

# I Love You

# Rituals

# Positive Nursery Rhymes

## I Love You Rituals



Conscious Discipline  
Positive Nursery Rhymes

By: Hooray For K

### Twinkle Twinkle Little Star



Twinkle, twinkle, little star  
(hold child's hands up above your heads and wiggle fingers)

What a wonderful child you are  
(rest hands on child's shoulders)

With bright eyes and nice round cheeks  
(touch next to the child's eyes, then cheeks)

Talented person from head to feet  
(wave arms above head then down to feet)

Twinkle, twinkle, little star  
(hold hands above head and wiggle fingers)

What a wonderful child you are  
(give a big hug)

### A Wonderful Woman Who Lived in a Shoe



A wonderful woman lived in a shoe  
(firm child's hands so palms facing & rub each finger on child's right hand; she knew exactly what to do (rub each finger on child's left hand))

She held them,  
(fold child's fingers into a fist)  
She rocked them,  
(rock child's hand from side to side)  
And tucked them in to bed,  
(press child's hand against his/her cheek)  
"I love you, I love you," is what she said,  
(give child a hug)

### Peter, Peter, Pumpkin Eater



Peter, Peter, Pumpkin Eater,  
(eye-level with child, smiling)

Had a friend he loved to greet,  
(reach out to shake hand)

Treated her/him with kind respect,  
(out your left arm on child's right shoulder)

And in the morning hugged her/his neck,  
(hug the child)

### Little Miss Muffet



Explain to the child that a tuffet is a chair. Both of you make a tuffet by making a fist with your hands and place them so the knuckles are touching. Now there are 2 tuffets. Say that you will be Miss Muffet and the child will be the spider.

Little Miss Muffet sat on her tuffet,  
(place two bent fingers on top of tuffet)

Eating her oatmeal today,  
(move fingers in an eating motion)

Along came a spider  
and sat down beside her  
(the child will use non-tuffet hand to make a spider sit on the tuffet)

And said, "Have a good day,"  
(use little Miss Muffet hand to shake child's tuffet hand)

### Georgie, Porgie



Georgie, Porgie, pudding and pie,  
(move your shoulders up & down.)

Gave his friend a big high five!  
(Give each other a gentle high five with both hands)

With his friend he loved to play,  
(Hold your hands up & tickle each other's fingertips)

A gift of a smile he gave each day,  
(Smile with a warm gaze & eye contact.)

### Humpty Dumpty



(Create a wall by holding your hands out in front of you, palms facing your body. Child places both fists on top for Humpty Dumpty.)

Humpty Dumpty sat on a wall  
(have child place fist)

Humpty Dumpty had  
(gently grasp child's arms, arms the whole lot)

All the Queen's hor,  
and all the King's m  
(move hands up child's arms & massage)

Could put Humpty together a  
(bring child's hands together, the, your hands securely around the c hands.)

### Margie Pargie



Margie Pargie, pudding and pie,  
(Move shoulders up & down.)

Gave her friend a big high five!  
(Give each other a gentle high five with both hands.)

With her friend she loved to play,  
(Hold your hands up & tickle each other's fingertips.)

A gift of a handshake she gave each day,  
(Give a friendly handshake.)

### Mary Had a Little Lamb



Mary had a little lamb whose fleece was  
white as snow  
(hold out your hand pretending to be sure to go, everything was new.

Everywhere that Mary went the lamb was  
sure to go, everything was new.  
(Move both hands around together mirroring each other with hands always touching.)

The children were surprised to see the  
lamb was really you.  
(Pull the sock off the child's hand and look surprised and happy.)

### Hot Cross Buns



Hot cross buns, hot cross buns  
(Clap for each word. Hand-clap your thighs. Cross-clap your hands together. Buns-clap the child's hands.)

One penny, two penny  
(touch both palms together)

Hot cross buns  
(Repeat hand clapping pattern)

Give them to your daughters,  
(daughters shake right hands together)

One penny, two penny  
(Repeat finger wiggle)

Hot cross buns  
(Repeat hand clapping pattern)

### Little Bo Peep



Little Bo Peep has lost her sheep  
(Have your hands looking around for your child's hands)

And doesn't know where to find them  
(Have a sad facial expression as you cannot find the "sheep")

she'll look for them and bring them home  
(Look around in silly places as you search for the child's hands)

Staying always close beside them  
(Finding the child's hands, give the child a loving hug.)

