Chorus, and The Bobby Susser Singers

KEYBOARDS: Jack Viegas

GUITAR: Jerry Friedman

BASS: Manny Barker

DRUMS: Gary Weiss

PERCUSSION: Bobby Miller

STUDIO: Nationwide Digital Recording Studios

COVER ART: Lou Zaccchia

ART DIRECTOR: Carol Anderson

All Songs Written By Bobby Susser

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BOBBY SUSSEY SONGS

For Children



Wiggle Wiggle And Other Exercises

- | | | | |
|---------------------------------|------|--------------------------------|------|
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