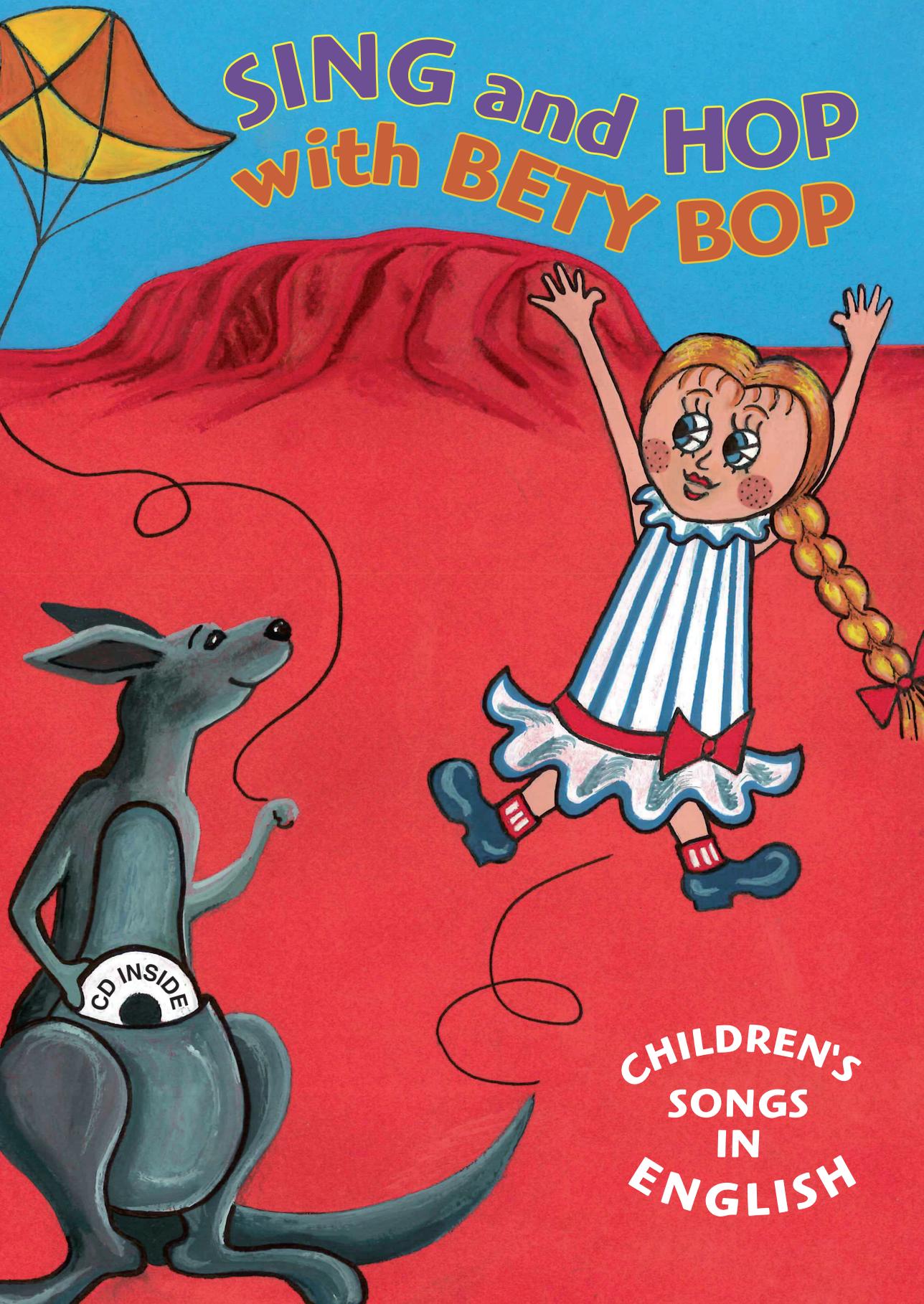


# SING and HOP with BETY BOP



CHILDREN'S  
SONGS  
IN  
ENGLISH



# **WELCOME** **to** **SING and HOP** **with BETY BOP!**

## **This book contains:**

- FULL COLOUR ILLUSTRATIONS
- SONG LYRICS
- FUN ACTIVITIES / LESSON PLANS
- NOTATED MUSIC with GUITAR CHORDS
- COLOUR-IN PICTURES - photocopiable

## **TOPICS:**

1. INTRODUCTIONS - Formal English
2. RECIPE - Making bubbles
3. DANCE - Left and Right
4. PHYSICAL FITNESS - Exercises
5. TRADITIONS / NATURE - Mushrooms
6. ANIMALS - Australian marsupials
7. MOVEMENT - Fast / Slow
8. COLOURS - Rainbow
9. HEALTH - Fruit & Vegetables
10. MOODS - Quiet / Loud
11. CHARACTER - Lazy Hippo
12. UNITY - World Family

# INTRODUCTION

Children love to laugh and have fun so, with this in mind I wrote a collection of songs with catchy tunes, strong rhythms and simple texts for fun and easy learning.

As children have exceptional hearing abilities, every attempt has been made to create a quality recording. All songs have been recorded with authentic musical instruments to help generate a strong interest and appreciation in music.

Some songs have a specific educational point in mind while others concentrate on movement or dance routines. In addition, all the songs encourage the development of English language skills through the use of rhyming and repetition. Therefore, they are a particularly useful aid for those learning English as a second language.

I hope that children everywhere will have a lot of fun with this book and CD set and that it will bring a great deal of pleasure to all.

My true desire is for every child to know how wonderful they are and to encourage a strong sense of self confidence and self worth, as this is the real key to a happy and successful life!

This book and CD set is dedicated to all children everywhere with much love from Beth Cooper - (Bety Bop).

# INSTRUCTIONS

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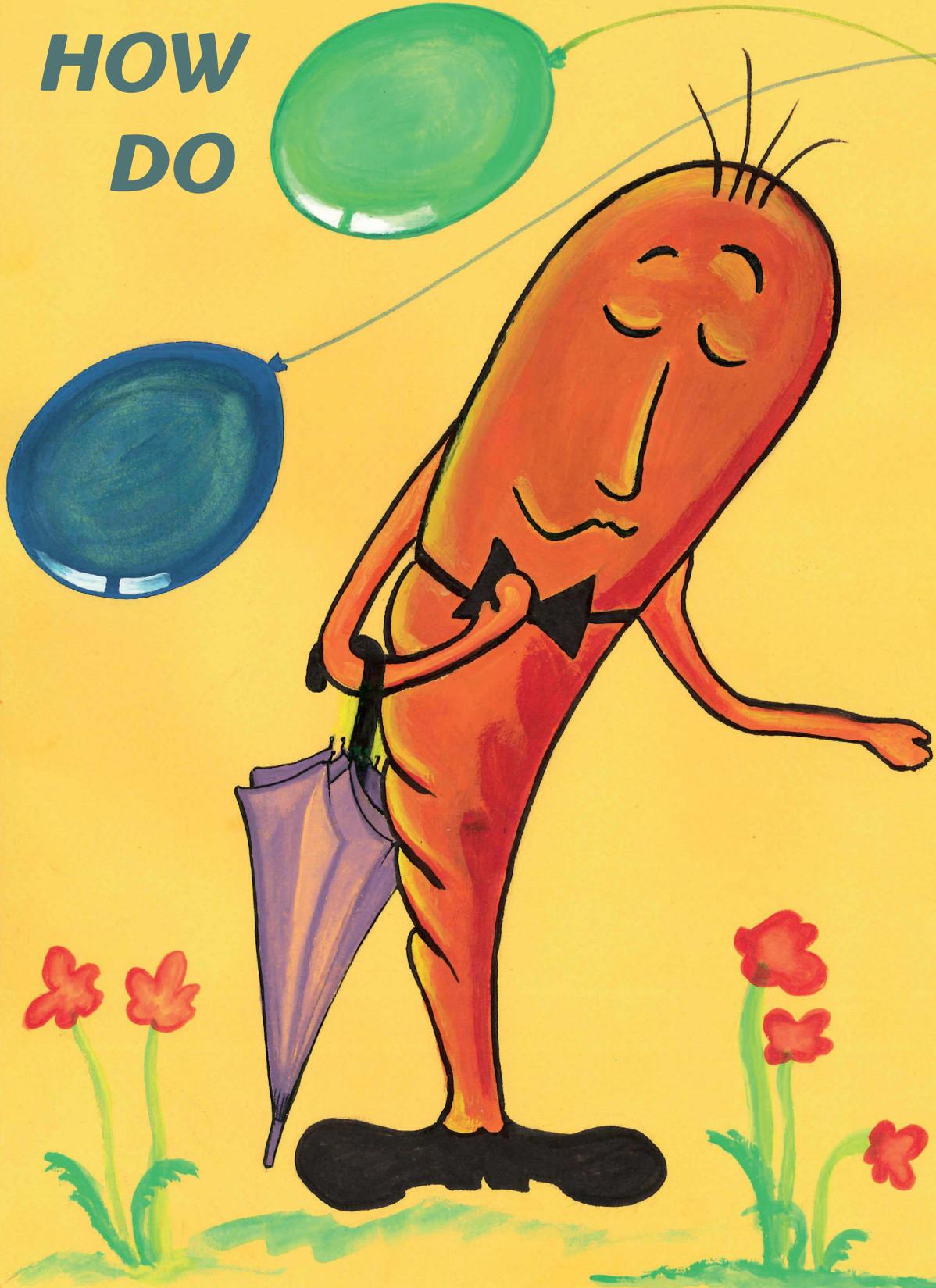
Translations: Translation booklet (when applicable) is for reference only and not for singing with.

Web address: [www.betybop.com](http://www.betybop.com)  
E-mail: [info@betybop.com](mailto:info@betybop.com)

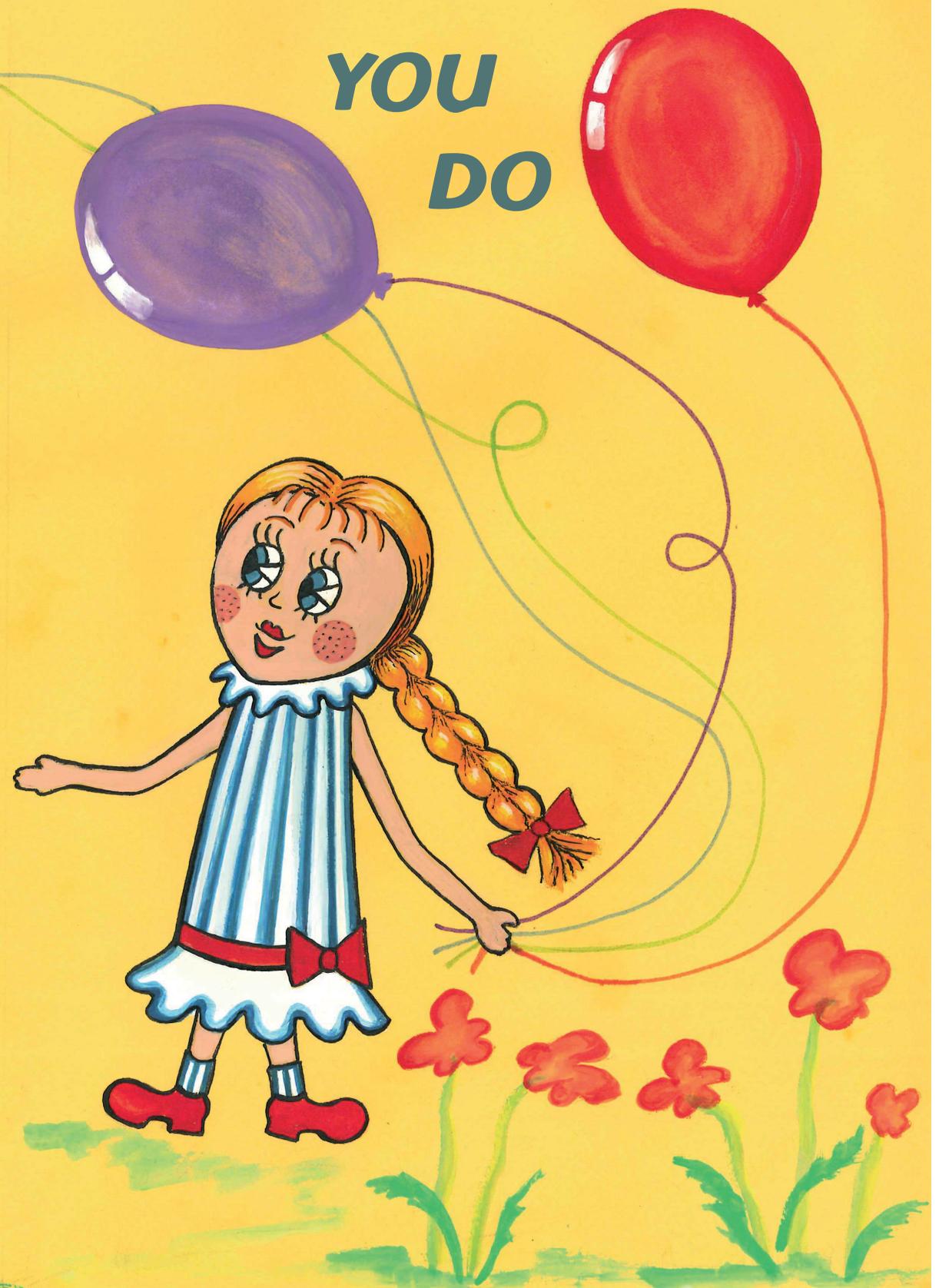
# *Sing and Hop* *with* **Bety Bop**

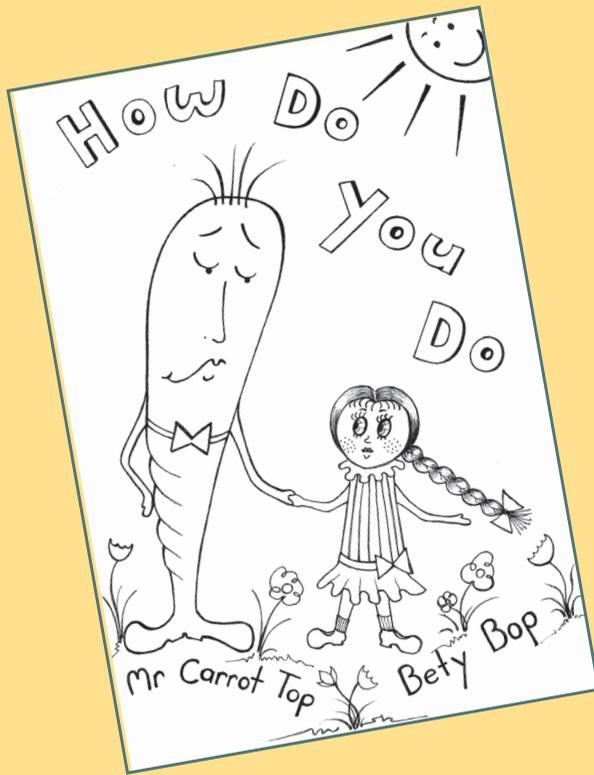
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24.	Bend and Stretch	4.
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62.	Quiet Little Mouse	10.
68.	Lazy Hippopotamus	11.
74.	World Family	12.

**HOW  
DO**



**YOU  
DO**





## **HOW DO YOU DO**

How do you do, it's nice to meet you!  
How do you do, it's nice to meet you!  
How do you do, it's nice to meet you!  
How do you do, it's nice to meet you!

How do you do, my name is Bety  
How do you do, my name is Mira  
How do you do, my name is Nina  
How do you do, my name is Vlada

How do you do, it's nice to meet you!  
How do you do, it's nice to meet you!  
How do you do, it's nice to meet you!  
How do you do, it's nice to meet you!

# **HOW DO YOU DO**

## **INTRODUCTIONS IN ENGLISH**

This style is formal.

Here's one way you can arrange your class to sing this song:

Form two circles, one inside the other:

The inner circle moves in a clockwise direction.

The outer circle moves in an anticlockwise direction.

The inner and outer circles face each other so you are looking at a partner.

Step one: Bow to your partner and sing 'How do you do'.

Step two: Shake your partner's hand and sing 'It's nice to meet you'.

Step three: Now the inner circle takes one step to the right - clockwise.

Also the outer circle takes one step, but to the left - anticlockwise.

Repeat steps one, two and three now with a new partner.

The second part of the song has children introducing their names:

Now the inner circle joins the outer circle to form one big circle.

