



Hello JAM Friends!

Herein lie the lyrics for all the songs on
JAM: Music for Movement with Children

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I hope you enjoy singing along with your friends and family!

Peace, love and music for all!

Charity

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#1 JAM JAM JAM

JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM
JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM
JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM

hey there everybody
won't you join us in our JAM?
we're gonna raise our voices
stomp our feet and clap our hands
we're gonna sing and dance
we're gonna move and groove
we're gonna laugh and love
and after all that we're gonna get on down and
JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM
JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM

who's gonna JAM today oh yeah
you are gonna JAM today
y-y-y-you you, y-y-y-you you
y-y-y-you you, y-y-y-you you

who's gonna JAM today oh yeah
your sister's gonna JAM today
I said, sistah sistah sistah
sistah sistah sistah

who's gonna JAM today oh yeah
your brother's gonna JAM today
b-b-b-b-b-b-b-b-b-b-brother
b-b-b-b-b-b-b-b-b-b-brother

who's gonna JAM today oh yeah
the kids are gonna JAM today
k-k-k-kids kids, k-k-k-kids kids
k-k-k-kids kids, k-k-k-kids kids

who's gonna JAM today oh yeah
everybody's gonna JAM
everybody, everybody's gonna sing and dance
we're gonna move and groove
we're gonna laugh and love
and after all that we're gonna get on down and
JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM
JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM
JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM
JAM, JAM, JAM, oh yeah, I say, JAM, JAM, JAM

#2 HEAD SHOULDERS KNEES AND TOES

head shoulders knees and toes
knees and toes
head shoulders knees and toes
knees and toes
eyes and ears and mouth and nose
head shoulders knees and toes
knees and toes

my head is for carryin' my brain around
and for yessin' and noin'
my shoulders are for carryin' my arms around
and for shruggin' and I-don't-knowin'
my knees are for bendin' me up and down
and for walkin' and runnin' and goin'
my toes are for keepin' my feet on the ground
and for tap-tap-tappin'
and tip-tip-tip-tip-toein'
ba dum bum bum

my eyes are for blinkin' and cryin' too
and for looking and seeing
my ears are for puttin' my hair behind
and for listening and hearing
my nose is for sneezin' ...ahhhh-chooo!
and for sniffin' and smellin'
my mouth is for singin' this song to you
and for smilin' and frownin'
and kissin' and whisperin' and yellin'
ba dum bum bum

#3 HOP JUMP LEAP BOUNCE POUNCE

you're gonna hop, hop, hop like a bunny
hop, hop, hop like a bunny
hop, hop, hop like a bunny
hop like a bunny
all the day long

jump, jump, jump like a frog...
leap, leap, leap like a mountain goat...
bounce, bounce, bounce like a kangaroo...
pounce, pounce, pounce like a kitty cat...

and after all that hoppin'
and jumpin' and leapin'
and after all that bouncin' and pouncin'
you'll sleep and sleep and
sleep, sleep, sleep like a baby
sleep, sleep, sleep like a baby
sleep, sleep, sleep like a baby
sleep like a baby
all the night long

#4 YOUR BODY'S AN INSTRUMENT

clap your hands, baby, 1 2 3
you're gonna clap your hands, baby, 1 2 3
you're gonna clap your hands, baby, 1 2 3
your body's an instrument, can't you see?

you're gonna snap your fingers...
you're gonna slap your thigh...
you're gonna stomp your foot...
you're gonna tap your toe...
you're gonna cluck cluck cluck (with tongue)...
you're gonna brrr brrr brrr (with lips)...
you're gonna be be be be be be be be (finger on lips)...
you're gonna (silence)...
you're gonna whisper real quietly...
you're gonna sing out loud...

you're gonna do it all at once, baby, 1 2 3
you're gonna make a lotta noise, baby, 1 2 3
you're a one person band, baby, 1 2 3
your body's an instrument, can't you see?

#5 GIMME 5 GIMME 10

gimme 5 gimme 10
do it again
gimme 5 gimme 10
do it again
gimme 15 gimme 20
you know I love you honey
gimme 5 gimme 10
do it again

gimme 1 gimme 2
what we gonna do?
gimme 3 gimme 4
we're gonna head out the door
gimme 5 gimme 6
we're gonna get our kicks
gimme 7 gimme 8
you know we can't be late
gimme 9 gimme 10
do it again!

#6 CREEPER WALK

you do the creeper walk
you look so creepy when you walk like that
you do the creeper walk

you do the silly walk...
you do the scary walk...
you do the creeper walk...
you do the happy walk...
you do the sad walk...
you do the slow walk...
you do the fast walk...
you do the creeper walk...

