

Songs from the Heart CD ~ NCAEYC Conference 2010

Credits, lyrics and dance instructions

In the thirty years I have been a music teacher, I have found that the songs I love the most, the ones I sing directly from my heart, are the ones that inspire children and adults to sing with me. Singing and dancing these songs together has a very unifying affect in a classroom. It's the most direct way I know of sharing love, heart to heart. And it's the love in both teacher and children's voices that matters, not whether every note is in tune!

I wish you joy in the music! Kathleen Hannan

For booking information, contact me at 919-644-1592 merpig@juno.com

Welcome Songs And Name Songs

Funga a Lafiya

West African welcome song

(sing this song putting hands on the heart, then up to the sky, then putting hands on heart and down to the earth)

A funga a lafiya, ashay ashay

A funga a lafiya, ashay ashay

We welcome you with open arms, ashay ashay

Our voices open to the sky, ashay ashay

We welcome you with open arms, ashay ashay

Our hearts open to the earth, ashay ashay

Akupasule

Angolan Friendship Song

In Angola they say that the more you sing this song with your friends, the deeper your friendships grow.

Akupasule = Friend

Moio = How are you?

Akupasulay, akapasulay

Akapasulay, la la la la la la la

Moio, Barbara, Moio James

Moio Angela, la la la la la la la

Jackie Woke Up With The Sun In Her Heart

Traditional African American

Lisa woke up with the sun in her heart Jenny woke up with the sun in her heart

Isaiah woke up with the sun in his heart

They're gonna shine all day, all day They're gonna shine all day

Sol En Su Corazon

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My Spanish translation of Sun In Her Heart. You need to squeeze the words "tiene el sol" in rather quickly to make it work. And "va a brillar" is almost like one word "vaabrillar". If you think of a better translation, please let me know!

Laura tiene el sol, en su corazon
Juan tiene el sol, en su corazon
Anna tiene el sol, en su corazon
Va a brillar todo el dia
Va a brillar todo el dia

Georgia Sea Island Play/Dance/Songs

The next three songs are some of my favorites ever. I learned them from a wonderful CD by Bessie Jones and the Georgia Sea Island Singers, entitled, Put Your Hand On Your Hips and Let Your Backbone Slip. It's a double CD on Rounder Records of traditional African American children's play songs and traditional gospel songs from the Georgia Sea Islands. It was recorded in the 1970's. In a book called Step It Down, by Bessie Jones and Bessie Lomax, the movements to some of the dance/songs on the CD are transcribed.

Down In The Valley

You can dance this song in a circle with two children or more in the center at a time (singing three by three or four by four etc) or you can have everyone doing it all the time and give the children ideas for movement (e.g. "Show us your spinning, everyone...") or take turns letting a child lead the group. On the Down In The Valley part, I have us squat down and kind of bounce in place. Then on "Show us your motion" we stand and dance the movements that we come up with, mirroring our partners. This song works from age 1 to age 101.

Down in the valley two by two Two by two my baby two by two
Down in the valley two by two Rise, children, rise

Show us your motion two by two Two by two.....etc

Draw Me A Bucket 'a Water

I've played this delightful song game with children from age 4 to teenagers and they all really loved it. It works well when you play a tamborine to keep a beat, but you can do it without one too. The children end up intertwined with each other like a basket, or a bucket, and do the Frog in the Bucket part hopping around in a circle. If you forget how it works movement wise, you can see a video of a third grade class doing it at this website <http://www.schooltube.com/video/dfcb6a0bd88c474fa15a/Draw-Me-a-Bucket-of-Water> The instructions to the dance are also in Step It Down, by Bessie Jones and Bessie Lomax.

Draw me a bucket 'a water For my oldest daughter
 We got none in the bunch And there's four out 'the bunch
 You go under sister Sally
 Draw me a bucket 'a water For my oldest daughter
 We got one in the bunch And there's three out 'the bunch
 You go under sister Sally

Repeat changing each time...

."two in the bunch and there's two out 'the bunch"...

"three in the bunch and there's one out 'the bunch"...

Frog in the bucket and I can't get him out! (8 times)

Oh Green Fields

One child sits in a chair and everyone sings the first part. Then the child picks another child, or just have the next child in the circle come next, and you sing the second child's name and she or he does as the song directs.