The teacher will choose a child who will take one step forward and sings

his/her name to 'My name is .....', then steps back again. This child

immediately points to another child who will step forward and sing

his/her name then step back and choose the next child etc.

This is repeated until that part of the song is finished.

Children can now move freely around the class shaking hands with anyone they want in the last part of the song until it finishes.

# How Do You Do

Track 1

Swing

Words and Music by Beth Cooper, 2009

How do you do, it's nice to meet you. How do you do, it's nice to meet you.  
do, my name is Be - ty. How do you do, my name is Mi -

5 you. How do you do, it's nice to meet you. How do you do, it's nice to meet you.  
- ra. How do you do, my name is Ni - na. How do you do, my name is Vla -

9 you. da. How do you do you



How  
Do  
You  
Do

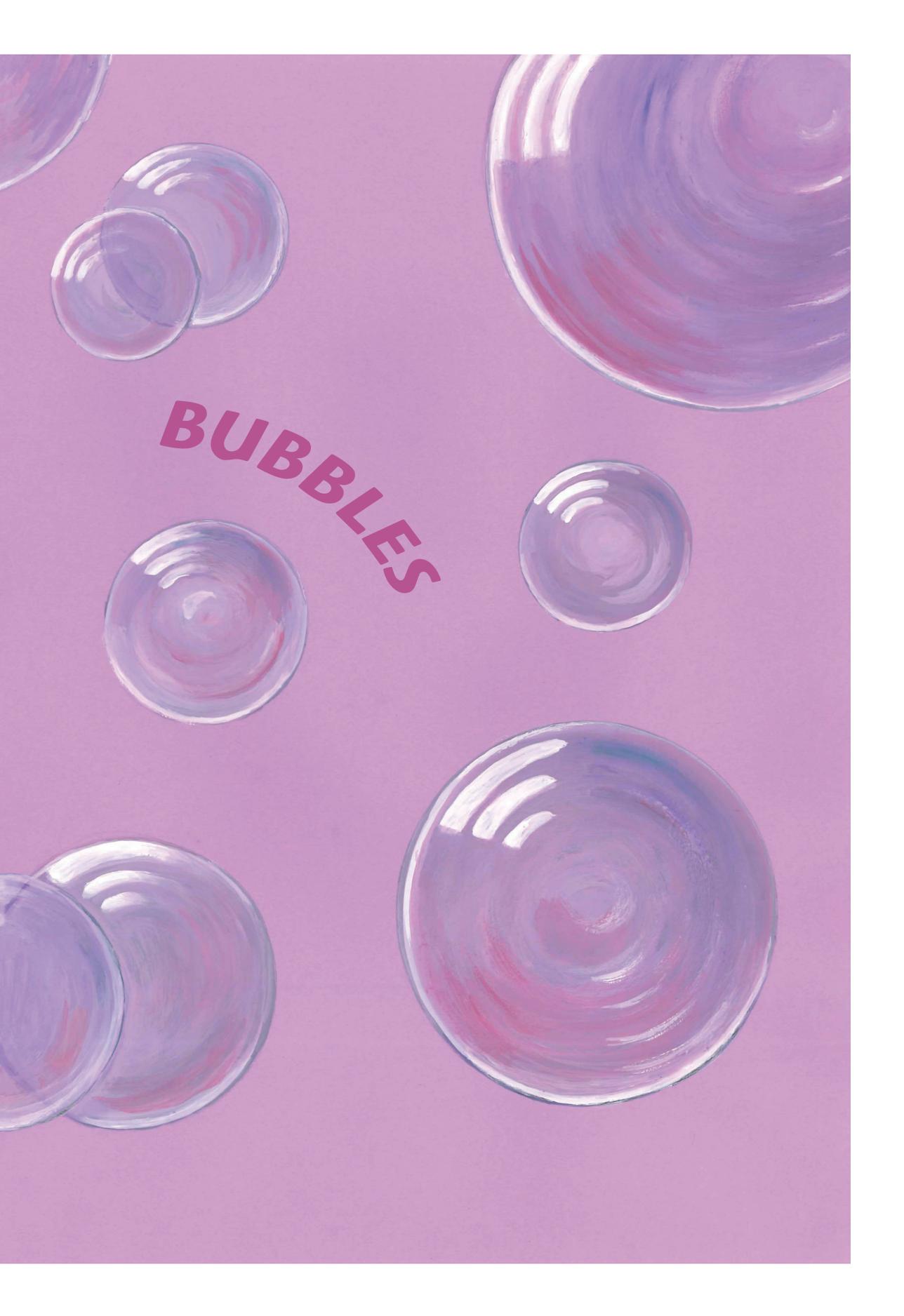
How Do You Do



Mr Carrot Top

Bety Bop





**BUBBLES**



## ***I CAN BLOW BUBBLES***

I can blow bubbles, 1 2 3  
I can blow bubbles, can you see?  
I can blow bubbles in the air  
Just watch them floating round me on the stair

You can blow bubbles, 1 2 3  
You can blow bubbles, just like me  
You can blow bubbles in the air  
I'll watch them floating round you on the stair

We can blow bubbles, 1 2 3  
We can blow bubbles, you and me  
We can blow bubbles in the air  
We'll watch them floating round us on the stair

# ***I CAN BLOW BUBBLES***

Would you like to make some bubble mix?

Here is a **RECIPE**:

1/4 cup of liquid soap  
1 tablespoon of glycerine  
8 cups of water

Gently stir the ingredients together and leave the solution in an open container overnight. The solution will improve with age.

Try making different types of bubble wands:

You will need Florist wire or similar.

Try bending it into a special shape like a square, triangle, diamond or star shape and leave a long piece at the end to hold onto.

What shape will the bubble be? Now gently blow a bubble.

What shape is the bubble?

Blowing bubbles is so much fun but the worst part is when they burst.

Here's a way to capture bubbles on paper!

You will need:

Bubble solution, Bowl, Drinking straw, Food colouring, Paper

Make your bubble solution or use a commercial one.

In a bowl and using a drinking straw, start to blow lots of bubbles.

Add a few drops of food colouring.

Lay a piece of paper over the top of the bowl.

Remove paper and let it dry.

Now you have your very own bubble picture:)

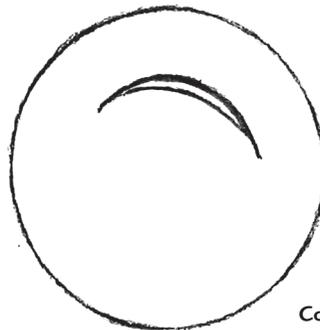
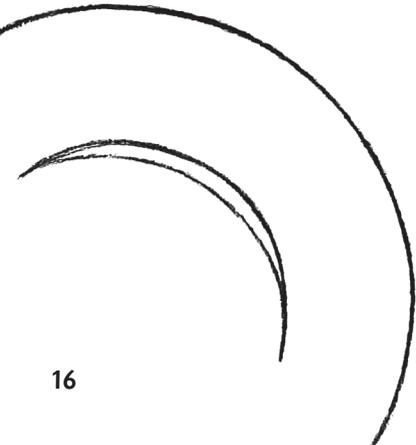
# I Can Blow Bubbles

Track 2

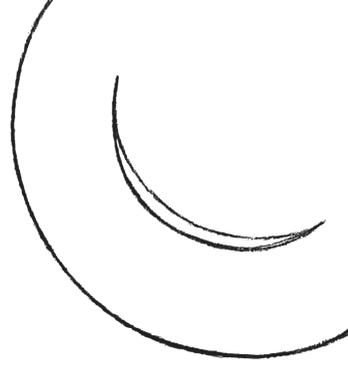
Moderato (♩ = c. 108)

Words and Music by Beth Cooper, 2009

The musical score is written on two staves in G major (one sharp) and 4/4 time. The tempo is Moderato, with a quarter note equal to approximately 108 beats per minute. The first staff contains the first four measures of the melody, with lyrics: 'I can blow bubb - les one two three. I can blow bubb - les can you see? You can blow bubb - les one two three. You can blow bubb - les just like me. We can blow bubb - les one two three. We can blow bubb - les you and me.' The second staff contains the next four measures, with lyrics: 'I can blow bubb - les in the air, just watch them float - ing round me on the stair. You can blow bubb - les in the air, I'll watch them float - ing round you on the stair. We can blow bubb - les in the air, we'll watch them float - ing round us on the stair.' Chord symbols (D, G, A) are placed above the notes. A double bar line with repeat dots is at the end of the second staff.



I  
can  
blow



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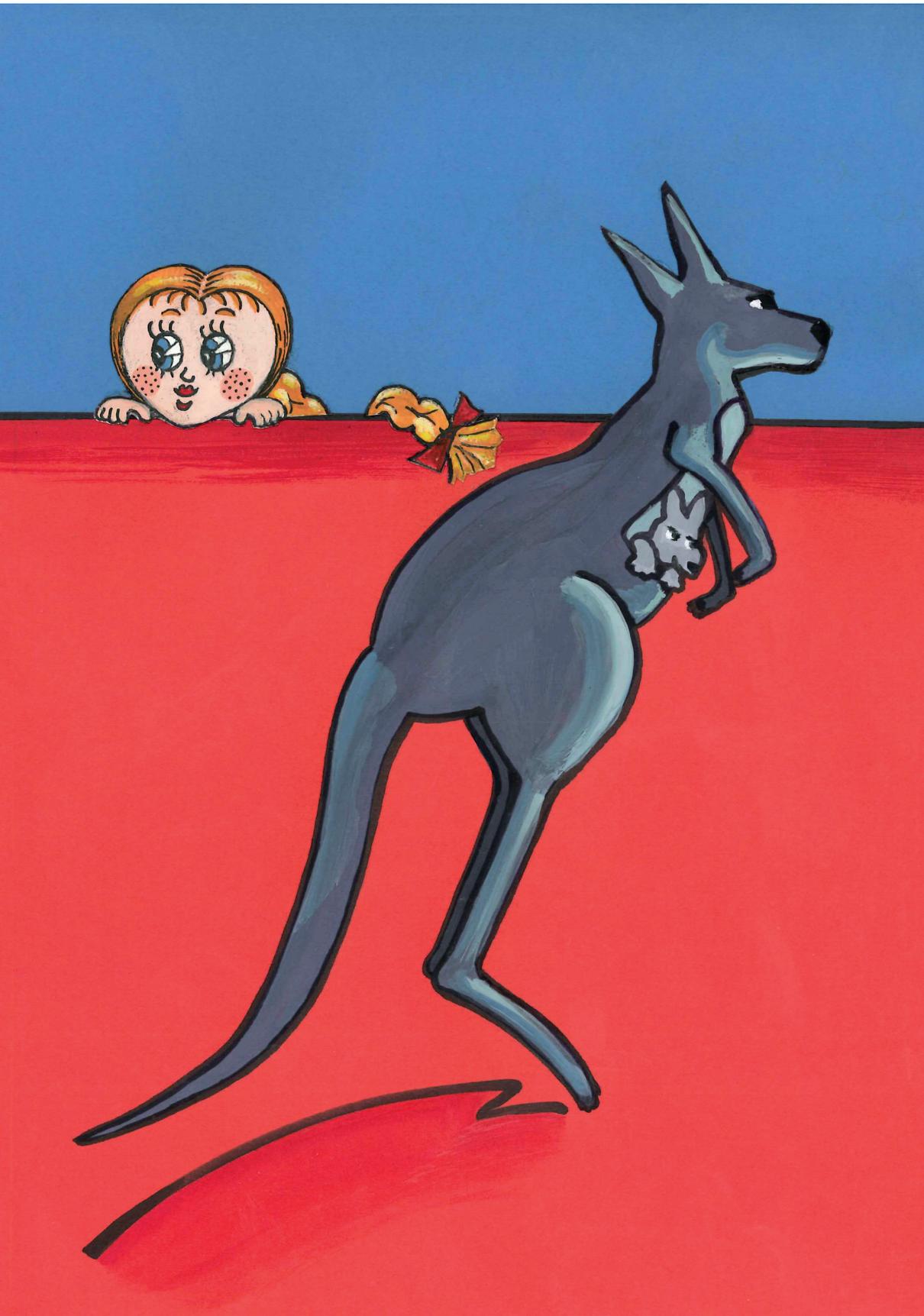
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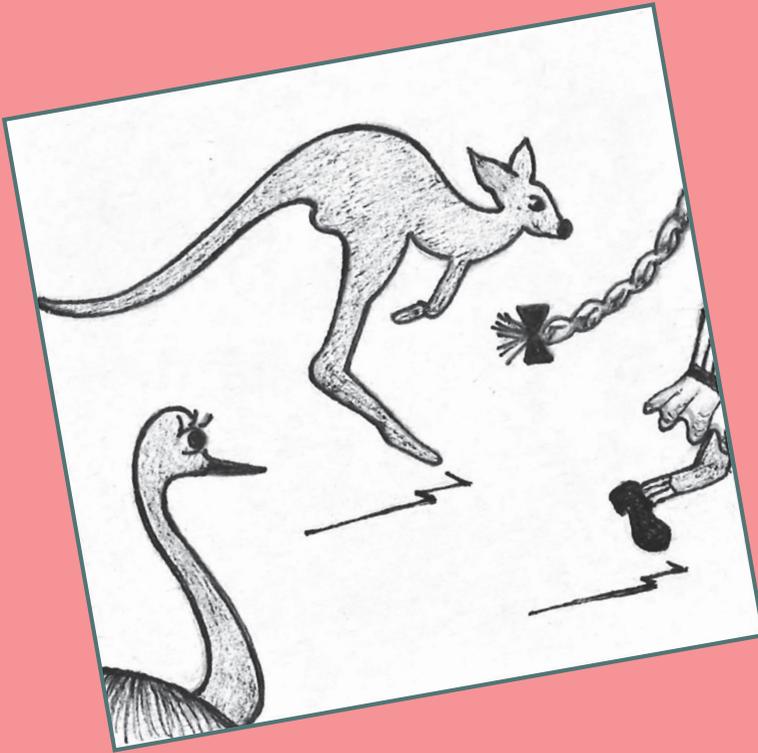
r

b

**DO THE BETY BOP**







## **DO THE BETY BOP**

D, D, D, Do, Do, Do, the Bety Bop, Bop, Bop  
D, D, D, Do, Do, Do, the Bety Bop, Bop, Bop  
D, D, D, Do, Do, Do, the Bety Bop, Bop, Bop  
You'd better Do, Do, Do, the Bety Bop – Yeah!

Put your right hand up and your left hand down  
And you can bop like an emu till you turn around  
Put your left hand up and your right hand too  
And you can bop just like a kangaroo! Yeah!

D, D, D, Do, Do, Do, the Bety Bop, Bop, Bop  
D, D, D, Do, Do, Do, the Bety Bop, Bop, Bop  
D, D, D, Do, Do, Do, the Bety Bop, Bop, Bop  
You'd better Do, Do, Do, the Bety Bop – Yeah!

# DO THE BETY BOP

This is a **DANCE** which practices the use of **LEFT** and **RIGHT**.  
This dance mimics the movements of two Australian Animals;  
the Emu and the Kangaroo.

Do you know how a Kangaroo moves? Try hopping like a Kangaroo.  
Do you know how an Emu moves? Try walking like an Emu.



Which animal is faster, the Emu or the Kangaroo?

- The Emu can run up to 50 kilometres per hour.
- The largest of the Kangaroos, the Red Kangaroo can bound up to 65 kilometres per hour.

**Interesting Fact:**

The Kangaroo and the Emu are unable to move in a backwards direction, they can only move forwards. This is one of the reasons why they feature on the Australian Coat of Arms - to symbolise that Australia is a forward moving country.