#7 WHAT ANIMALS DO

I'm a monkey and I swing from my arms
swing from my arms, swing from my arms
I'm a monkey and I swing from my arms
'cause that's what monkeys do

...owl...turn my head...
...kitty cat...sharpen my claws...
...peacock...spread my fan...
...dog...wag my tail...
...horse...shake my mane...
...giraffe...stretch my neck...
...elephant...raise my trunk...
...whale...blow through my spout...
...butterfly...flutter my wings...
...gorilla...beat my chest...
...flamingo...stand on one leg

#8 MAJOR SCALE

the major scale has a happy sound
eight notes up and eight notes down
starts down low and climbs up high
then walks right down the other side

the first note's so far down
it's underneath the ground

the second's also low
feel it wiggle in your toes

and the third makes three
feel it shakin' in your knees

and the fourth is in your pelvis
makes you dance like Elvis

and the fifth makes five
feel your belly shake and jive

and the sixth is in your heart
where the music really starts

and the seventh is up here
and it's very very near

to the octave, number eight
flying high and sounding great...87654321!

#9 KIDS TRAIN

kids train, kids train
we're all ridin' on a kids train
I said, a kids train, kids train
rockin' and a-rollin' on a kids train

hear that old steam whistle blow
way up high, down sweet and low
I said, hear that old steam whistle blow
way up high, down sweet and low
whoo whoo...whoo whoo...whoo whoo...

train rollin' through a tunnel so dark
see those wheels throw up a spark
I said, train rollin' through a tunnel so dark
hear those wheels throw up a spark
ts ts ts...ts ts ts...ts ts ts...

big steam engine comin' round the bend
blowin' steam like it'll never end, I said
big steam engine comin' round the bend
blowin' steam like it'll never end
chhhhhh...chhhhhh...chhhhhh...

I said, a chugga chugga choo choo
whoo
I said, a chugga chugga choo choo
whoo whoo
I said, a chugga chugga choo choo
whoo
I said, a chugga chugga choo choo
whoo whoo...ts ts ts...chhhhhh

#10 SONG WITHOUT WORDS

#11 SCARF DANCE

scarves up, scarves down
scarves up, scarves down
scarves up, scarves down
twirl 'em 'round and 'round and 'round
and twirl 'em 'round and 'round and 'round
scarves wide, scarves across
scarves wide, scarves across
scarves wide, scarves across
then you crumple 'em up
into a tiny little ball
until you think they're lost

oh no!
where did they go?
how are you gonna find 'em?

you're gonna shake, shake your scarves
you're gonna shake, shake your scarves
you're gonna walk with your scarves
and then you're gonna run with your scarves...run really really really fast
you're gonna drop 'em
and pick 'em right up
and have some fun with your scarves

#12 I SEE THE WORLD

feet on the ground, hands in the sky
toes pointin' down, head headin' high
oh, I see the world in the usual way
I'm gonna try something different today

feet to the right, hands to the left
toes pointin' east, head headin' west
oh, I see the world in a different way
when I'm hangin' out sideways

hands on the ground, feet in the sky
head headin' down, toes pointin' high
oh, I see the world in the opposite way
I'm gonna hang out upside down all day

#13 UPSIDE DOWN

upside down, upside down
I said, upside down, upside down
yes, I said, upside down, upside down
I said, upside down, upside down

when my world is upside down
the trees grow down from the sky
rain falls up from clouds on the ground
and sunset becomes a sunrise

when my world is upside down
the mountains are a roof overhead
the floor's a carpet of twinkling stars
and the moon's way down there instead of up high
the moon's way down there instead

when my up side is down
my down side is up
da doodle oot ... dup

when my world is upside down
my frown turns into a smile
my tears dry up 'cause they can't fall down
I think I'll hang out here awhile

when my world is upside down
I have a different point of view
a new perspective, an open mind
it's like takin' a walk in your shoes, oh yeah,
like takin' a walk in your shoes

#14 NAMASTE

stretch my arms into the sky, so high
all the way down to my toes, so low
spread them out to either side, so wide
hug myself with all my might, so tight
that's how I use my arms today
namaste

I stand on my legs tall and long, so strong
or make a triangle, you see, 1 2 3
squat into a little ball, so small
fold them like a pretzel would, feels good
that's how I use my legs today
namaste

how my body loves to move, in the groove
I dance and dance until I drop...
stop stop stop
then lie right down upon my back, relax
and watch my breath move in and out
in and out
in and out

#15 LAY DOWN MY DEAR CHILDREN

lay down my dear children
lay down and take your rest
you're gonna lay your head
on your mama's chest
I love you, oh but she loves you the best
and I bid you so long, farewell, good-bye

lie still and feel the music
coursing through your skin and bones
and if you listen close and quiet
you'll hear a song in your soul
you gotta sing your song
for the world that loves you so
and I bid you so long, farewell, good-bye
and I bid you so long, farewell, good-bye
and I bid you so long, farewell, good-bye