Oh green fields, Roxie Tell me who you love, Roxie
 Oh green fields, Roxie Tell me who you love, Roxie
 Oh Anna your name is called
 Come take a stand right by your friend
 Shake his hand, let him go
 Don't let her sit in that chair no more

Rhythm Stick Song

I've Got a Rhythm

I don't know the author of this lively song. When I do it with very young children (1 or 2 years old) I sometimes sing each of "zipper" lines (like "workin' hard ooowhee!") three times, but at least twice. With older kids I do as it's written here, adding one line each verse so that the song gets longer each time

I've got a rhythm deep down in my soul, and it moves around like this
 Workin' hard, ooowhee!

I've got a rhythm deep down in my soul, and it moves around like this
 Build our houses, bang bang
 Workin' hard, ooowhee!

Add and repeat new line each time around till last time through you'll have this with the added little tag line below, throwing hands in the air on YEAH!

I've got a rhythm deep down in my soul, and it moves around like this
Old folks, young folks, babies
Sittin at the suppertable talk talk talk
Plant our gardens dig dig
Build our houses bang bang
Workin' hard, ooowheee

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I've got a rhythm deep down in my soul, and it moves around like this
YEAH!!!

The Rock Game!

Mambaylah

One of many African rhythm games played with rocks. I do not know specifically where the song comes from, nor how accurate the transliteration is. I know it is widely beloved wherever it is sung and played. We sit in a circle holding a rock (or shaker egg) and tap it in front of us on the first part of the song, then all pass to the right on the "Jasmine" part of the song. Then tap in front again on the "Mambaylah" part. As the group gets more skilled, you can speed up the song. When doing this game with 3 year old or 4 year olds you would simplify the game and just pass the shaker eggs. Older 4's and 5's might be able to work up to doing the tapping and then the passing.

Mambaylah, mambaylah westah maylah (sing 2x)
Jasmine a seelybah, kahlee singay mahlee (sing 2x)

More Dance & Movement Songs

La Vibora De La Mar ~ The Sea Serpent

This game is very popular in Mexico. It's like London Bridges, except that the children go under the bridge as a Sea Serpent, holding the waist or shoulders of the person in front of them, and weaving under the bridge. On the last line of the song, the two people who are the bridge, catch the child who is under the bridge and gently rock her or him. I've given you a literal translation next to the Spanish, and also a singable English version below the Spanish one.

A la víbora, víbora	To the serpent serpent
de la mar, del la mar	Of the sea of the sea
por aquí pueden pasar	Here it can pass through
Los de adelante corren mucho	Those in the front run very fast
los de atrás se quedarán	Those in the back will stay behind

Oh the serpent serpent
 of the sea of the sea
 Come and play this game with me
 Those in the front go very fast
 Those in the back you know we'll catch
 Back back back back

Hao Peng You (Looking For A Friend)

China - traditional , still sung in China today. You might do this dance for Chinese New Year, or any time of year! One child step hops around the circle; at the end of the song, the leader bows, shakes hands with another child, and the second child becomes the leader, while the first child stands behind and holds the new leader's shoulders. The game goes on until all children are in the line. You can have all the children accompanying the dances with bells, shakers and drums, and as each child leaves and joins the line dance, you can keep one drum going yourself for the last verse. Pronunciation is below each line.

Zhao ya zhao ya zhao ya zhao (Jow yah jow yah jow ya jow)	Zhao dao ye ge hao peng you ya (Jow tow yee geh how puhng yuh yah)
Jing ge li ya jiu ge gong ya (Cheen kuh lee yah jooee kuh koon yah)	Xiao xi xi ya wo wo shou ya (Sheeow she shee yah wah wah shoh yah)
Da ji yi qui da jia yi qui (dah cheeah yee chee dah cheeah yee chee)	Tiao wu shai jian! (Teeow woo tsaiy chee 'en)

Chocolate (pronounce Cho-co-lah-tay)

Chocolate comes from Central America and Mexico. 'Bate' means stir. The song can be sung as a fingerplay, holding up fingers on the counting part, and making the motions of stirring the chocolate on the "bate bate" part. It can also be done as a dance with shaker eggs, freezing after each line at the beginning and dancing freely on the second part of the song. "Bate" means stir. The song refers to hot chocolate or to Mexican mole sauce. O's in Spanish are pronounced "oh" and a's are pronounced "ah", with e's pronounced somewhere between "eh" and "ay".

Uno dos tres cho Uno dos tres co
 Uno dos tres la Uno dos tres te
 Chocolate chocolate
 Bate bate chocolate
 Chocolate chocolate
 Bate bate chocolate

Jump Jim Joe

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A very sweet song. I don't know where it's from, but it feels like Southern traditional USA. Hold hands with a partner and do the dance, then find another partner and begin again! Two year olds can do it, although finding a partner takes quite a while, so I do it for a while with each partner.