# Do The Bety Bop

Track 3

**Allegro** (M.M. ♩ = c. 120) Swing

**Words and Music by Beth Cooper, 2009**

G C D

D D D Do, do, do, the Be - ty Bop, Bop, Bop! D D D  
Put \_ your Right hand up and put your left hand down; and you can

G C D G

4 do, do, do, the Be - ty Bop, Bop, Bop! D D D Do, do, do the Be - ty  
bop, bop, bop \_ till you turn a - round. Put \_ your left hand up \_ and your

C D G D G D

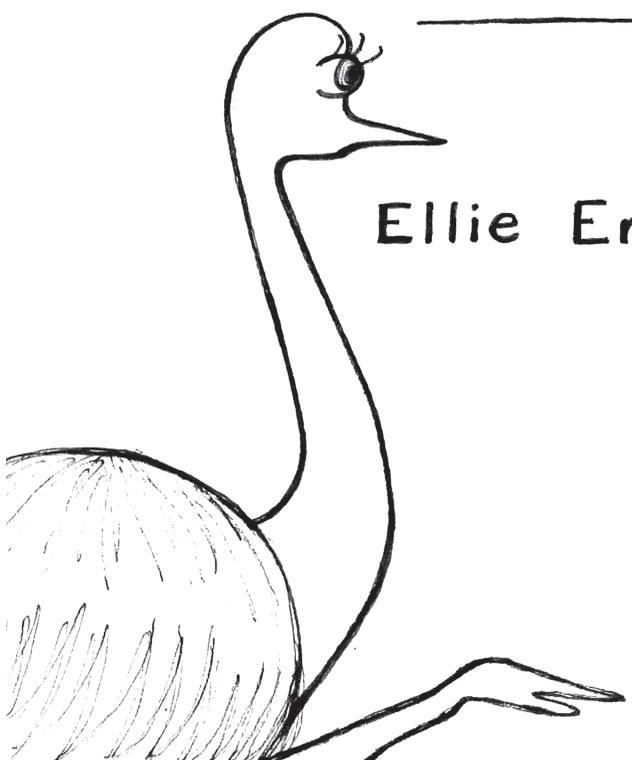
7 Bop, Bop, Bop! You bet - ter do do do the Be - ty Bop! Yeah! Put \_ your  
right hand too; and you can bop just like a kan - ga - roo! Yeah! D D D



# Do the Bety Bop



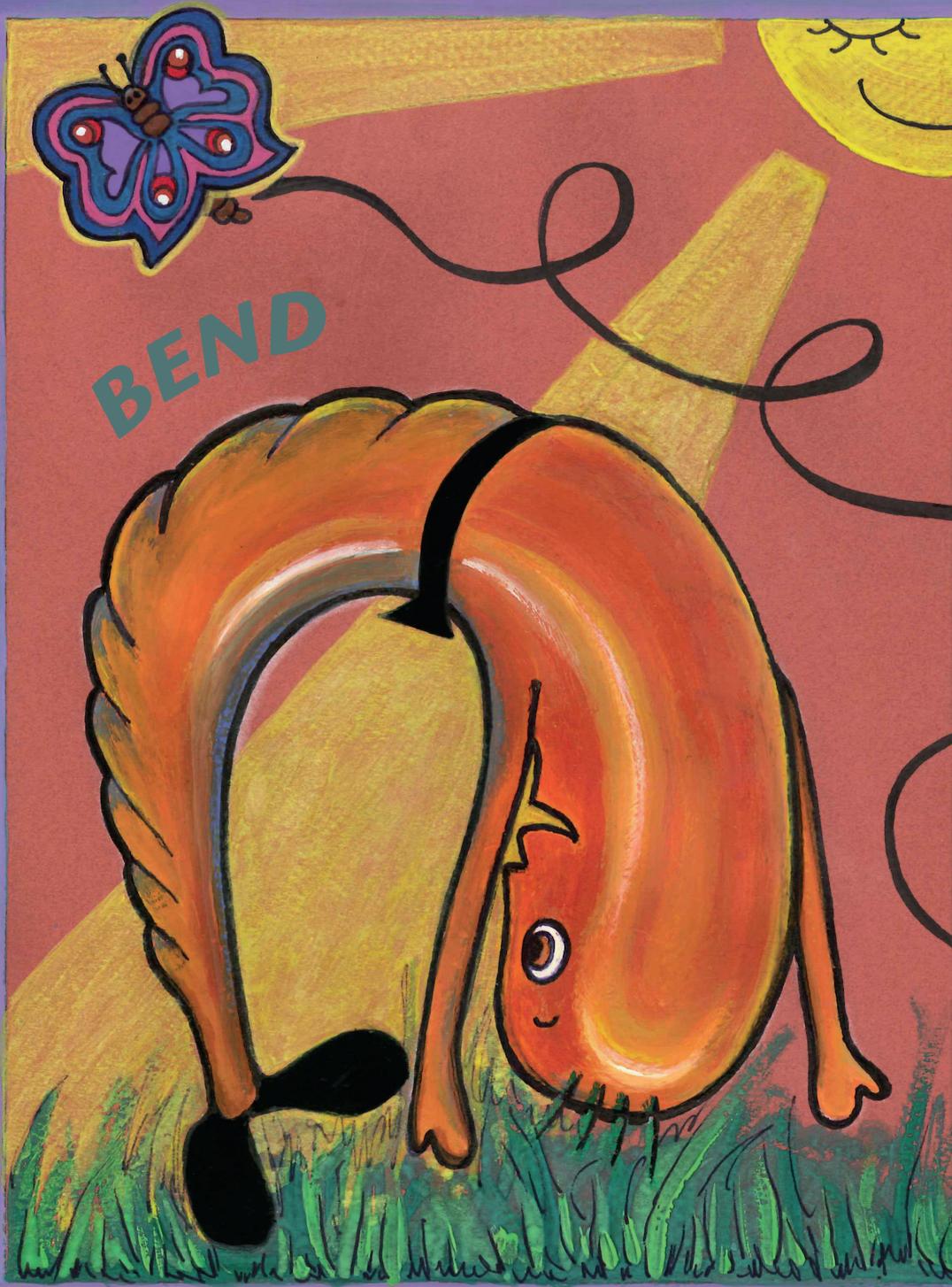
Joey Kangaroo



Ellie Emu



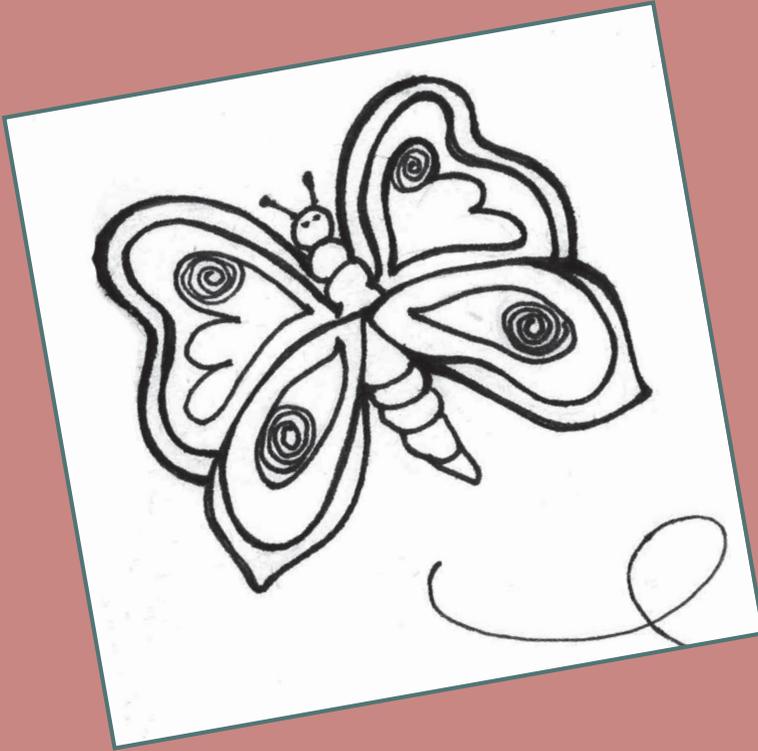
Bety Bop





STRETCH

and



## ***BEND AND STRETCH***

Bend and stretch and reach up for the sky;  
Reach up for the sky on tippy toe so high  
Bend and stretch and reach up for the sky;  
Reach up for the sky on tippy toe so high

Bend and stretch and reach down to the ground;  
Reach down to the ground then turn yourself around  
Bend and stretch and reach down to the ground;  
Reach down to the ground then turn yourself around

Bend and stretch and reach up for the sky;  
Reach up for the sky on tippy toe so high  
Bend and stretch and reach up for the sky;  
Reach up for the sky on tippy toe so high

# ***BEND AND STRETCH***

## **PHYSICAL FITNESS**

Practicing this easy exercise is a great way to wake up the body and start the day!



Breathing is very important for good health and to relax the body and give the brain a good supply of oxygen.

Here is an extra verse:

Bend and stretch and take a deep breath in  
Take a deep breath in and let it out again.  
Bend and stretch and take a deep breath in  
Take a deep breath in and let it out again

# Bend and Stretch

Track 4

Moderato (♩ = c. 108)

Words and Music by Beth Cooper, 2009

D A A

Bend and stretch and reach up for the sky, reach up for the sky, on  
Bend and stretch and reach down to the ground, reach down to the ground and

D A D A

4 tip - py toe so high. Bend and stretch and reach up for the sky,  
turn your - self a - round Bend and stretch and reach down to the ground,

A D

7 reach up for the sky, on tip - py toe so high.  
reach down to the ground and turn your - self a - round.

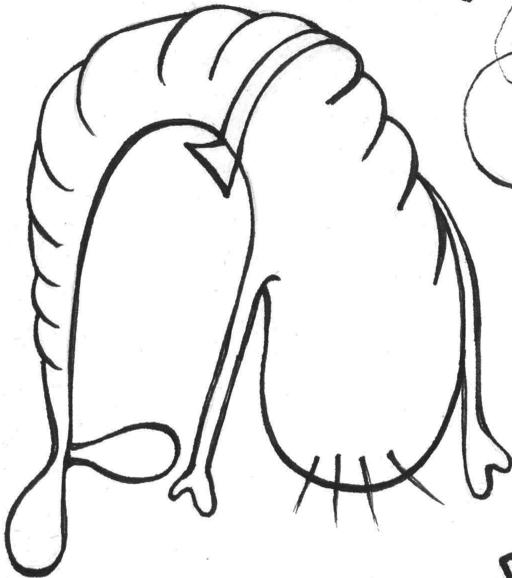




Stretch



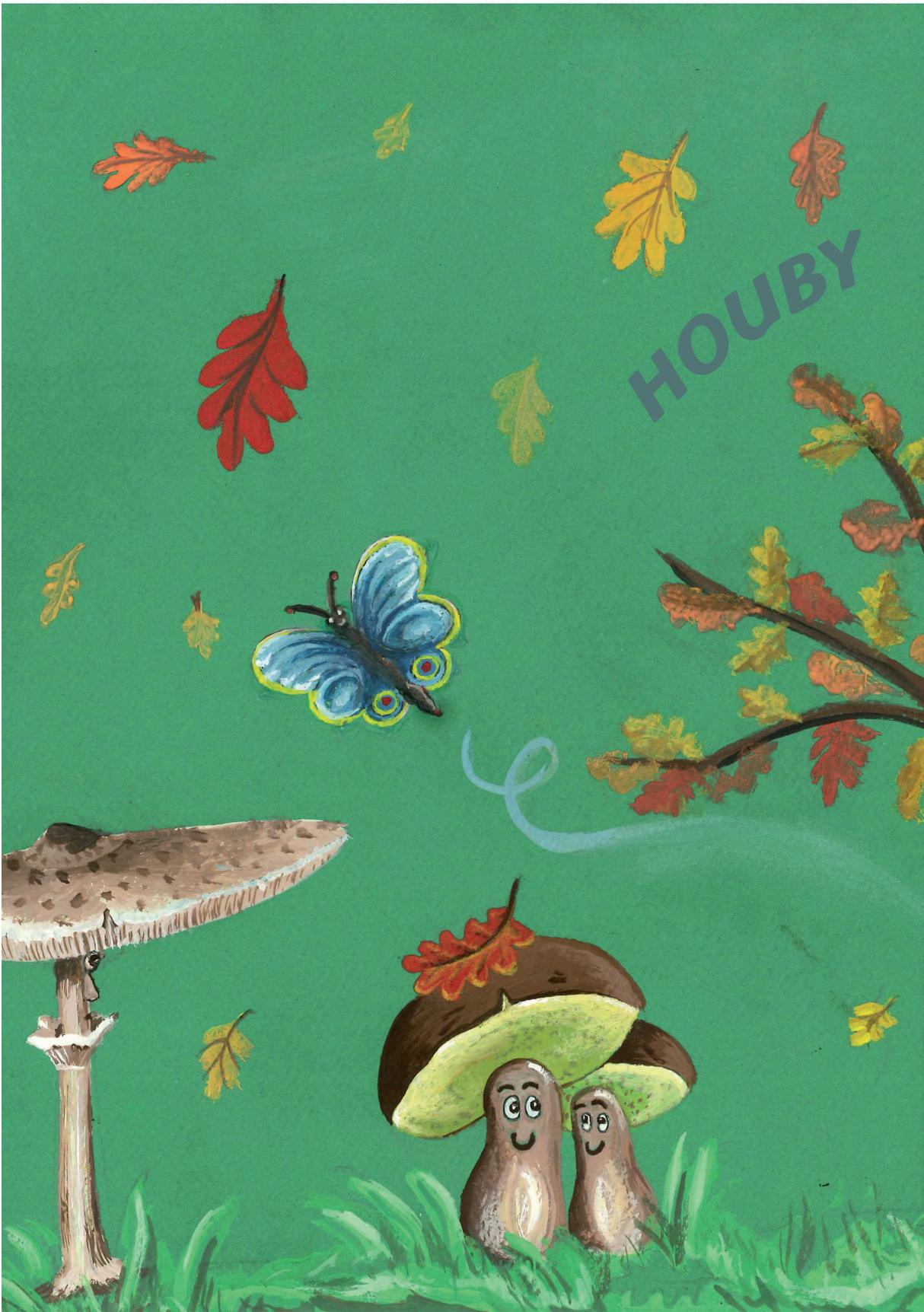
Bend



Stretch

Bend

HOUBY



HO!





## ***HOUBY HO!***

We're going mushroom-hunting in the woods today  
We're going mushroom-hunting in the woods today  
We're going mushroom-hunting in the woods today  
We'll pop them in our basket as we go on our way

Houby ho!, houby ho!  
Off to the woods we will go, go, go  
Houby ho!, houby ho!  
Off to the woods we will go, go, go

# **HOUBY HO!**

## **TRADITIONS / NATURE**

This song is about a favourite tradition in some countries of 'mushroom hunting'.

Do you go mushroom hunting in your country?

### **A WORD OF CAUTION:**

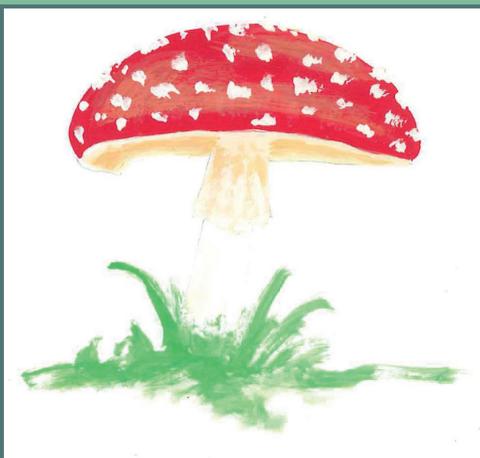
It is important to know what you are collecting as some may look like nice mushrooms but are actually very **POISONOUS!**

The poisonous ones are called toadstools.

Make sure you have an adult to help you identify the good mushrooms from the dangerous toadstools.

Wash your hands well after touching them.

