

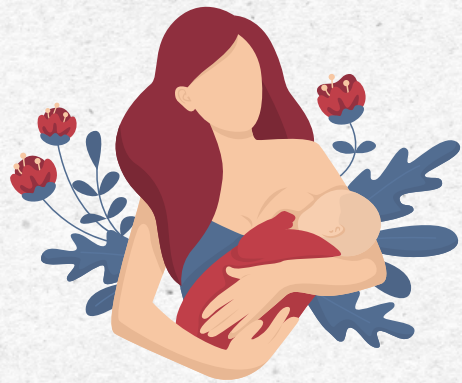
FOLK SONGS & RHYMES

WORKSHOP SONG SHEET 1

The river is flowing, flowing and growing,
The river is flowing, down to the sea.
Mother Earth carry me, your child I will always be.
Mother Earth carry me down to the sea, down to the sea
Down to the sea, down to the sea.

Stretch up high, high, high as you're doing your exercises x2
Loosen up, loosen up, everybody loosen up, doing your exercises x2

2 little dicky birds sitting on a wall
One named Peter, one named Paul(a)
Fly away Peter, fly away Paul(a)
Come back Peter, come back Paul(a)!



This little piggy went to market
This little piggy stayed at home
This little piggy had roast beef
(second time: roast peppers, as she was a vegetarian...)
This little piggy had none
And...this piggy went 'wee-wee-wee', ALL the way home!

Round and round the garden, like a teddy bear
One step, two step and tickle you under there!

The lady on the horse goes trot, trot, trot
The gentleman on the horse goes canter, canter, canter
The farmer on the horse goes gallop, gallop! And...
Falls into the ditch!

Music heart[®]

FOLK SONGS & RHYMES WORKSHOP SONG SHEET 2

This is the way the gentlemen ride, trippety trop, trippety trop
This is the way the gentlemen ride, tripp]ety, trippety trop.
And...this is the way the ladies ride, gallopy gallop, gallopy gallop
This is the way the ladies ride, gallopy, gallopy gallop!
And...this is the way the farmers ride, jiggety jog, jiggety jog!
This is the way the farmers ride, jiggety, jiggety jog.
And...whoops! Fell into a ditch.

Here we go round the mulberry bush, the mulberry bush, the
mulberry bush
Here we go round the mulberry bush on a cold and frosty morning
This is the way we brush our teeth, brush our teeth, brush our teeth
This is the way we brush our teeth, to make them nice and clean

Teddy bear, teddy bear, climb the stairs
Teddy bear, teddy bear, say your prayers
Teddy bear, teddy bear, switch off the light
Teddy bear, teddy bear, say goodnight

Hushabye, don't you cry, go to sleep my little baby
When you wake, you shall have all the pretty little horses
Blacks and greys, dapples and bays, coach and six white horses
Hushabye, don't you cry, go to sleep my little baby

All night, all day, angels watching over you my love
All night, all day, angels watching over you.