

Nursery Rhymes for use with Baby Massage & Yoga

Open Close

(with arm openings)

Open, close, open, close,
Don't get in a muddle,
Open, close, open, close,
Give yourself a cuddle!

Wind the Bobbin Up

Wind the bobbin up, wind the bobbin up,
Pull, pull, clap, clap, clap,
Wind it back again, wind it back again,
Pull, pull, clap, clap, clap,
Point to the ceiling, point to the floor,
Point to the window, point to the door,
Clap your hands now 1,2,3,
Put your hands upon your knees.

The Grand Old Duke

(with knees to chest and leg stretch)

The grand old duke of York,
He had ten thousand men,
He marched them up to the top of the hill,
And he marched them down again.
And when they were up, they were up,
And when they were down, they were down,
And when they were only half way up,
They were neither up nor down.

Grandfather Clock

(with diagonal boogie)

The grandfather clock goes tick tock, tick tock
tick tock... (slowly)
The carriage clock goes tick tock, tick tock
tick tock... (faster)
And all the little wrist watches go tick-tick-tick-
tick-tick.... (fast)

This little Piggy

(with toe rolls)

This little piggy went to market
This little piggy stayed at home
This little piggy had a massage
This little piggy had none
And this little piggy went wee-wee-wee-wee
All the way home

Ami Tomake

(sing along to massage)

Ami Tomake (*Ah-mee toe-mah-kay*)
Balo bashi baby (*Bah-lo bah-shee baby*)

[Bengali Chant which means 'I love you, my dear baby']