Here is one type of toadstool:



Here is one type of mushroom:



# Houby Ho!

Track 5

Moderato (♩ = c. 108)

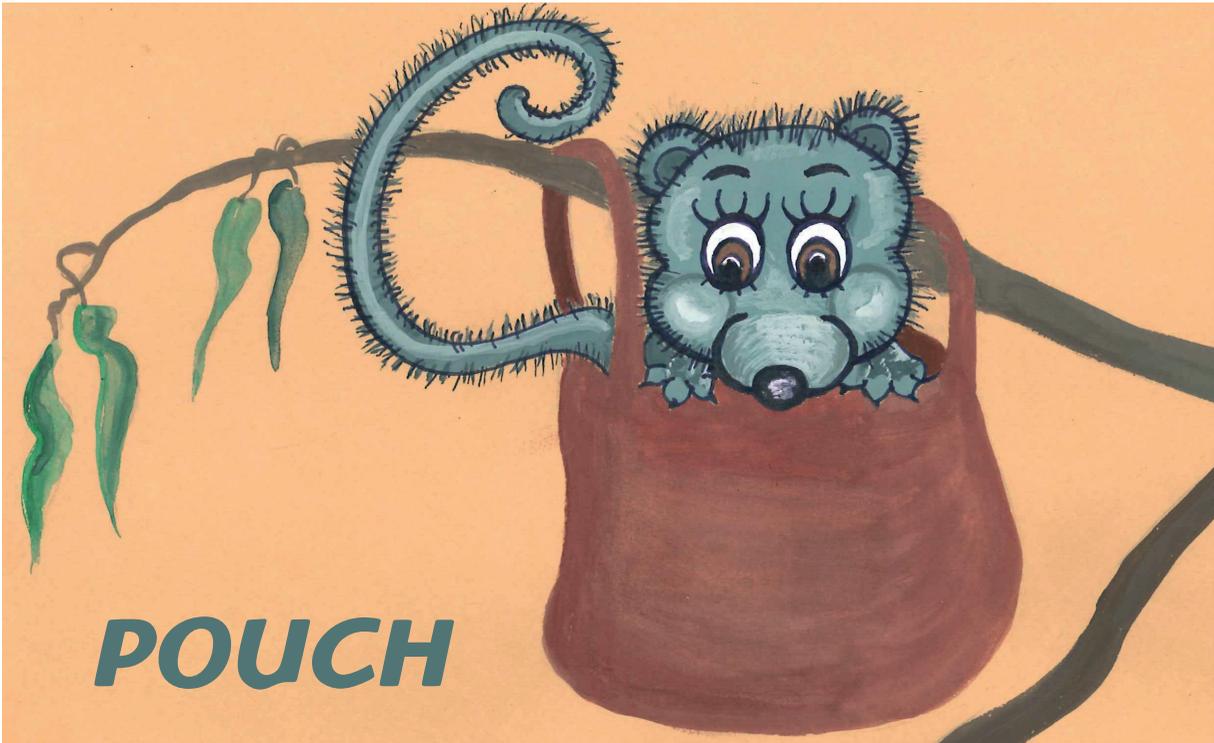
Words and Music by Beth Cooper, 2009

The musical score is written in 4/4 time with a tempo of Moderato (♩ = c. 108). It consists of five staves of music with lyrics underneath. Chord symbols (C, G, G7, F) are placed above the notes. The lyrics are: "We're go - ing mush - room hunt - ing in the woods to day. We're go - ing mush - room hunt - ing in the woods to - day. We're go - ing mush - room hunt - ing in the woods to - day. We'll pop them in our bask - et as we go on our way. Houb - y ho! Houb - y ho! Off to the woods we will go, go, go. Houb - y ho! Houb - y ho! Off to the woods we will go, go, go! We're".





# MUSHROOM

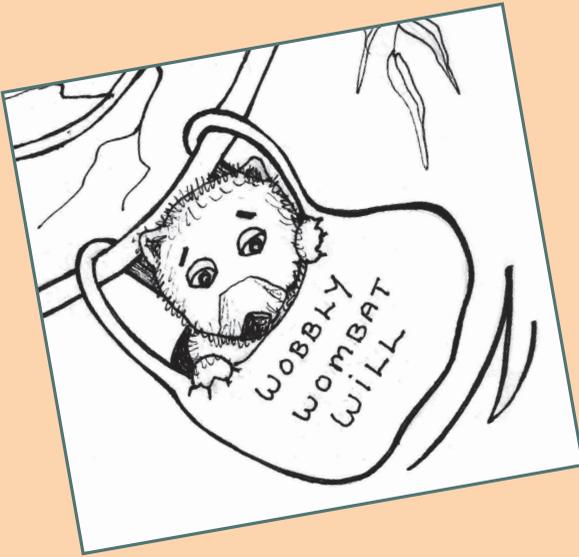


***POUCH***





**BABIES**



## ***POUCH BABIES***

We're the pouch babies, pouch babies; keeping safe and warm  
We're the pouch babies, pouch babies; in our secret home  
We're the pouch babies, pouch babies; and we love to say  
We're the pouch babies, pouch babies; happy night and day

There's Joey Kangaroo with Ring-tailed Possum too  
There's Cute Koala Bill with Wobbly Wombat Will

We're the pouch babies, pouch babies; keeping safe and warm  
We're the pouch babies, pouch babies; in our secret home  
We're the pouch babies, pouch babies; and we love to say  
We're the pouch babies, pouch babies; happy night and day

We love to swing along as we sing our little song  
We never feel alone in our little pocket home

We're the pouch babies, pouch babies; keeping safe and warm  
We're the pouch babies, pouch babies; in our secret home  
We're the pouch babies, pouch babies; and we love to say  
We're the pouch babies, pouch babies; happy night and day

# POUCH BABIES

## ANIMALS

This song is about four Australian marsupials.

What is a marsupial?

Marsupials are mammals that raise their young in a pouch.

Can you match the animal to the description?

KOALA

KANGAROO

WOMBAT

RING-TAILED POSSUM

Has a ring shaped tail

Lives under the ground

Eats gum leaves

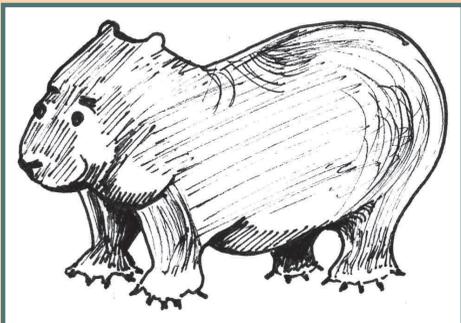
Hops around

## TONGUE TWISTER:

This is great for practicing pronunciation, fluency and for fun!  
Can you say this tongue twister? Try to say it quicker and quicker.



KANGAROO  
COCKATOO  
WALLAROO  
DIDGERIDOO  
HOW DO YOU DO?  
I'VE LOST MY SHOE!  
WHAT CAN I DO?



# Pouch Babies

Track 6

Moderato (♩ = c. 108)

Words and Music by Beth Cooper

We're the pouch ba - bies, pouch ba - bies, keep - ing safe and warm. We're \_\_\_ the

pouch ba - bies, pouch ba - bies, in our se - cret home. We're \_\_\_ the pouch ba - bies, pouch ba - bies,

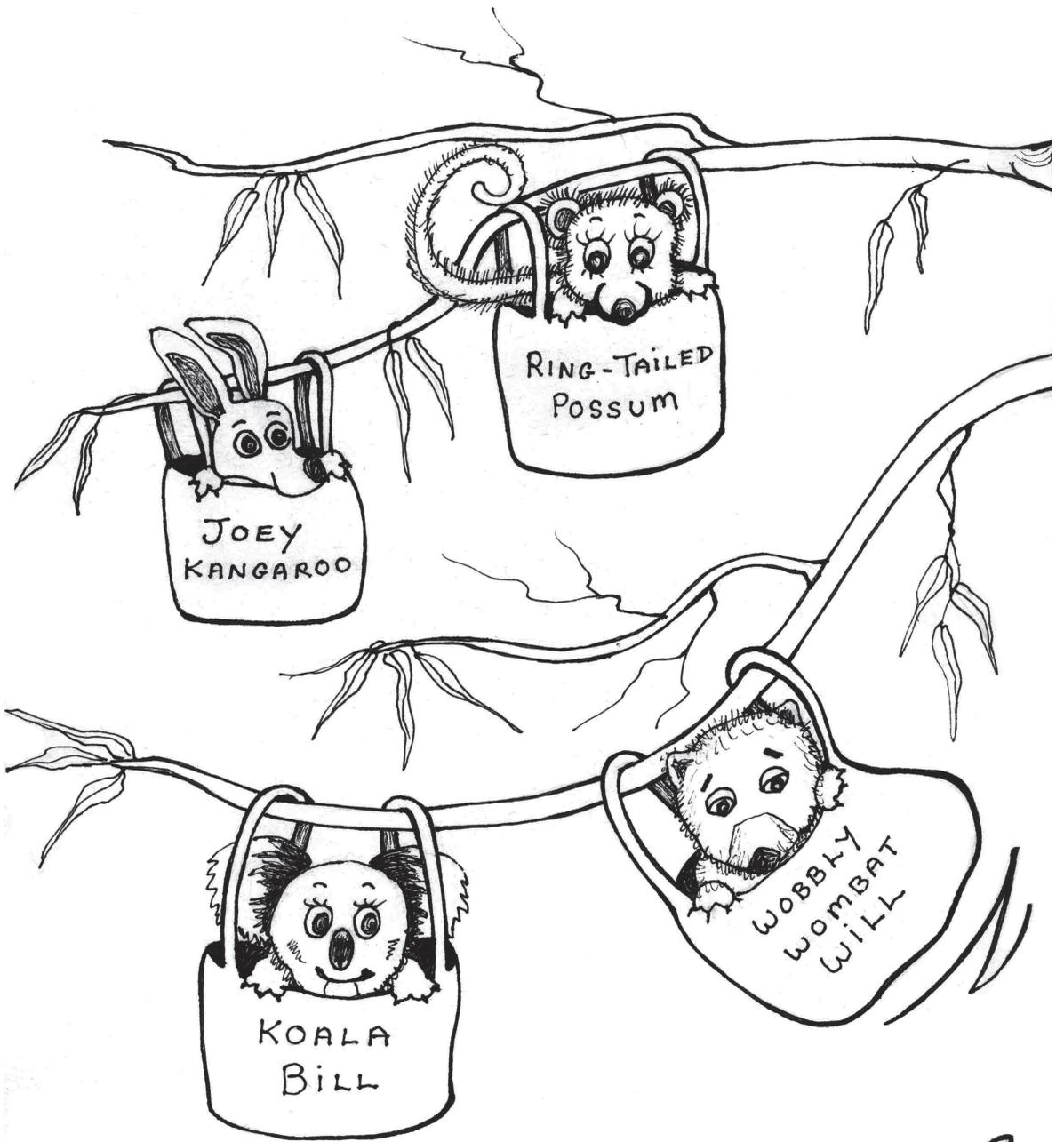
and we love to say, we're \_\_\_ the pouch ba - bies, pouch ba - bies, hap - py night and day. There's

Jo - ey Kan - ga-roo \_\_\_ with Ring - tailed poss - um too, \_\_\_ There's cute Ko - a - la Bill \_\_\_ with  
love to swing a - long as we sing our lit - tle song; \_\_\_ we ne - ver feel a - lone in our

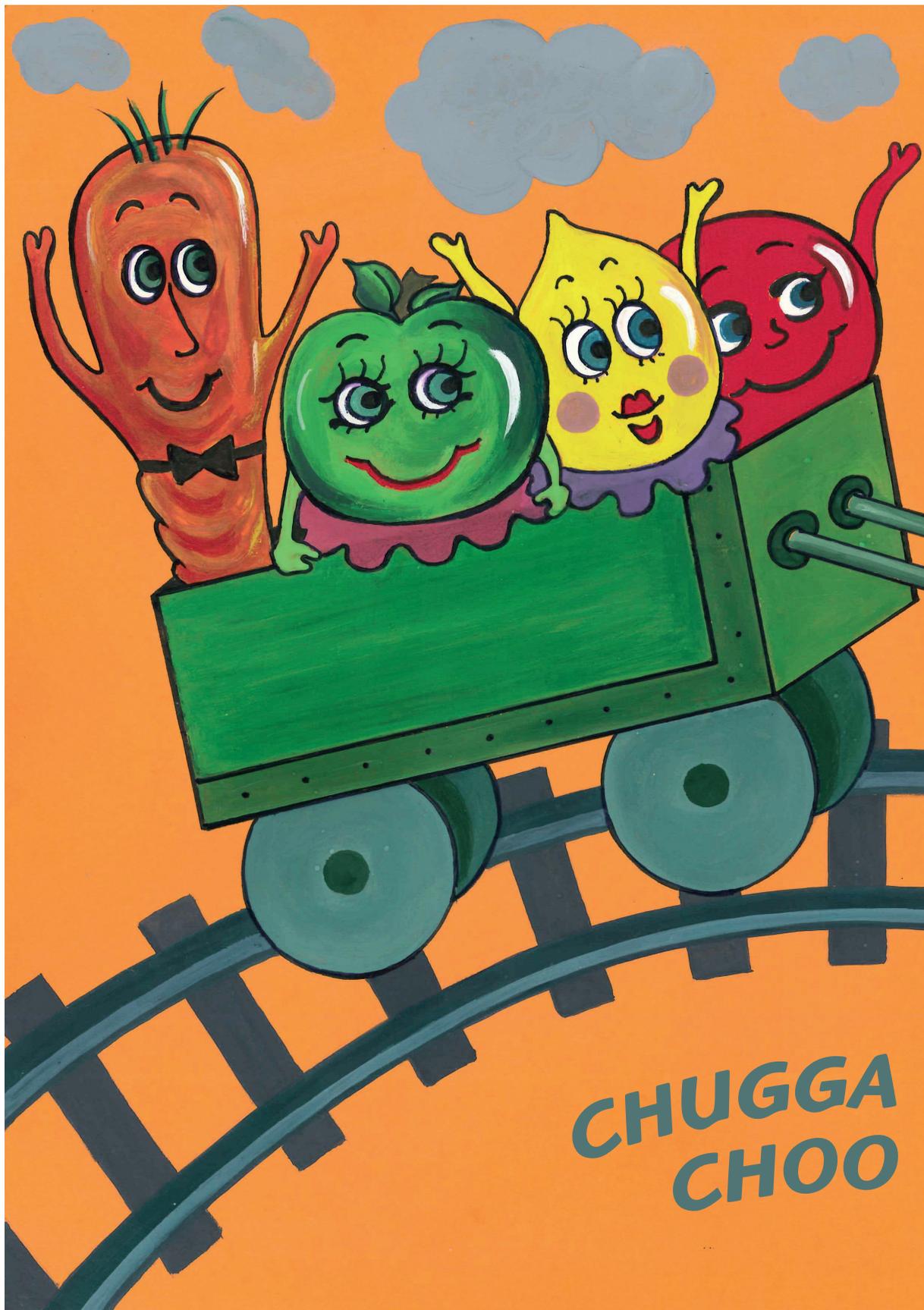
Wob - bly Wom - bat Will. We're \_\_\_ the pouch ba - bies, pouch ba - bies, keep - ing safe and warm. We're \_\_\_ the  
lit - tle po - cket home. We're \_\_\_ the pouch ba - bies, pouch ba - bies, keep ing safe and warm. We're \_\_\_ the

pouch ba - bies, pouch ba - bies, in our se - cret home. We We're the pouch ba - bies, pouch ba - bies,  
pouch ba - bies, pouch ba - bies, in our se - cret home.

and we love to say, we're \_\_\_ the pouch ba - bies, pouch ba - bies, hap - py night and day.



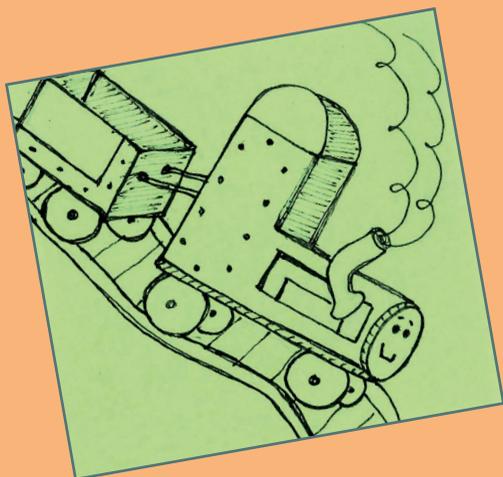
# Pouch Babies



CHUGGA  
CHOO



CHUGGA  
CHOO



# **CHUGGA CHUGGA CHOO CHOO**

Chugga chugga choo choo; little green engine  
Chugga chugga choo choo; here we go  
Chugga chugga choo choo; little green engine  
Hear my whistle blow!

Chorus:

Toot-i-toot, chugga chugga; toot-i-toot, chugga chugga  
Chugga chugga choo choo; here we go!  
Toot-i-toot, chugga chugga; toot-i-toot, chugga chugga  
Hear my whistle blow!

Chugga chugga choo choo; little green engine  
Chugga chugga choo choo; up the hill  
Chugga chugga choo choo; little green engine  
Getting harder still!

Chorus: .....

Chugga chugga choo choo; little green engine  
Chugga chugga choo choo; down the hill  
Chugga chugga choo choo; little green engine  
Getting faster still!

Chorus: .....

