



A wonderful woman lived in a shoe. (Face child's hands toward you)

She had so many children (Touch each finger on one hand)

She knew exactly what to do. (Touch fingers on the other hand)

She held them, (Hold child's hands in yours)

She rocked them, (Rock hands together)

And tucked them in bed. (Press hands against child's chest)

"I love you, I love you," is what she said. (Give child a hug)



Peter, Peter, Pumpkin Eater,

Had a friend he loved to greet (Shake child's hand)

Treated him/ her with kind respect (Touch child's right shoulder gently)

And in the morning

hugged his/ her neck. (Hug child)



Twinkle, twinkle, little star, (Wiggle your fingers with the child's)

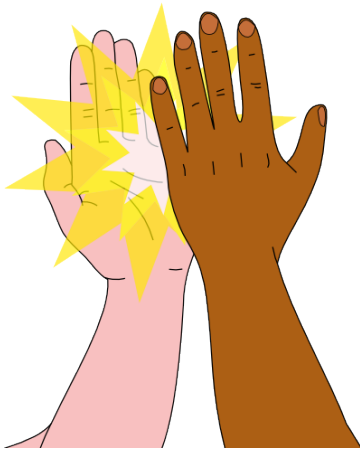
What a wonderful child you are! (Rest your hands on the child's shoulders and vice versa)

With bright eyes and nice round cheeks, (Gently touch child's eyes and down their cheeks)

Talented person from head to feet (Sweep child's hands above their head and down to their feet)

Twinkle, twinkle, little star, (Wiggle your fingers with the child's)

What a wonderful child you are. (Hug)

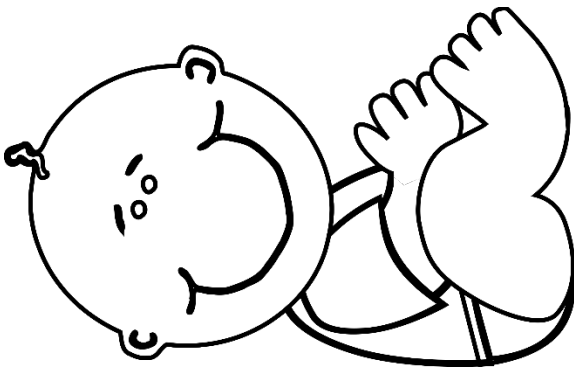


Child's Name, Child's Name, Extraordinary (Adult to child's fist touching)

How do your fingers grow? (Adult to child's palms touching)

With fingernails and no tails (Wiggle fingers and then your behind for tail)

And a high-five to go! (Give a high-five)



When you were just a baby,

you did not know how to walk.

You could only crawl, crawl around like this.

When you were just a baby,

You did not know how to talk.

You could only babble, babble just like this.

Now you are this big.

And go to school each day.

You can do many things

Like walk and talk and play.



There was a little mouse (Walk your fingers in the child's palm)

And she had a little house (Encircle the child's hands with yours)

And she lived (Walk your fingers up the child's arms)

Up here (Touch the child in a place that would be a surprise)



Warm hands, warm. (Rub the child's hands in yours)

Do you know how (Continue to move your hands over theirs.)

To toast those little fingers? (Cup your hands over the child's)

I'll blow in your hands now! (Blow gently on child's hands)

Verse 2 exchange blow for rub.



OH! Mr. Sun, Sun (Draw a circle on the back of the child's hand)

Mr. Golden Sun, (Draw the sun rays from the circle)

Won't you smile down (Draw a smiley face in the circle)

on my friend (Child's name) (Show the drawing)

OH! Mr. Sun, Sun (Make circle darker)

Mr. Golden Sun, (Make sunrays darker)

Won't you shine down (make smile darker and add eyes)

on my friend (Child's name).



Today is [child's name]'s birthday. (Look child in eye)

Let's make her (him) a cake. (Rub hands down child's side)

Mix and stir, (Massage the child's arms)

Stir and mix, (Continue massaging and add some jiggling and wiggling of the child)

Then into the oven to bake. (Lay child across your lap or wrap your arms around the child)

Here is the cake so nice and round, (Remove child from your lap or unwrap your arms)

Frosted pink and white. (Slide your hands down the child's arms)

We put (number of candles) on the top, (Hold up as many fingers as the child is old)

And blow out the birthday light. (Have child blow out the pretend candles)



### Warm Hands

Warm hands, warm (Rub child's hands rapidly to warm them)

Do you know how (Continue to move your hands over the child's)

To toast those little fingers (While you are at eye level with the child, cup your hands over the child's)

I'll blow in your hands now! (Cup the child's hands in your own and gently blow on the child's hands to warm them)

Warm hands, warm (Rub child's hands rapidly to warm them)

Do you know how (Continue to move your hands over the child's)

To toast those little fingers (While you are at eye level with the child, cup your hands over the child's)

I'll rub your hands now! (Cup the child's hands in your own and gently rub the child's hands to warm them)



### **Jack Be Noodle**

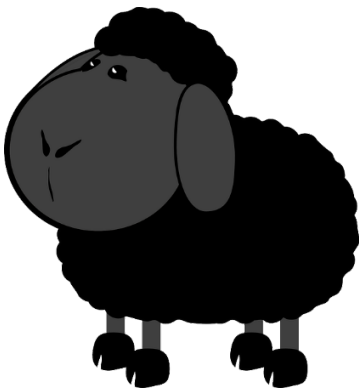
Jack be Nimble,

Jack be quick

Jack come over here and

hug me quick!

(Stand apart from child and give them a hug at the close of the ritual.)



### **BA BA, BLACK SHEEP**

Ba ba, black sheep. Have you any wool? (Raise your arms and shrug your shoulders)

Yes ma'am, yes ma'am, three bags full. (Hold up three fingers)

One for mittens, one for a cap. (Cover child's ears with your hands and then put both hands on child's head like a cap)

And one for the little boy/ girl that sits on my lap. (Hug and squeeze child)