Jump, jump, jump Jim Joe

Shake your head and nod your head and tap your toe

Round and round and round you go

Till you find another partner and you jump Jim Joe

Funky Moose

I learned this great song/chant at an environmental education camp in Maine. Later on from the feel of the song I guessed that it had African American roots, and sure enough, when I sang this later with some children in Raleigh, they sang me verses they knew, which had a more urban feel: "Let me see you do the funky Mr. Rogers....Neighborhood, Neighborhood, Neighborhood!" I love how a good song can travel and bring joy across cultural and geographic boundaries. One year olds through grownups all love this!

Let me see you do the funky moose!

What's that you say?

Let me see you do the funky moose!

Whooo! Whooo whooo whooo whooo!

Whooo whooo whooo whooo! Whooo whooo whooo whooo! , One more time!

Whooo! Whooo whooo whooo whooo!

Whooo whooo whooo whooo! Whooo whooo whooo whooo! ,

Let me see you do the funky mosquito!

Bzzzzz! Bzzzz bzzzz bzzzz bzzzz! Etc

Let me see you do the funky banana

Banana!???!!!! Did you say Banana???!!!!

Bananas of the world unite! Peel! Peel peel peel peel! Etc.....

Yay BANANAS!!!!

Fingerplay and American Sign Language Songs

We Are The Monsters

I wrote this with Max, who was 3 years old at the time. I've done this from age 2 up to middle school. This poem can turn a group of cranky kids into a unified rhythmic group of beautiful monsters. After we learn each ASL sign, we chant and sign until we really know the signs, then do the poem without speaking and then return to spoken word ASL signs.

We are the monsters of the night

We are the monsters of the day

We are the monsters of the afternoon

Come on little monsters, come out and play!

© K Hannan 1992

We often do this standing up with the ASL signs. It's a whole body experience because we move the sign for green up higher with each note, and on the very last time, make the sign for rain go all the way down to the earth. Feel free to call me if you forget the signs. Age 3 up to adults.

Into the black earth we plant the seeds Out of the black earth grows the green
Into the black earth we plant the seeds Out of the black earth grows the green
Green green green Green green green Green green green Green green green
With the sun and the water With the sun and the water
With the sun and the water water water water water

Guitar Songs (or you can use a drum or shakers)

My Body Got Better

© K Hannan 1998

When I woke up I had a cold, I had to blow my nose all day
I felt too sick to go to school, and I didn't even want to play
My mom gave me some juice to drink, she said here's some soup for you
I stayed in bed and I read some books, and after a day or two
 My body got better Oooooo My body knows how to heal
 My body got better Oooooo See how much better I feel
One day when I was playin' outside, I fell down and hurt my knee
I cried real hard cause it hurt so much, and the blood was scarin' me
But I went home and washed my knee, and put two bandaids on
And in a few days that cut was healed, and all of the hurtin' was gone

Chorus

My friend Page she broke her leg, she could not wear her shoe
She had to wear a heavy cast, and ride in a wheelchair too
She could not walk or ride her bike, she could not even crawl
But even broken legs can heal, now she doesn't need the cast at all

This is a translation of a song from India about a parent who had gone to the store to buy their child some food, but when they got to the store they could only find animals. A great song to support learning rhymes. Children guess the animal that rhymes with the food. Usually one or two children are ahead of the curve on learning to rhyme, so once a child guesses the animal, I sing the whole verse again so that every child can have the satisfaction of guessing correctly! The first verse is in Hindi..I have no idea how to spell these words, as I learned the song from an Indian friend by ear. So I'm just going to write them the way they sound. "Ahlu" is the word for "potato", and "bhalu "is "bear".

Hampto gayay baazar mein laynay koh ahlu (I went to the market to buy you a potato)
 Hampto gayay baazar mein laynay koh alhu
 Hampto gayay baazar mein laynay koh ahlu
 Ahlu malu pushkah meelee
 Peechee pahrah bhalu (When I got there I could only find a bear)

chorus: Rei mama rei mama rei.... Rei mama rei mama rei....

I went to the market to buy you a pear. I went to the market to buy you a pear.
 I searched the market high and low, I could not find a pear
 So I got you something different, can you guess it? It's a..... bear!

chorus

rice - mice grape - ape cake - snake muffin - puffin vanilla - gorilla

Circle Dances

Haida

traditional Jewish melody (words do not have literal meaning..they are an expression of joyful community and spirit.) The dance is from Dances of Universal Peace repertoire. Dance is done, holding hands in a circle and moving to the right (adults do a grapevine step on this song, but for children, just walking energetically to the right is good.)