### Mary, Mary Extraordinary



Mary, Mary, Extraordinary,  
(Stand with the child's & your fists touching.)

How do your fingers grow?  
(You & the child spring your fingers open to you one palm to palm.)

With fingernails and no tails,  
(Wiggle your fingers when you say "fingernails" & wiggle your "booby" when you say "no tails")

And a high five to go,  
(Give a high five.)

By Christine Prohonic  
Hooray For K

# I Love You Rituals



**Conscious Discipline  
Positive Nursery Rhymes**

**By: Hooray For K**

## A Wonderful Woman Who Lived in a Shoe



**A wonderful woman lived in a shoe.**  
*(turn child's hands so palms facing up)*  
**She had so many children**  
*(rub each finger on child's right hand)*  
**She knew exactly what to do**  
*(rub each finger on child's left hand)*

**She held them,**  
*(fold child's fingers into a fist)*  
**She rocked them,**  
*(rock child's hand from side to side)*  
**And tucked them in to bed.**  
*(press child's hand against his/her cheek)*  
**"I love you, I love you," is what she said.**  
*(give child a hug)*

## Twinkle Twinkle Little Star



**Twinkle, twinkle, little star**  
*(hold child's hands up above your heads and wiggle fingers)*

**What a wonderful child you are**  
*(rest hands on child's shoulders)*

**With bright eyes and nice round cheeks**  
*(touch next to the child's eyes, then cheeks)*

**Talented person from head to feet**  
*(wave arms above head then down to feet)*

**Twinkle, twinkle, little star**  
*(hold hands above head and wiggle fingers)*

**What a wonderful child you are**  
*(give a big hug).*

## Peter, Peter, Pumpkin Eater



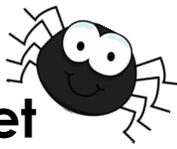
**Peter, Peter, Pumpkin Eater,**  
*(eye-level with child, smiling)*

**Had a friend he loved to greet.**  
*(reach out to shake hand)*

**Treated her/him with kind respect,**  
*(out your left arm on child's right shoulder)*

**And in the morning hugged her/his neck.**  
*(hug the child)*

## Little Miss Muffet



*(Explain to the child that a tuffet is a chair. Both of you make a tuffet by making a fist with your hands and place them so the knuckles are touching. Now there are 2 tuffets. Say that you will be Miss Muffet and the child will be the spider).*

**Little Miss Muffet sat on her tuffet,**  
*(place two bent fingers on top of tuffet)*

**Eating her oatmeal today.**  
*(move fingers in an eating motion)*

**Along came a spider  
and sat down beside her**  
*(the child will use non-tuffet hand to make a spider sit on the tuffet)*

**And said, "Have a good day."**  
*(Use little Miss Muffet hand to shake child's tuffet hand)*

## Humpty Dumpty



*(Create a wall by holding your hands out in front of you, palms facing your body. Child places both fists on top for Humpty Dumpty).*

**Humpty Dumpty sat on a wall**  
*(have child place fist on wall)*

**Humpty Dumpty had a great fall**  
*(gently grasp child's arms, holding on to arms the whole time.)*

**All the Queen's horses  
and all the King's men**  
*(move hands up child's arms to elbows, massaging )*

**Could put Humpty together again.**  
*(bring child's hands together, then wrap your hands securely around the child's hands.)*

## Georgie, Porgie



**Georgie, Porgie, pudding and pie,**  
*(move your shoulders up & down.)*

**Gave his friend a big high five!**  
*(Give each other a gentle high five with both hands)*

**With his friend he loved to play,**  
*(Hold your hands up & tickle each other's fingertips)*

**A gift of a smile he gave each day.**  
*(Smile with a warm gaze & eye contact.)*

## Margie Pargie



**Margie Pargie, pudding and pie,**  
*(Move shoulders up & down.)*

**Gave her friend a big high five!**  
*(Give each other a gentle high five with both hands.)*

**With her friend she loved to play,**  
*(Hold your hands up & tickle each other's fingertips.)*

**A gift of a handshake she gave each day.**  
*(Give a friendly handshake.)*

# Mary Had a Little Lamb



**Mary had a little lamb whose fleece was white as snow**

*(Hold out your hand pretending to be Mary, place a sock on child's hand for lamb).*

