

B5: Rhyme & Movement

Lesson Objective: Children will be able to identify and respond to one-syllable words that rhyme.

Materials

For this activity you will need the text for a variety of nursery rhymes. Here are a few that we recommend:

- Girls and Boys, Come Out to Play
- Jack Be Nimble
- Baa, Baa, Black Sheep
- Mary Had a Little Lamb
- One, Two, Buckle My Shoe
- One, Two, Three, Four, Five
- Sing a Song of Sixpence
- To Market, To Market
- Little Boy Blue
- Hickory Dickory Dock

NOTE: Use only nursery rhymes that the children are already familiar with. They can't identify the rhymes if they don't know the words! You may prefer to use only one verse of a familiar nursery rhyme and repeat it until only one person's fist remains visible.

Activity

Video: How to play Rhyme & Movement

Have the children sit in a circle and hold their fists in front of them, one fist on each knee. Select one child to be "it." While you recite the selected nursery rhyme (in this example, "Hickory Dickory Dock"), the child who is "it" will walk around the inside of the circle, tapping a fist on each stressed syllable you utter (the underlined syllables below). Hickory dickory dock, The mouse ran up the CLOCK. The clock struck one,

The mouse did RUN, Hickory dickory DOCK. Hickory dickory dock,

The mouse ran up the CLOCK. The clock struck two, The mouse said

"BOO!" Hickory dickory DOCK. Hickory dickory dock, The mouse ran up the CLOCK.

The clock struck three, The mouse said "WHEE!" Hickory dickory DOCK. On the second (or

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third) rhyming word (in all caps above) at the end of a line, the child whose fist was tapped on that word puts that hand behind her back. Keep going until only one fist remains — that child is the new “it.” This game can be repeated with a variety of nursery rhymes.

Small Groups (2-5 children)

Additional Materials:

- optional: book of nursery rhymes

Adaptation: Read the main activity, watch the video, and follow the instructions above, with the following changes: If children have trouble focusing on the hand motions, just have them clap the rhyme.