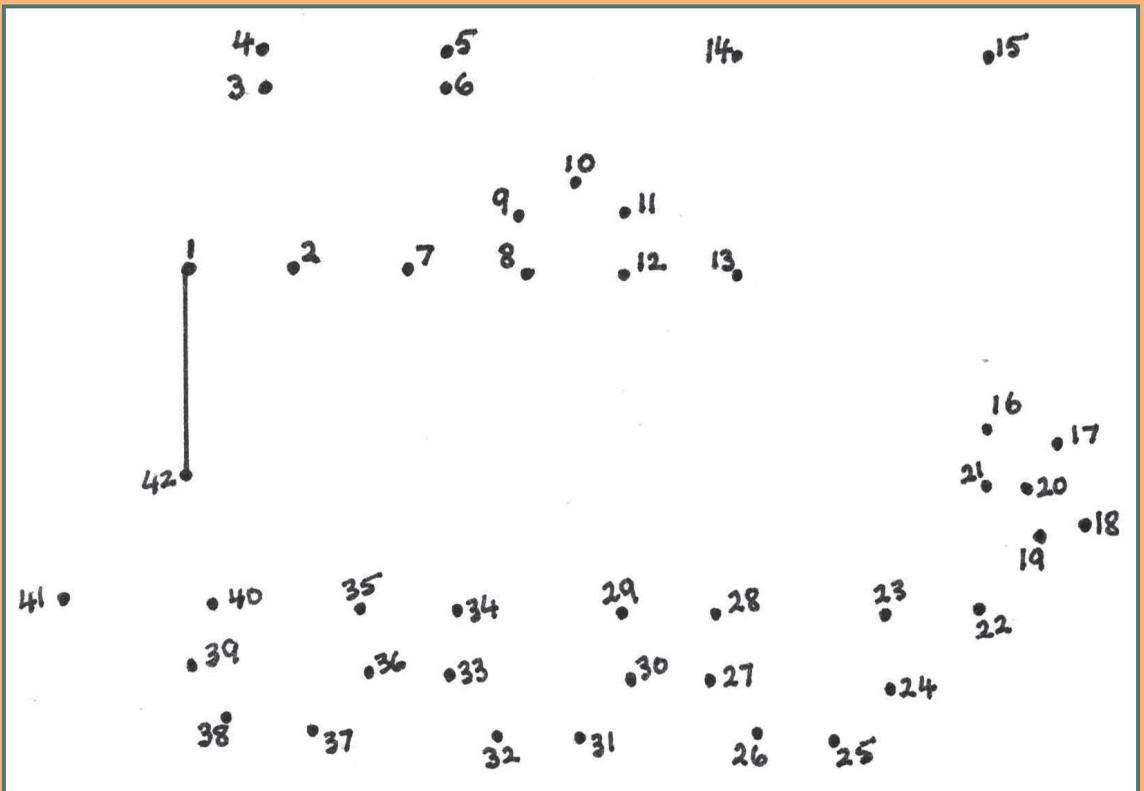
# CHUGGA CHUGGA CHOO CHOO

## MOVEMENT

This song is about a steam train going **SLOWLY** up the hill and **FAST** down the hill.

You can have fun making a people train to this song. Children stand in a line with one hand holding onto the waist of the child in front of them to form a people train. Each child can move their free hand in the circular motion of a wheel as the train moves along to the song.

Join the dots to make a picture:



Do you know where the first steam train was built?

The first full-scale working steam train was built in Britain in 1804.

# Chugga Chugga Choo Choo

Track 7

**Allegro** (M.M. ♩ = c. 120)

**Words and Music by Beth Cooper, 2009**

D A D A

Chug-ga chug-ga choo choo, lit-tle green eng-ine. Chug-ga chug-ga choo choo, here we go!  
 Chug-ga chug-ga choo choo, lit-tle green eng-ine. Chug-ga chug-ga choo choo, up the hill.  
 Chug-ga chug-ga choo choo, lit-tle green eng-ine. Chug-ga chug-ga choo choo, down the hill.

D A D

5 Chug-ga chug-ga choo choo, lit-tle green eng-ine, hear my whis-tle blow! Toot-ie -  
 Chug-ga chug-ga choo choo, lit-tle green eng-ine, gett-ing hard-er still! Toot-ie -  
 Chug-ga chug-ga choo choo, lit-tle green eng-ine, gett-ing fast-er still! Toot-ie -

G D A D A D

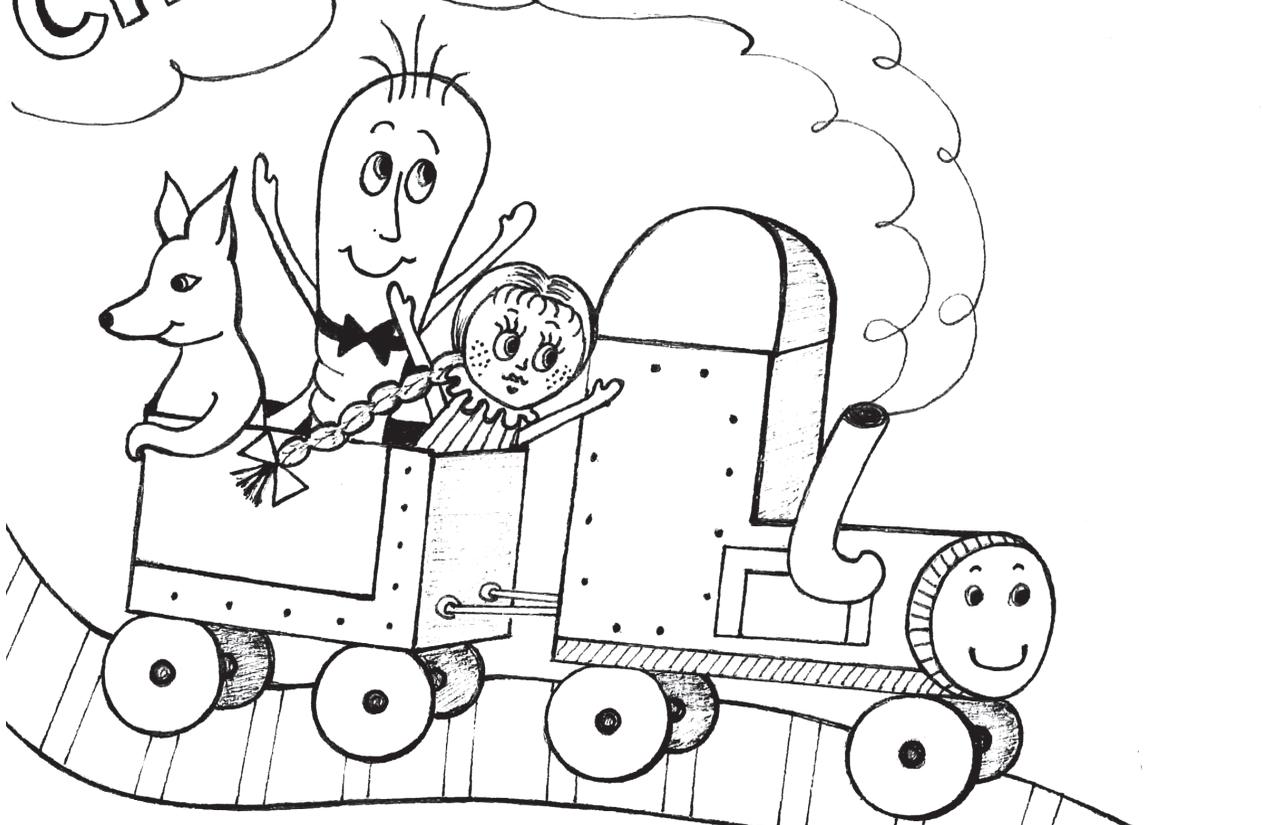
9 toot! Chug-ga chug-ga, toot-ie - toot! Chug-ga chug-ga. Chug-ga chug-ga choo choo, here we go! Toot-ie-  
 toot! Chug-ga chug-ga, toot-ie - toot! Chug-ga chug-ga. Chug-ga chug-ga choo choo, up the hill. Toot-ie-  
 toot! Chug-ga chug-ga, toot-ie - toot! Chug-ga chug-ga. Chug-ga chug-ga choo choo, down the hill. Toot-ie-

G D A D

13 toot! Chug-ga chug-ga, toot-ie - toot! Chug-ga chug-ga, hear my whis-tle blow!  
 toot! Chug-ga chug-ga, toot-ie - toot! Chug-ga chug-ga, gett-ing hard-er still!  
 toot! Chug-ga chug-ga, toot-ie - toot! Chug-ga chug-ga, gett-ing fast-er still!

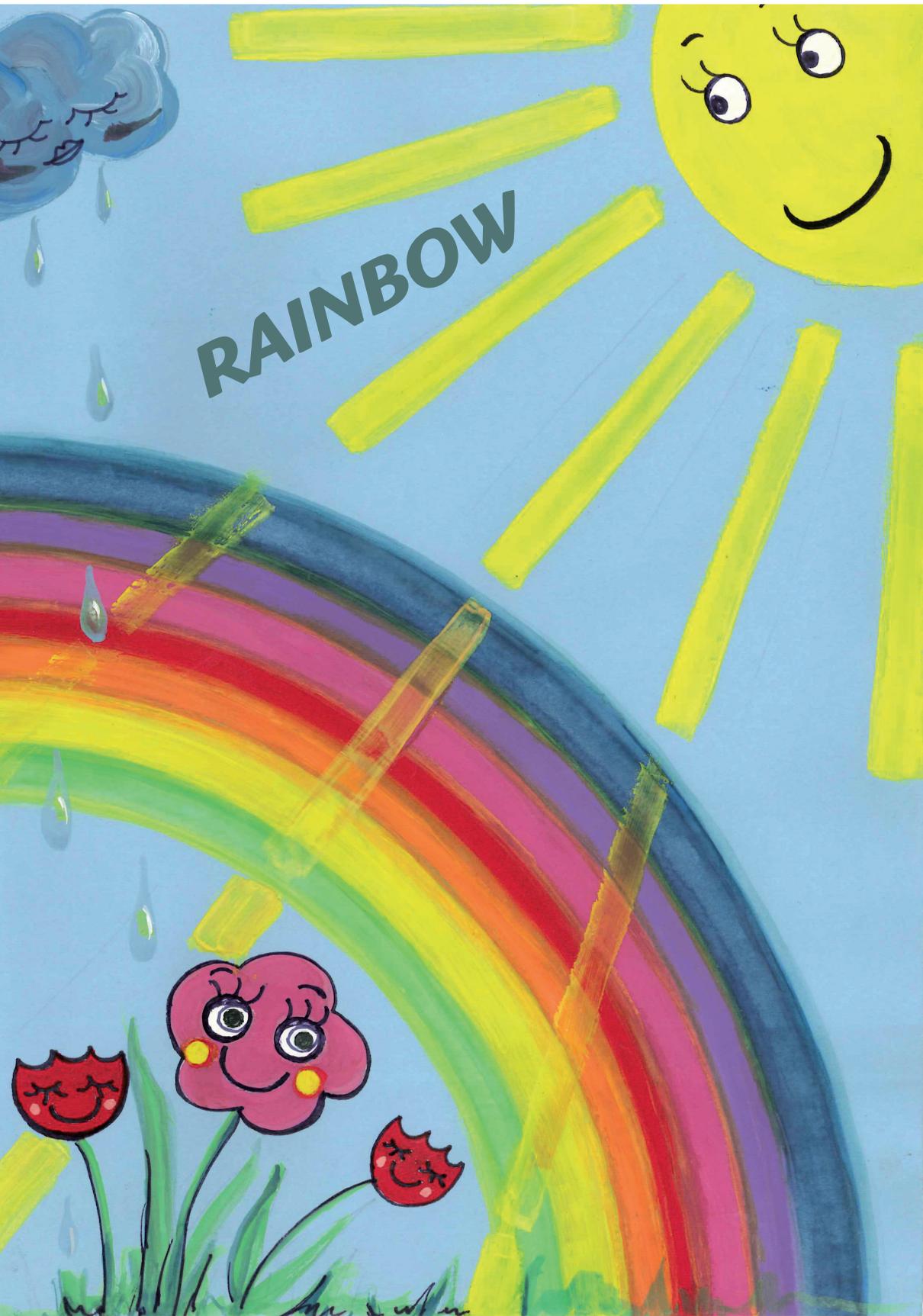


Chugga Chugga  
Choo Choo

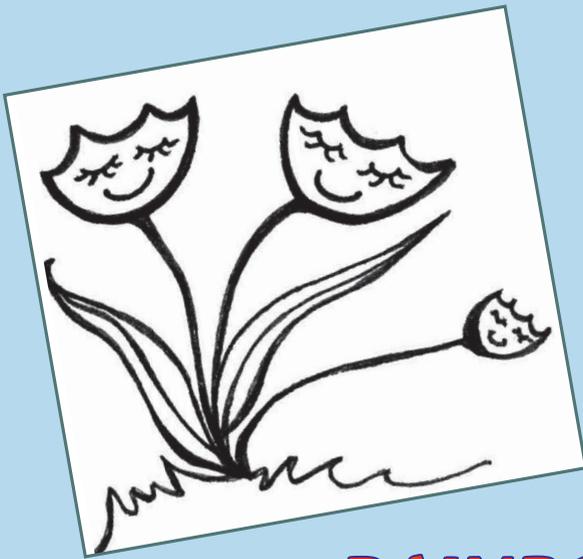


Little Green  
Engine





**RAINBOW**



## **RAINBOW SONG**

What's that shining in the sky, like a candy cane on high?  
Every colour I can see, shining brightly over me!

There's red and yellow and pink and green  
Purple and orange and blue  
They're shining high right over me  
Rainbow colours I can see

Can you see it standing high, shining there up in the sky?  
Every colour you can see, come and sing them now with me!

There's red and yellow and pink and green  
Purple and orange and blue  
They're shining high right over you  
Rainbow colours bright and new

What makes all these colours glow? This is what we want to know!  
Sun is shining through the rain and makes a rainbow candy cane

There's red and yellow and pink and green  
Purple and orange and blue  
They're shining high so bright and new  
Rainbow colours for me and you!

# RAINBOW SONG

## COLOURS

What is a rainbow?

A rainbow is a band of colours forming an arc where the sun's rays shine through raindrops.

How to make a rainbow at home:

On a sunny day, place a small mirror in a glass bowl of water so that the mirror sits against the side of the bowl. The bowl must be sitting in direct sunlight to create the rainbow.

Make a rainbow necklace with:

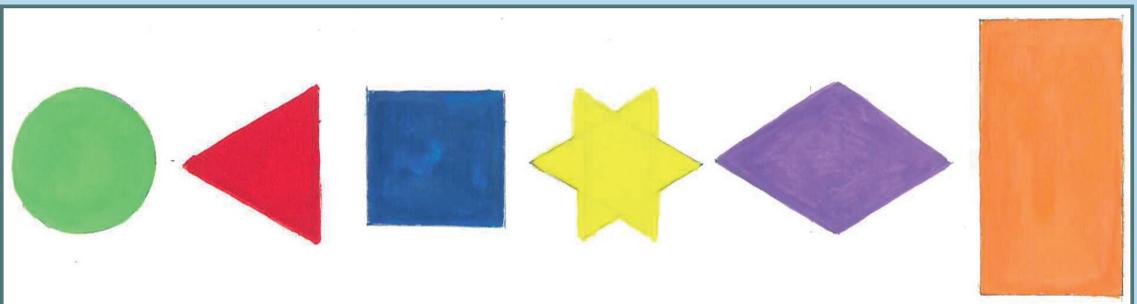
- Tubular pasta that can be threaded onto string
- String
- Food colouring: Red, Orange, Yellow, Green, Blue, Pink, Purple.

Dye the pasta in equal batches of each colour.

Children can then thread the pasta onto the string to make a colourful necklace. They can practice naming the colours too when threading.

- Match the colour words below to the coloured shapes.
- There is one colour missing, do you know which one?
- Can you name the shapes too?

RED, BLUE, YELLOW, PINK, ORANGE, GREEN, PURPLE



# Rainbow

Track 8

Moderato (♩ = c. 108)

Words and Music by Beth Cooper, 2009

D G A

What's that shin - ing in the sky, like a can - dy cane on high?  
 Can you see it stand - ing high, shin - ing there up in the sky?  
 What makes all these col - ours glow? This is what we want to know!