Haida Haida Haididdidaida (Holding hands in circle, moving to right throughout 1st verse)
 Haida, Haida Haida
 Haida Haida Haididdidaida
 Haida, Haida Haida

Haida, Haididdidaida (Walk in to center, holding hands and raising arms up high)
 Haida, Haida Haida (Walk backwards out again, letting arms come down)
 Haida, Haididdidaida (Repeat walking in raising arms)
 Haida, Haida Haida (Repeat walking backwards out, letting arms come down)

I Open My Eyes To You

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From the Dances of Universal Peace Repertoire. Composer and dance originator unknown.

I open my eyes to you, I open my heart to you
Together we raise our hearts to the sun
And together we are opening our loving hearts as one!

Om Mane Pehme Hung

words traditional Tibetan chant

dance from Dances of Universal Peace repertoire

This song is a wish for all beings to be happy, well and at peace in their hearts.

The dance is done holding hands in a circle, sidestepping slowly to the right on the first line, sidestepping slowly to the left on the second line, sidestepping slowly to the right again on the third line, and spinning to the right on the fourth line.

Om Mane Pehme Hung
Om Mane Pehme Hung
Om Mane Pehme Hung
Om Mane Pehme Hung

My Heart Is New

Lyrics from poetry by Lal Ded, a woman mystic in 14th Century North India.

This version is mostly based on a translation by Coleman Barks

Music and dance © K Hannan 2008

I've changed the words a little to make it more suitable for children. I will give you the grown up version here too, in case you want to use it with friends.

If you'd like a copy of the dance directions, I'd be happy to send you one. Write to me at www.kathleenhannan.com

Children's version:

My heart is new and always new again
Like the moon, like the moon
My heart is new and always new again
Like the moon, like the moon

My teacher told me one thing, live in the heart
When that was so I left my worries by the road
And began to dance!

Grownup version:

chorus:

The soul is new and ever new again

Like the moon, like the moon
 The soul is new and ever new again
 Like the moon, like the moon

My teacher said just one thing, live in the soul
 When that was so I left my clothing by the road
 And began to dance!

chorus

And I have seen the ocean always creating
 When I look deep into the truth of my own Heart
 Even I am new!

More Heart Songs That Children and Grownups Love

Awake My Dear

lyrics are an excerpt from a poem by Hafiz, a 14th century Persian poet.

translated by Daniel Ladinsky in his collection, I Heard God Laughing

melody by Nance Pettit and David Wilcox on their CD <http://outbeyondideas>

Awake my dear, be kind to your sleeping Heart *(close eyes with hands crossed over heart)*

Awake my dear, be kind to your sleeping Heart *(with hands on heart, look into partners eyes, singing it to them)*

Take it out to the vast fields of light, and let it breathe *(gradually move hands up and outward, taking in the whole sky)*

Take it out to the vast field of light, and let it breathe *(spin or turn slowly, including the whole sky and the whole world in your awareness)*

This Little Light Of Mine

traditional Southern USA

I love singing the verse "deep down in my heart" with grownups and children. It's beautiful to watch everyone's faces as they get in touch with their inner light, the heart.

This little light of mine, I'm gonna let it shine 3x

Let it shine, let it shine, let it shine

When I'm in my home, I'm gonna let it shine...

Deep down in my heart, I'm gonna let it shine...

Everywhere I go I'm gonna let it shine....

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All around the world, I'm gonna let it shine...

This little light of mine, I'm gonna let it shine...

Hineh Matov

traditional Hebrew

Children love the soothing feeling of this song, and of course, young children don't care what language a song it in. They are soaking up words and can sing easily in any language.

Hinei ma tov u'manayim *(Hear how good and sweet it is)*

Shevet akh-im gam ya-chad *(when sisters and brothers dwell together as one)*

Ancient Green

© K Hannan 1990 This song can be sung as a round, or not. You can make a round work with very young children if you have two adults, one to lead each group of children.

Just have the children split into two groups, each group facing the person who is leading their part. I usually sing each section twice, but you could also sing it straight through.

I lay under a tall oak tree, I asked the tree to shelter me

She wrapped me up in Ancient Green, Ancient Green

All my tears, all my tears, all my tears, the river's gonna wash away

All my tears, all my tears, all my tears, the river's gonna wash away