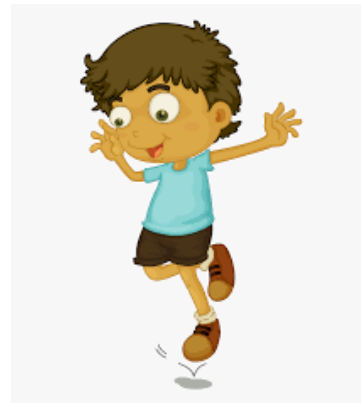
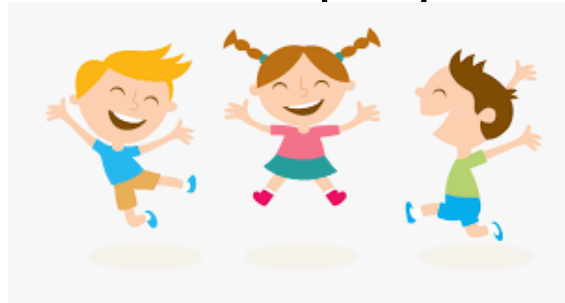


# Poems and Action rhymes

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*