D G A D G

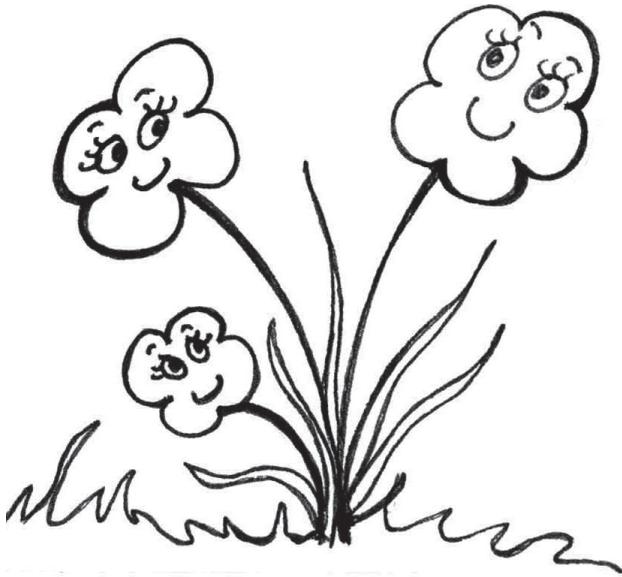
5 Ev - ery col - our I can see, float - ing bright - ly o - ver me! There's red and  
 Ev - ery col - our you can see, can you sing them now with me? There's red and  
 Sun is shin - ing through the rain/and makes a rain - bow can - dy cane. There's red and

D A D G D

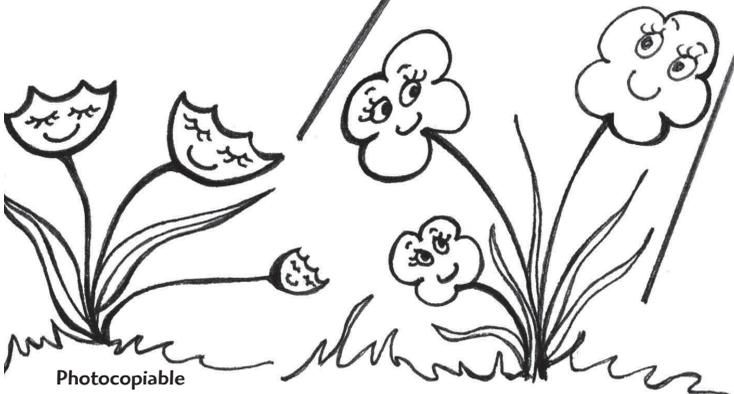
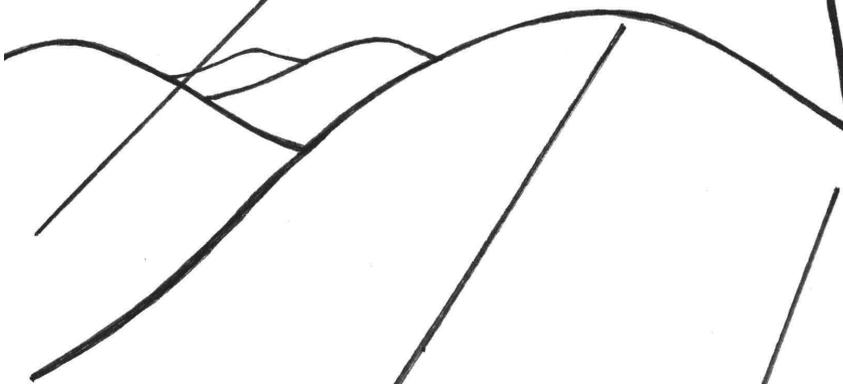
10 yel - low and pink and green, pur - ple and o - range and blue; they're stand - ing high right o - ver  
 yel - low and pink and green, pur - ple and o - range and blue; they're stand - ing high right o - ver  
 yel - low and pink and green, pur - ple and o - range and blue; they're stand - ing high so bright and

A D

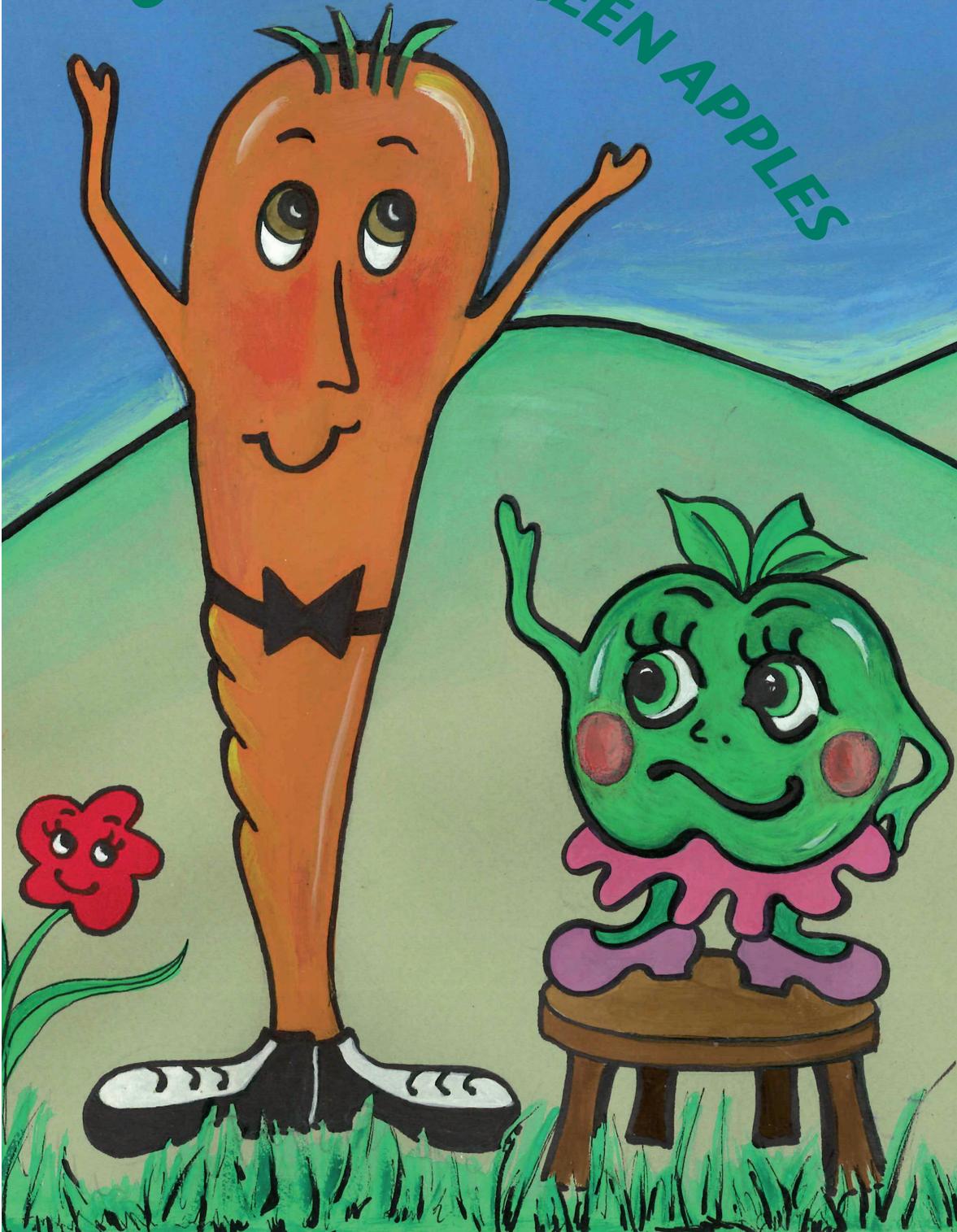
15 me, rain - bow col - ours I can see,  
 you, rain - bow col - ours bright and  
 new, rain - bow col - ours/for me and you!

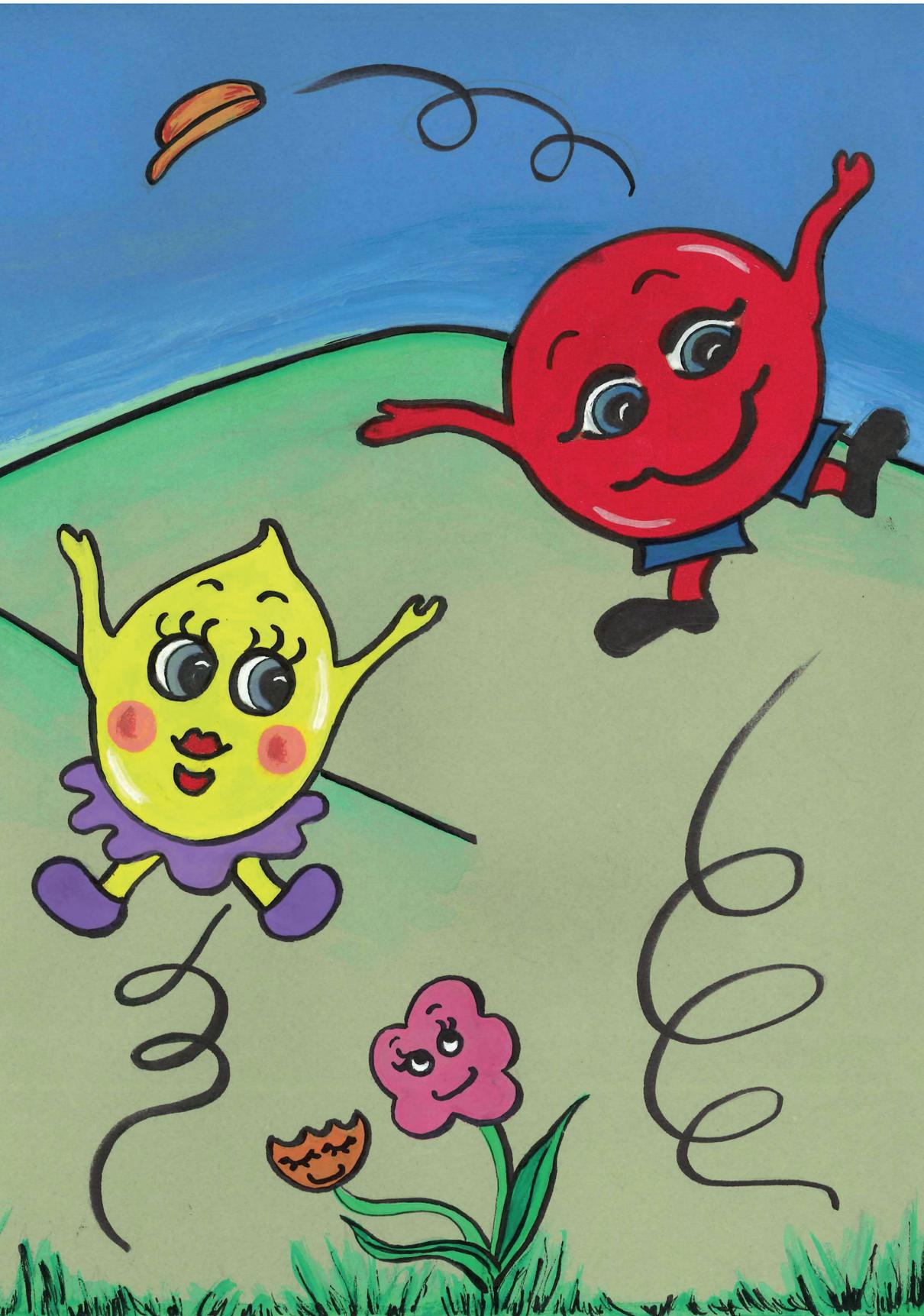


# Rainbow



# CRUNCHY GREEN APPLES





# **CRUNCHY GREEN APPLES**

We're the GREEN, we're the crunchy green apples  
We're the GREEN, we're the crunchy green apples  
We're the GREEN, we're the crunchy green apples  
We make the best apple pie!

We're the RED, we're the ripe red tomatoes  
We're the RED, we're the ripe red tomatoes  
We're the RED, we're the ripe red tomatoes  
We make the best tomato sauce!

**Chorus:**

We're the veggies and fruit with all the vitamin C  
We're the veggies and fruit that keep you nice and healthy  
We're the veggies and fruit so good for munching on  
We're the veggies and fruit that keep you strong, strong, strong

We're the ORANGE, we're the sweet orange carrots  
We're the ORANGE, we're the sweet orange carrots  
We're the ORANGE, we're the sweet orange carrots  
We make the best carrot cake! Mmm

We're the YELLOW, we're the juicy yellow lemons  
We're the YELLOW, we're the juicy yellow lemons  
We're the YELLOW, we're the juicy yellow lemons  
We make the best lemonade! Yeah!

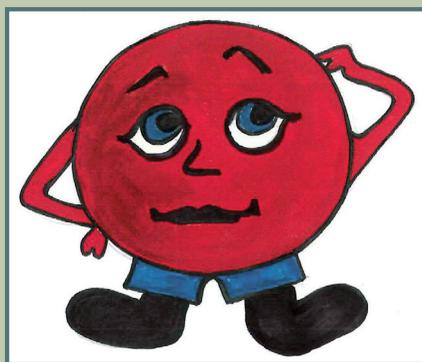
**Chorus: .....**

# CRUNCHY GREEN APPLES

## HEALTH

This song teaches basic colours and focuses on the importance of good food and vitamins for a healthy and strong body.

Am I a FRUIT or a VEGETABLE?



A TOMATO is a fruit!

What's your favourite fruit or vegetable?

Which ones don't you like?

Can you write a list of all the fruits and vegetables you know?

## COLOURS OF FOOD

Objective:

To learn the different colours of foods and make a poster of the different colours to hang on the wall.

Have lots of food magazines with many pictures of different coloured foods. Have four to five pieces of large poster board to glue the pictures onto. Label the posters by the colour of the food that will be put on it, such as Green Foods, Red Foods, Yellow Foods, Purple Foods etc. After the children cut out the pictures, label each item under the picture, such as tomato, grapes etc. When everyone has finished glueing and making the posters, take it in turns to have a child point to an item and the rest of the class has to say what it is and name it's colour.

# Crunchy Green Apples

Track 9

Swing

Words and Music by Beth Cooper, 2009

We're the GREEN; we're the crunch-y green app-les. We're the GREEN; we're the  
We're the ORANGE; we're the sweet or-ange car-rots. We're the ORANGE; we're the

5 crunch-y green app - les. We're the GREEN; we're the crunch-y green app - les. We  
sweet or - ange car - rots. We're the ORANGE; we're the sweet or - ange car - rots. We

8 make the best app-le pie! \_\_\_\_\_ We're the RED; we're the ripe red to - ma-toes. We're the  
make the best car-rot cake! \_\_\_\_\_ We're the YELLOW; we're the jui - cy yellow lem-ons. We're the

12 RED; we're the ripe red to - ma - toes. We're the RED; we're the  
YELLOW; we're the jui - cy yellow lem - ons. We're the YELLOW; we're the

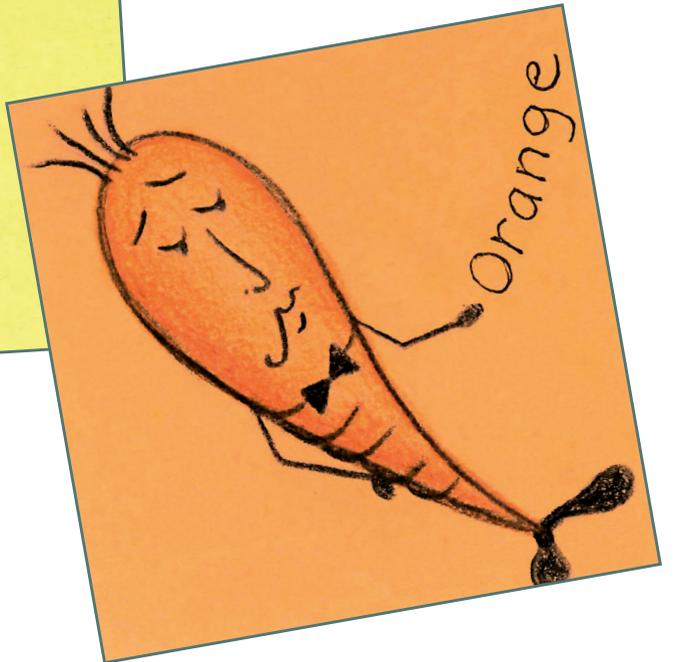
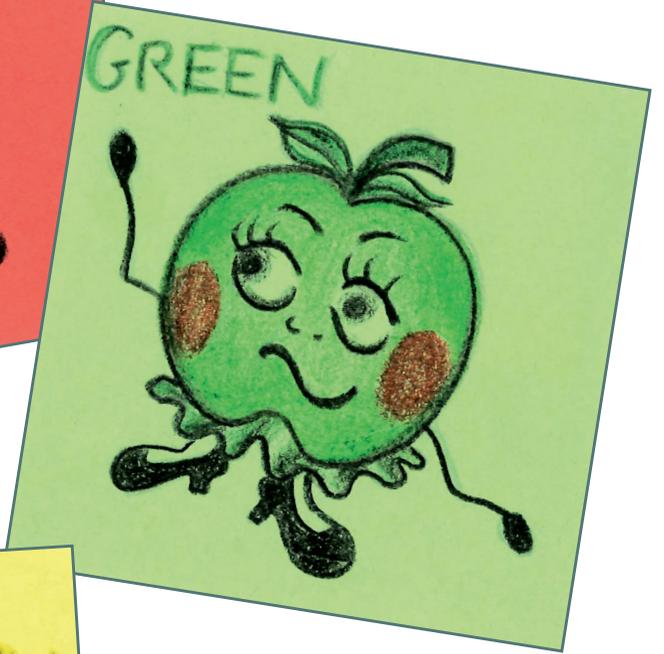
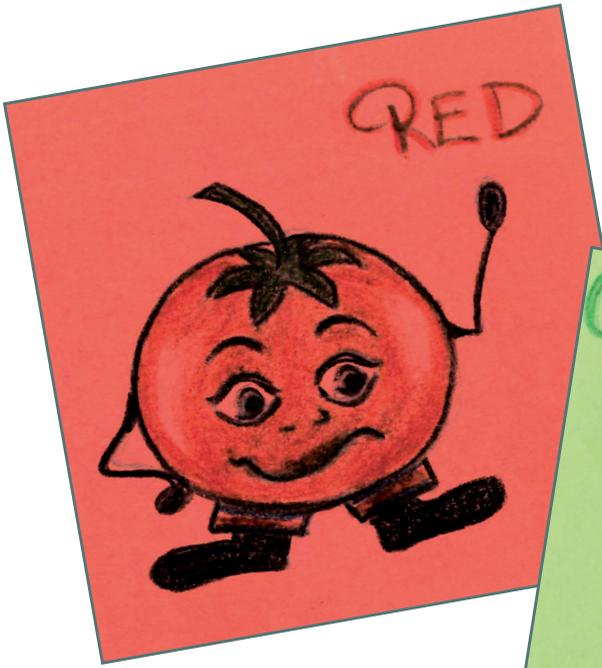
15 ripe red to - ma - toes. We make the best to - ma - to sauce! \_\_\_\_\_ We're the  
jui - cy yellow lem - ons. We make the best le - mon - ade! \_\_\_\_\_

