

Good Morning Songs

Rise and Shine

Rise and shine, (Bend down, then rise and put arms in air.)

And welcome to school today. (Clap to the beat.)

Rise and shine, (Bend down, then rise and put arms in air.)

And welcome to school today. (Clap.)

Rise and shine, (Bend down, then rise and put arms in air.)

And welcome to school today. (Clap.)

We're so glad you're here! (Shake hands.)

A little louder... (Sing loud.)

A little softer... (Sing soft.)

Whisper version... (Whisper words.)

Twinkle Friends

(Tune: "Twinkle Little Star")

Twinkle, twinkle, little star. (Children face partner and gently touch and wiggle fingertips.)

What a special friend you are.

From your head to your toes, (Touch each other's head, then toes.)

We are special friends you know. (Hold hands and circle around.)

Twinkle, twinkle, little star. (Children touch fingertips.)

What a special friend you are. (Children hug.)

Now, go find another friend,
And we'll twinkle once again...

Now, take a little hike.
Find another friend you like...

Now we'll sing one more time.
Won't you be a friend of mine?

Hello, Neighbor!

(Tune: "Good Night, Ladies")

Hello, neighbor. (Wave to partner.)

What do you say? (Give high five.)

It's going to be a (Slap, clap, tap hands.)

Happy day.

Greet your neighbor. (Shake hands.)

Boogie on down. (Wiggle hips.)

Give a bump, (Bump hips.)

And turn around. (Turn around.)

Shake a Hand

(Tune: "Buffalo Gal")

Everybody shake a hand, (Walk around the room and shake hands.)

shake a hand, shake a hand.

Everybody shake a hand

and walk around the room.

Everybody give high five...(Walk around the room giving high fives.)

Everybody smile and wink...(Smile and wink at friends as you walk around.)

Everybody give a hug, (Hug friends.)

give a hug, give a hug.

Everybody give a hug

then sit down in your seat.

Time to Get Up

(Tune: Reverie)

It's time to get up, it's time to get up, (Rocking horse back and forth.)

Get up on your feet this morning.

It's time to get up, it's time to get up,

Get ready to learn today.

Get that blood flowing.

Get your heart going.

Move those arms and legs

And wake up your brain!

Power march!

Second Time - Hold your reins and do squats.

Power march!

Third Time - Backward lunge and then salute.

Hello Friends!

(Tune: "Do Lord")

Hello, jell-o! (Tap opposite heels as you wave with arms.)

Hi there, grizzly bear!

How are you, caribou?

I'm fine, porcupine!

What's up, buttercup?

Not much, coconut!

This is how our day begins.

Nice to see ya, tortilla! (Step from side to side as you open arms wide.)

Hi, hi, pumpkin pie!

How've you been, dolphin?

Just great, rattle snake.

What's shakin', little bacon?

Not a lot, tater tot!

This is how our day begins.

Bonjour, dinosaur! (Knees up and pull arms down at the same time.)

Good day, blue jay!

Howdy, brownie!

Welcome, bubble gum!

Hola, cola!

Yoo hoo, tennis shoe.

This is how our day begins.

Give me five, dragon fly. (Give high five to a friend.)

Shake a hand, rubber band. (Shake hands.)

Here's a hug, doodlebug. (Hug.)

Wave to me, bumblebee. (Wave.)

Come on in, my friends (Open arms and sweep in.)

With a smile and song (Smile.)

This is how the day begins! (Clap.)

Morning Stretch

(Tune: "Morning Has Broken")

It feels so good to start the day by stretching. (Stretch up high on toes.)

Breath in deeply and then let the air out. (Slowly breath in and out.)

Breath in fresh air - push the stale air out.

Stand up tall. (Stand with crown of head reaching up.)

Look left then right. (Slowly look left and then right.)

Roll your neck around (Gently roll your head around in one direction.)

So it's not too tight. (Roll head in opposite direction.)

Shoulders up and circle around (Shoulders up as if shrugging and around.)

Other direction without a sound. (Opposite direction.)

Slowly breath in and lift your arms up high. (Lift arms up and then down.)

Let the air out and bring your arms by your sides.

Now stretch your arms out (Stretch arms out in a T.)

Big circles make. (Make big circles with arms.)

Other direction, (Make circles in the opposite direction.)

Then swish and shake. (Swing arms like a dishrag left and right.)

Bend to the left with right arm over head (Straighten right arm and bend.)

Next on the right with left arm instead. (Straighten left arm and bend.)

Slowly... (Lift arms and breath in. Lower arms and exhale.)

Touch your toes, then stretch high in the air. (Touch toes then up.)

Once more touch toes, lift up your cares.

Heel up and bend down first on the right. (Right heel up and stretch.)

Then left heel up and bend with toes in sight. (Left heel stretch.)

Slowly... (Lift arms and breath in. Lower arms and exhale.)

Stretch the right calf, and then the other side. (Bend right knee, then left.)

Stand tall as can be and hug yourself with pride. (Wrap arms around self.)

Bring the corners of your mouth up toward your eyes.

Think of something happy and give big smile! (Squeeze body and smile.)

Slowly...

Hello Song

(Tune: "Skip to My Lou")

Hello, how are you?(Wave hand.)

Hello, how are you?

Hello, how are you?

How are you this morning?

I am fine, and I hope you are, too. (Point to self, then a friend.)

I am fine, and I hope you are, too.

I am fine, and I hope you are, too.

I hope you are, too, this morning.

Turn to your neighbor, and shake their hand. (Shake hands.)

Turn to your neighbor, and shake their hand.

Turn to your neighbor, and shake their hand.

Shake their hand this morning.

If You're Happy and You Know It

(Traditional Tune)

If you're happy and you know it, clap your hands. (clap-clap)

If you're happy and you know it, clap your hands. (clap-clap)

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, clap your hands. (clap-clap)

If you're happy and you know it, hug yourself... (hug self)

If you're happy and you know it, kiss your brain... (kiss fingers
& touch head)

If you're happy and you know it, wiggle all over... (wiggle)

If you're happy and you know it, shout, "Hoorah!"...(put hand in
air & shout)

If you're happy and you know it, do them all...(do all 5 motions)

I Like to Come to School

(Tune: "Farmer in the Dell")

I like to come to school.

I like to come to school.

I like to learn and play each day

I like to come to school.

I like to make new friends...

I like to read and write...

I like to do math...

I like to sing and draw...