



Poems and Action rhymes

Click on the speaker symbols and listen to the poems.

Listen to them a few times and join in where you can.

Try learning some of these by heart, add your own actions and perform these for people at home.





Today I Saw A Little Worm

*Today I saw a little worm
Wriggling on his belly.
Perhaps he'd like to come inside
And see what's on the Telly.*

By Spike Milligan

Touch



Put your hands
Up in the air.

Touch your feet.
Touch your hair.

Touch your knees.
Touch your nose.

Touch your tummy.
Touch your toes.

Charles Thomson

I Can



I can
Be as light as a feather
or a falling leaf,
in windy weather.

I can reach up
really high
to touch the stars
in the great dark sky.

I can spread out
really wide
from side to side
or just curl up
and hide.

Tony Mitton

Feet



Feet are for kicking
in leaves and snow.
Feet are for marching
to and fro.

Feet are for running
up and downhill.
Feet are for standing on,
perfectly still.

Feet are for dancing and
feet are for skipping.
Feet are for hopping
and sometimes for slipping.

Feet are for splashing
in puddles and rain,
and feet are for jumping
again and again.

John Foster

Cat Walk



Black cat walks
on top of the wall,
feet neat and careful
and tail tall.

He jumps down
to the ground below,
stretches his body,
long and slow.

He leaps to catch
a butterfly,
Claws stretched out
Paws up high.

Then he sits down
and washes his face,
and curls up to sleep
in a quiet place.

Robert Sparrow

Oliver Twist



Oliver-Oliver-Oliver Twist
Bet you a penny you can't do this:
Number one - touch your tongue
Number two - touch your shoe
Number three - touch your knee
Number four - touch the floor
Number five - stay alive
Number six - wiggle your hips
Number seven - jump to Heaven
Number eight - bang the gate
Number nine - walk the line
Number ten - start again.

Traditional