18 vegg-ies and fruit with all the vit - a - min C, we're the vegg - ies and fruit that keep you

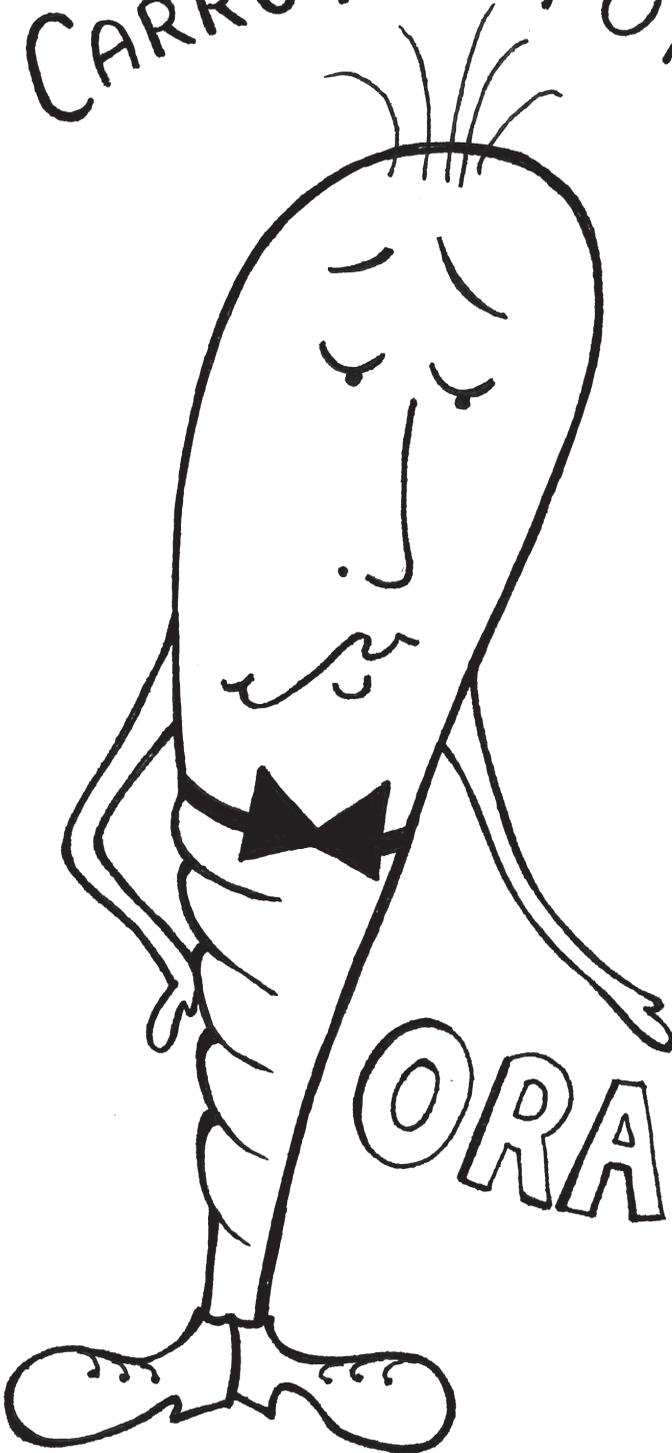
21 nice and heal - thy. We're the vegg - ies and fruit so good for munch - ing on. We're the

24 vegg - ies and fruit that keep you strong, strong, strong. We're the vegg - ies, and fruit that keep you

27 strong, strong, strong all day and ev - ery day!



MR CARROT TOP



ORANGE

Tommy Tomato



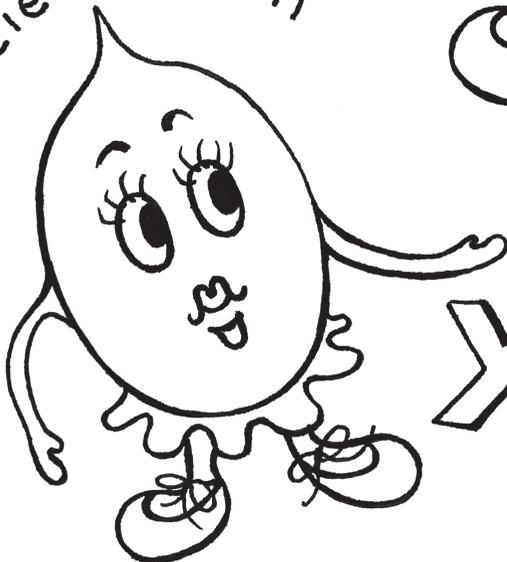
RED

Annie Apple

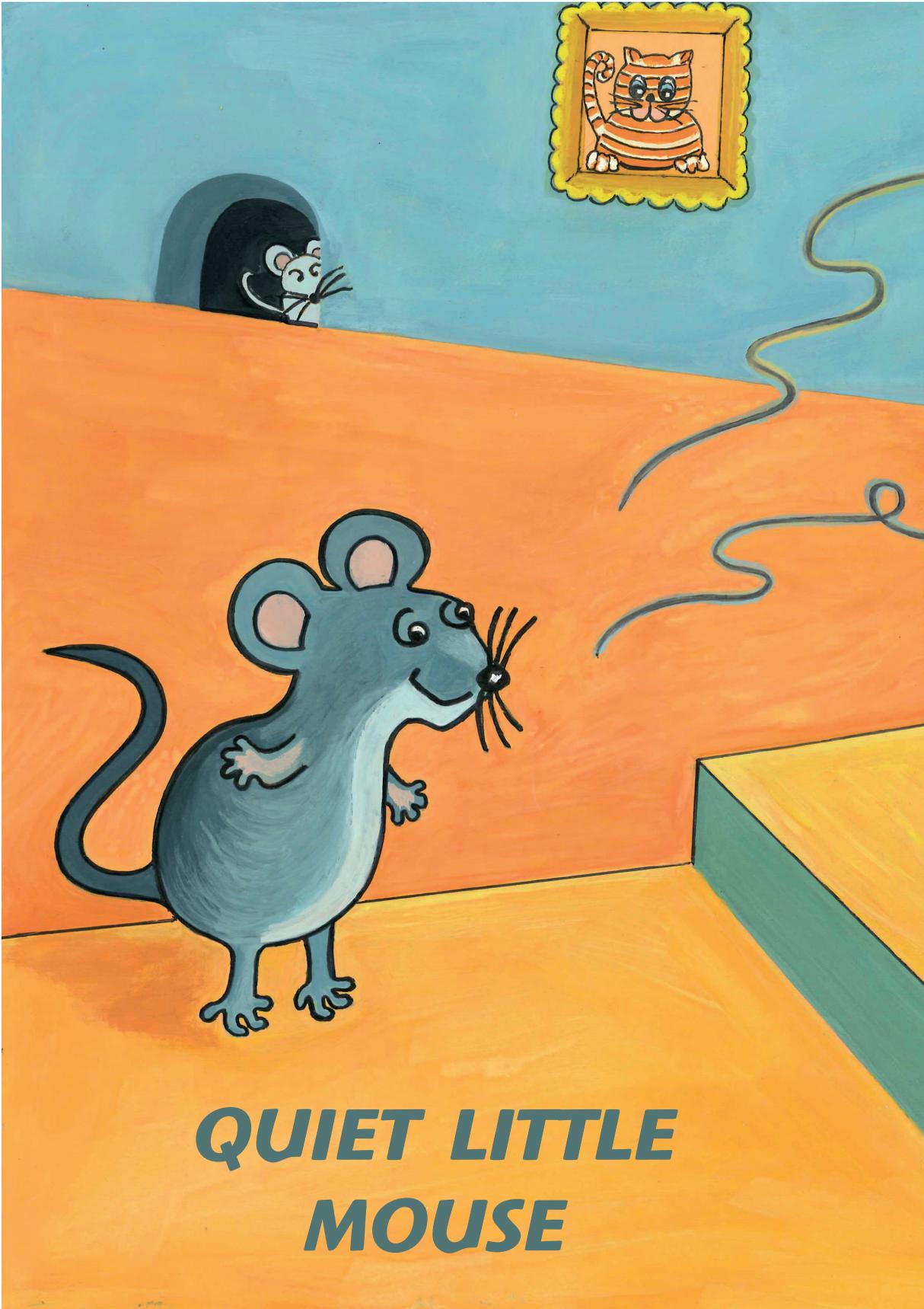
GREEN



Lucie Lemon

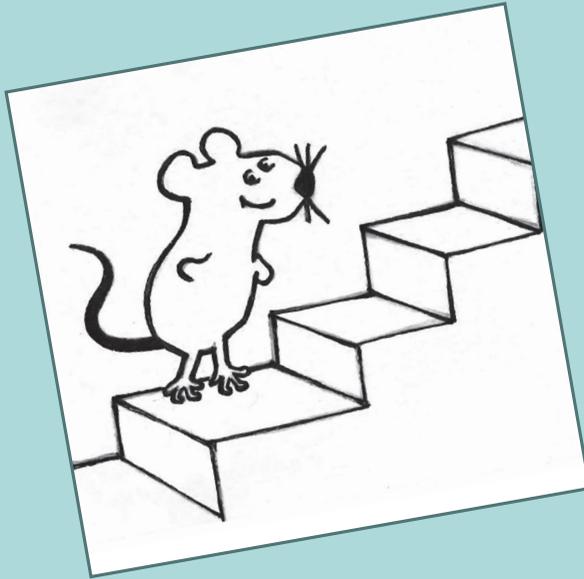


YELLOW



**QUIET LITTLE  
MOUSE**





## **QUIET LITTLE MOUSE**

Tippy toeing, quiet little mouse  
Tippy toeing all around your house  
Tippy toeing, so I won't be seen  
Tippy toeing, you won't know where I've been

**Chorus:**

Tippy toeing here and there, tippy toeing on the stair  
Tippy toeing here and there, tippy toeing everywhere

Tippy toeing, quiet little mouse  
Tippy toeing, I hide around your house  
Tippy toeing, looking for some cheese  
Tippy toeing, I go where I please

**Chorus: .....**

Tippy toeing, quiet little mouse  
Tippy toeing, I look around your house –  
For cheese, I'm tippy toeing, eating every ounce  
Tippy toeing, until the cat goes POUNCE!

# QUIET LITTLE MOUSE

## MOODS

This song contrasts QUIET and LOUD; FAST and SLOW.

Children can have fun acting this song out by tippy toeing around quietly in the verses just like a timid little mouse. Then dancing around happily in the quicker and louder choruses. The song ends abruptly with the POUNCE of a CAT!

**Can you match these MOUSE idioms with their meanings?**

- |                               |  |
|-------------------------------|--|
| <b>POOR AS A CHURCH MOUSE</b> | - To find someone who is hiding from you |
| <b>QUIET AS A MOUSE</b>       | - Someone who is very poor               |
| <b>PLAY CAT &amp; MOUSE</b>   | - Someone who is very shy                |

**Can you match these CAT idioms with their meanings?**

- |                              |  |
|------------------------------|--|
| <b>COPY CAT</b>              | - Said about someone who doesn't speak, (usually shy). |
| <b>CAT'S GOT YOUR TONGUE</b> | - Heavy rain   |
| <b>RAINING CATS AND DOGS</b> | - A person who does the same thing as someone else     |

## MOUSE TRAP GAME:

Select 1 to 3 students to be mice.

The other children who are holding hands in a circle are the mouse trap. The mouse trap holds their hands up and should stand far enough apart from one another that the other children can run in-between them.

The mice weave in and out of the mouse trap. When the teacher calls 'SNAP', the mouse trap closes by the lowering of hands. Children caught within the mouse trap now become part of the mouse trap and other children take on the role of mice.

# Quiet Little Mouse

Track 10

Moderato  $\text{♩} = 80$

Words and Music by Beth Cooper, 2009

Tip - py toe - ing qu-iet lit-tle mouse. Tip - py toe - ing all a-round your house.

Tip - py toe - ing so I won't be seen. Tip - py toe - ing you won't know where I've been.

**Allegro** (M.M.  $\text{♩} = c. 120$ )

Tip - py toe - ing here and there, tip - py toe - ing on the stair. Tip - py toe - ing here and there;

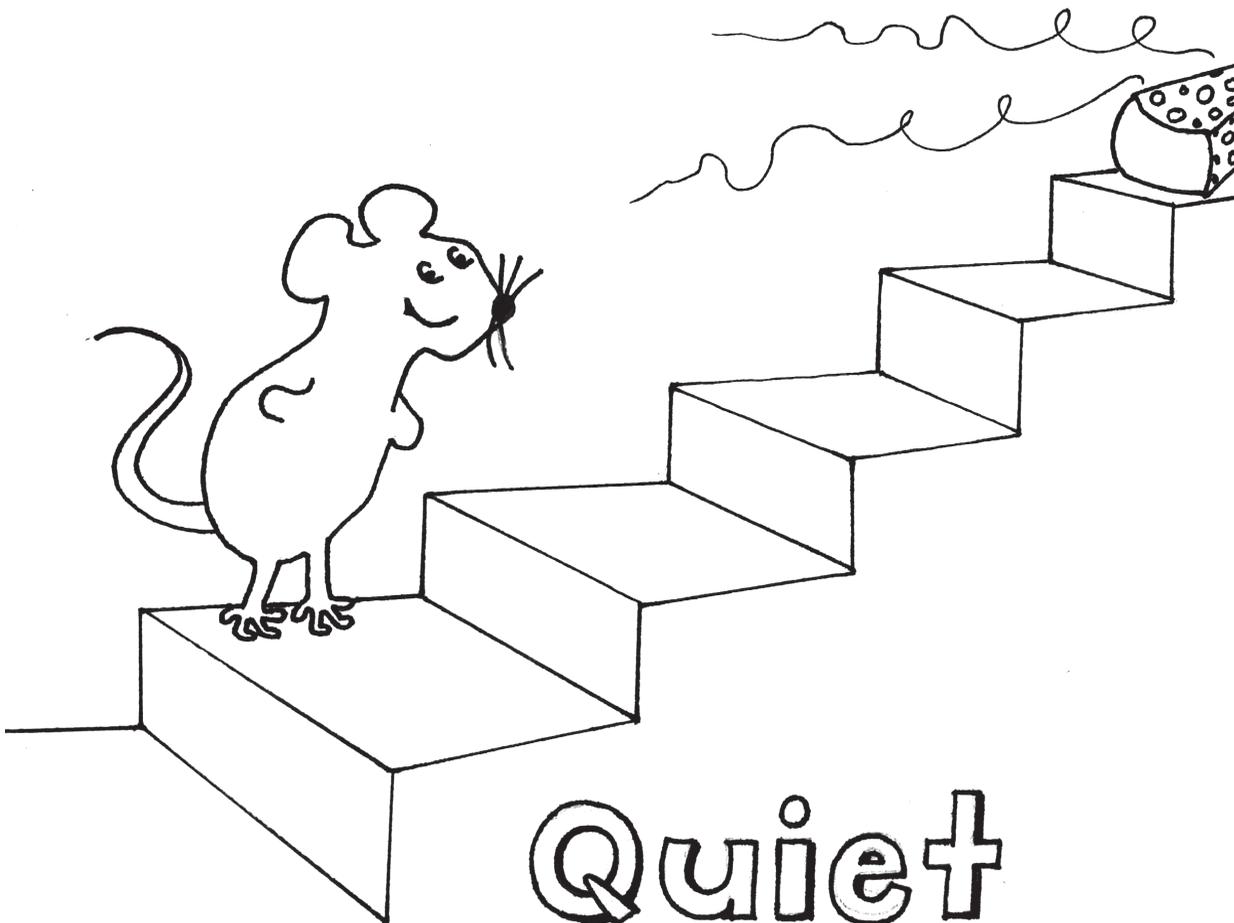
Moderato  $\text{♩} = 80$

tip-py toe-ing ev-ery where. I'm tip - py toe - ing qu-iet lit-tle mouse. Tip - py toe - ing I I'm tip - py toe - ing qu-iet lit-tle mouse. Tip - py toe - ing I Tip - py toe - ing I

hide a - round your house. ( A B C ) Tip - py toe - ing look - ing for some cheese; look a - round your house for cheese.I'm Tip - py toe - ing eat - ing ev - ery ounce;

tip - py toe - ing un - I til go where I please. tip - py toe - ing un - til the cat goes POUNCE!