**Everywhere that Mary went the lamb was sure to go. It followed her to school one day, everything was new.**

*(Move both hands around together mirroring each other with hands always touching).*

**The children were surprised to see the lamb was really you.**

*(Pull the sock off the child's hand and look surprised and happy).*

# Little Bo Peep



**Little Bo Peep has lost her sheep**  
*(Have your hands looking around for your child's hands)*

**And doesn't know where to find them**  
*(Have a sad facial expression as you cannot find the "sheep").*

**She'll look for them and bring them home**  
*(Look around in silly places as you search for the child's hands)*

**Staying always close beside them.**  
*(Finding the child's hands, give the child a loving hug).*

# Hot Cross Buns



**Hot cross buns, hot cross buns**  
*(Clap for each word. Hot=clap your thighs, Cross=clap your hands together, Buns=clap the child's hands.)*

**One penny, two penny**  
*(touch both pointer fingers together, touch two fingers together)*

**Hot cross buns**  
*(Repeat hand clapping pattern)*

**Give them to your daughters;**  
**Give them to your sons.**  
*(daughters= shake right hands together, sons=shake left hands together)*

**One penny, two penny**  
*(repeat finger touches)*

**Hot cross buns**  
*(Repeat hand clapping pattern)*

# Mary, Mary Extraordinary



**Mary, Mary, Extraordinary,**  
*(Stand with the child's & your fists touching.)*

**How do your fingers grow?**  
*(You & the child spring your fingers open so you are palm to palm.)*

**With fingernails and no tails,**  
*(Wiggle your fingers when you say "fingernails" & wiggle your "booty" when you say "no tails".)*

**And a high five to go.**  
*( Give a high five.)*

# To Market, To Market



**To market, to market, to buy a fat pig  
Home again, home again, jiggety jig.**

*(Child sits in your lap facing you. Bounce the child as if riding a pony while holding hands).*

**To market, to market, to buy a fat hog.  
Home again, home again, jiggety jog.**

*(Continue horsey ride and holding on to hands).*

**To market, to market, to buy a new gown.  
Home again, home again...**

**Whoops! The horse fell down.**

*(Spread your legs and let the child gently fall as you support and catch him/her).*

# Wee Willie (Wendy) Winkie



**Wee Willy (Wendy) Winkie  
Runs through the town.**

*(Holding child's hand in yours, walk two fingers up and down child's palm).*

**Upstairs and downstairs  
In his/her nightgown.**

*(Upstairs – two fingers walk to elbow.  
Downstairs – two fingers walk back to palm).*

**Rapping at the ,**

*(make hand into fist, gently knock on child's head)*

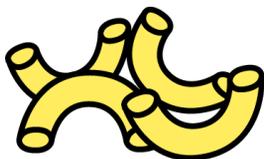
**Looking through the lock.**

*(cover child's eyes with hands, as if playing peekaboo).*

**“Are the children in their beds,  
For now it's eight o'clock?”**

*(point to your watch or clock)*

# Jack Be Noodle



**Jack be noodle**

*(wiggle child's index finger)*

**Jack be stiff,**

*(hold child's index finger stiff)*

**Jack come over and hug me quick.**

*(lock index finger with child's index finger)*

*(repeat using hand for a handshake,  
then using arm for a hug).*

# Ba Ba, Black Sheep



**Ba Ba, black sheep. Have you any wool?**

*(raise shoulders and open hands as if asking a question)*

**Yes ma'am, yes ma'am, three bags full.**

*(Hold up three fingers)*

**One for mittens, one for a cap.**

*(cover up one of child's hands with yours as if putting on mittens. Place both hands on child's head as if putting on a cap).*

**And one for the little boy/girl  
Who sits in my lap.**

*(Pick up child, place in lap and hug).*

# Three Nice Mice



Three nice mice. Three nice mice  
See how they care.  
See how they care.  
They hold both hands  
and give a shake.  
Smiling together,  
good friends they make.  
Then turning around,  
for goodness' sake.  
Three nice mice, three nice mice.

# Thank you for your purchase!

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