# TIPPY Toeing



Mally Mouse

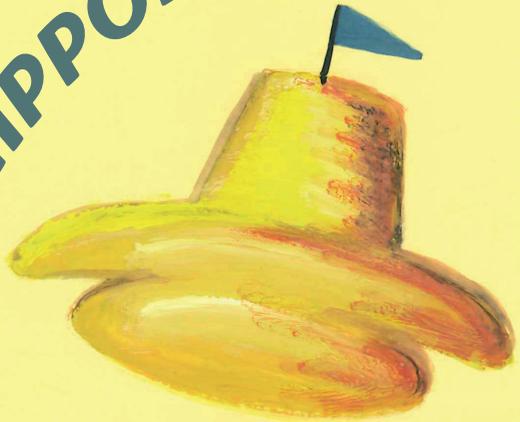
Quiet  
Little  
Mouse





**LAZY**

**HIPPOPOTAMUS**





## **LAZY HIPPOPOTAMUS**

I'm a Lazy Hippopotamus – Oh, Yeah  
I'm a Lazy Hippopotamus – Oh, Yeah  
Give me mud, give me sun; give me lots and lots of fun

I'm a Lazy Hippopotamus – Oh, Yeah  
I'm a Lazy Hippopotamus – Oh, Yeah  
I like to eat, I like to sleep; I like to wriggle my little feet

I'm a Lazy Hippopotamus – Oh, Yeah  
I'm a Lazy Hippopotamus – Oh, Yeah  
I like to jump in the mud with a **GREAT BIG THUD!**

I'm a Lazy Hippopotamus – Oh, Yeah  
I'm a Lazy Hippopotamus – Oh, Yeah  
I'm a Lazy Hippopotamus – Oh, Yeah ..... (Snoring sound)

# LAZY HIPPOPOTAMUS

**CHARACTER** role play! Children can enjoy acting out like a big, slow and waddling hippo. At the end they can all fall onto the floor and go to sleep snoring like the hippo in the song.

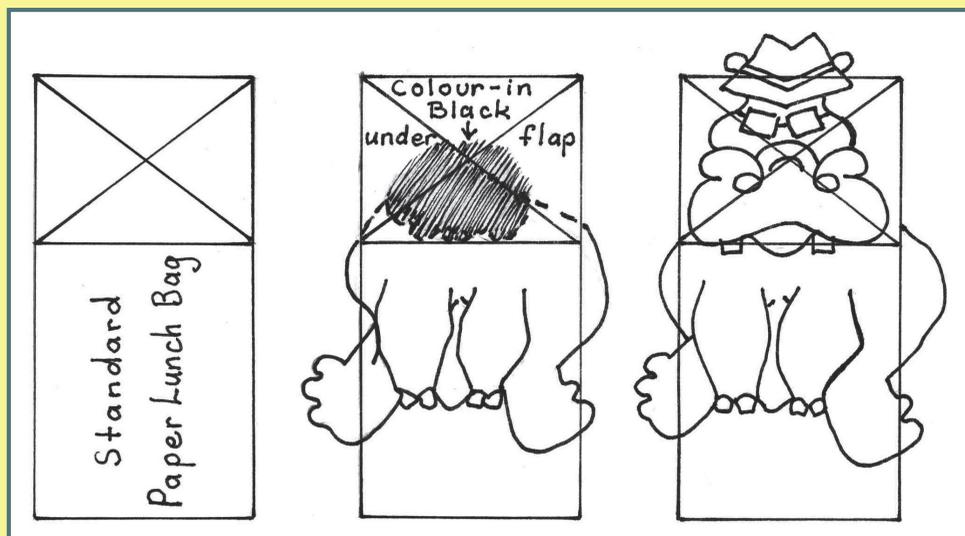
## Did you know?

The name hippopotamus comes from a Greek word meaning river horse. While hippos do live in rivers, they don't look much like horses, do they?

## MAKING A HIPPO PAPER BAG PUPPET:

You will need: A photocopy of the Hippo on the colour-in page of this book. (Cut out the head so it is separate from the body). One paper bag which folds out at the bottom like a flour or sugar paper bag. Glue.

Paints or colour pencils/pens



1. Cut out Hippo head from the body. Lay paper bag out flat on table.
2. Lift the flap and glue the cut out hippo body close to the edge of the underneath flap. Colour with black the missing part where the head was as the inside of the mouth.
3. Glue face template on top of the flap and close flat.

# Lazy Hippopotamus

Track 11

Moderato  $\text{♩} = 80$

Words and Music by Beth Cooper, 2009

Am G E Am G E

I'm a la - zy hipp - o - pot - a - mus Oh yeah! I'm a la - zy hipp - o - pot - a - mus  
 la - zy hipp - o - pot - a - mus  
 la - zy hipp - o - pot - a - mus

Am E Am

5 Oh yeah! Give me mud, give me sun, give me lots and lots of fun! I'm a  
 Oh yeah! I like to eat, I like to sleep, I like to wriggle my lit tle feet! I'm a  
 Oh yeah! I like to jump in the mud with a great big thud! I'm a

Am G E Am G E

8 la - zy hipp - o - pot - a - mus Oh yeah! I'm a la - zy hipp - o - pot - a - mus Oh yeah! I'm a  
 la - zy hipp - o - pot - a - mus Oh yeah! I'm a  
 la - zy hipp - o - pot - a - mus Oh yeah! I'm a

Am G E Am G E

12 la - zy hipp - o - pot - a - mus Oh yeah! I'm a la - zy hipp - o - pot - a - mus (snoring) zzzzz



Lazy



Harry Hippo

Hippopotamus

WORLD

FAMILY







## **WORLD FAMILY**

You are you and I am me and we both live in the world family  
You are you and I am me and we can live so happily!

You may be up and I may be down  
But we can both laugh and we can both frown  
You may be up and I may be down  
But we both walk with our feet on the ground

You are you and I am me and we both live in the world family  
You are you and I am me and we can live so happily!

You may be up and I may be down  
But we can both laugh and we can both frown  
You may be up and I may be down  
But that's what keeps the world spinning round

You are you and I am me and we both live in the world family  
You are you and I am me and we can live so happily!

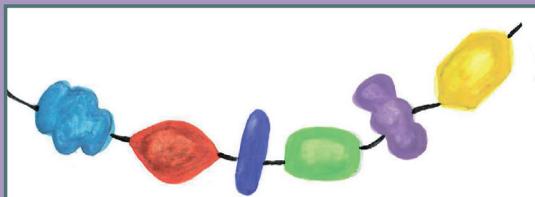
# WORLD FAMILY

## UNITY

This song encourages children to see how we are all connected.

### MAKING A UNITY NECKLACE:

- Bowl with different styles of large colourful beads.
- Piece of string to thread on the beads.
- Small envelope for each student with a small piece of paper in it.



### Instructions:

1. Everyone will choose a bead that he or she likes.
2. Each student will put their bead in an envelope and write their name on the inside flap. Do not seal the envelope, just tuck the flap in.
3. Collect the envelopes and then give each student someone else's. Don't look inside yet!
4. Each of us picked a different bead. We each have different thoughts, different favourite colours, different taste in food, different music we like. What do you think about that? How else are we different?
5. Let's list on the board some differences about people in appearance and personality, for example: eye/hair colour, body size, helpful, friendly or brave. Do you think it would be better if we were all the same? Think about a family. How about if everyone was good at eating but nobody liked to shop or cook? What do you think about that?
6. Now here is a challenge for you. Each of you will get an envelope with someone's name on it. Don't let anyone see whose envelope you have. Take out the piece of paper that is inside and write one strength or positive thing you have noticed about that person: polite, helpful, good at music/sport etc.
7. Collect the envelopes. Sit in a circle. The teacher will open each envelope and read the name and the comment.
8. Necklace: Ask one student to hold the necklace for the class. As you read each one, that student will put their bead on the necklace.
9. Reactions: Why do you think we made this necklace? Are we all the same?

# World Family

Track 12

Dixie Jazz

Words and Music by Beth Cooper, 2010

D A A D

You are you and I am me and we both live in the wor-ld fam-i-ly

Detailed description: This block contains the first line of music, measures 1 through 4. The key signature is two sharps (F# and C#) and the time signature is 4/4. The melody consists of quarter and eighth notes. Chord symbols D, A, A, and D are placed above the staff. The lyrics are: "You are you and I am me and we both live in the wor-ld fam-i-ly".

D A A D A D G

5 You are you and I am me and we can live so hap-pi-ly You may be up and  
You may be up and

Detailed description: This block contains the second line of music, measures 5 through 8. The melody continues with quarter and eighth notes. Chord symbols D, A, A, D, A, D, and G are placed above the staff. The lyrics are: "You are you and I am me and we can live so hap-pi-ly You may be up and You may be up and".

D A D G

10 I may be down but we can both laugh and we can both frown. You may be up and  
I may be down but we can both laugh and we can both frown. You may be up and

Detailed description: This block contains the third line of music, measures 9 through 12. The melody continues with quarter and eighth notes. Chord symbols D, A, D, and G are placed above the staff. The lyrics are: "I may be down but we can both laugh and we can both frown. You may be up and I may be down but we can both laugh and we can both frown. You may be up and".

D E A D

14 I may be down but we both walk with/our feet on the ground! You are you and  
I may be down but that's what keeps the world spinn ing round!

Detailed description: This block contains the fourth line of music, measures 13 through 16. The melody continues with quarter and eighth notes. Chord symbols D, E, A, and D are placed above the staff. The lyrics are: "I may be down but we both walk with/our feet on the ground! You are you and I may be down but that's what keeps the world spinn ing round!".

A A D D A

18 I am me and we both live in the wor-ld fam-il-ly You are you and I am me and

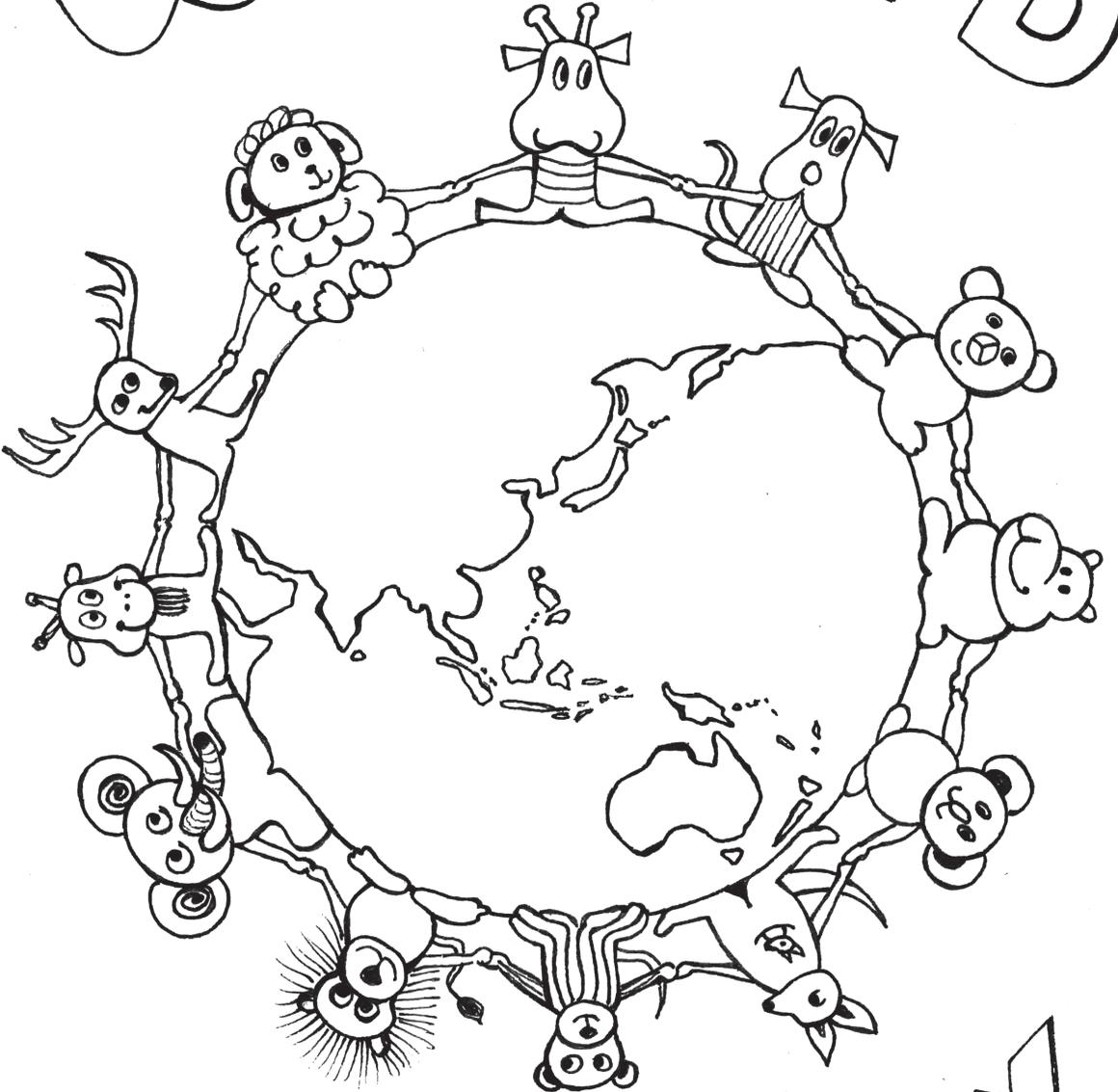
Detailed description: This block contains the fifth line of music, measures 17 through 20. The melody continues with quarter and eighth notes. Chord symbols A, A, D, D, and A are placed above the staff. The lyrics are: "I am me and we both live in the wor-ld fam-il-ly You are you and I am me and".

A D A D

23 we can live so hap - pi - ly!

Detailed description: This block contains the sixth line of music, measures 21 through 24. The melody continues with quarter and eighth notes. Chord symbols A, D, A, and D are placed above the staff. The lyrics are: "we can live so hap - pi - ly!".

WORLD



FAMILY

# *Sing and Hop* *with* *Bety Bop*



Words & Music Composed by

Illustrations

Music Arrangements

Children's Choir

Choir Master

Recording Studio

Recording Engineer

Design & Layout

Lead Vocals / Harp

Trombone

Clarinet / Saxophone

Trumpet

Acoustic Guitar

Bass Guitar

Drums / Percussion / Sound Effects

Backing Vocals / Sound Effects

Soprano Recorder / Crumhorn

Tenor Recorder

Beth Cooper

Beth Cooper

Ivo Kopecký

Students of Heathfield School

(Pinner, London, UK)

Matthew Manchester

Sun Music

Michal Šenbauer

Casanova Publishing

Beth Cooper

Ivo Kopecký

Martin Mynařík

Jaroslav Škop

Tomáš Hádek

Lukáš Hamáček

Vladimír Bradač

Miroslav Kněz

Daniel Cooper

Klára Messanyová