

# Once Upon a Time

## Tips, Songs, and Rhymes for Parents and Caregivers

Here are ideas and activities to try this week with your child. Each activity is based on one of the **7 Days • 7 Ways** principles of early literacy development and is designed to engage your child, stimulate his or her literacy skills, and enhance the bonds between you.

- **SHARE BOOKS** Expose your children to many folk tales. Not only do traditional stories stimulate the imagination, but they also teach children crucial social and moral lessons.
- **SHARE WORDS** Point out that words in books often sound a little different from the words we use when we talk. Fairy tales often begin with “Once upon a time...” and end with “happily ever after.” Discuss these phrases.
- **SHARE RHYMES** Share nursery rhymes about kings and other royalty, such as “Old King Cole,” “Humpty Dumpty,” and “The Noble Duke of York.”
- **SHARE SONGS** The songs in our storytime all tell a story. Act them out with your child!
- **SHARE STORIES** Tell your child your favorite “Once Upon a Time” story from your childhood.
- **SHARE PLAYTIME** Make a prince or princess crown with your child. Cut a crown from tag board, and let your child add the jewels. Then share a story like “The Princess and the Pea.”
- **SHARE WRITING** Have your child dictate a story that begins with “Once upon a time” and ends with “happily ever after.” Transcribe his story on a piece of paper, so he can see it written down.

Here are the words to the songs and rhymes that you and your child enjoyed today. By continuing to sing, chant, and play with your child throughout the week, you will help him or her make sense of the new information and concepts introduced at storytime.

### Songs

#### Moving Hands

(sung to the tune of “The Farmer in the Dell”)

Put your hands on your head, *(Suit actions to words)*  
Put your hands on your knees,  
Put your hands behind you now,  
If you please.

Put your hands on your tummy,  
Put your hands on your toes,  
Put your hands upon your cheeks,  
Put them on your nose.

Put your hands in the air,  
Put your hands on your hair,  
Clap your hands, one, two, three,  
Then fold them on your knees.

#### This Little Pig

(sung to the tune of “This Old Man”)

This little pig, he liked to play.  
He built his house the easy way.  
With a stick from here and a stick  
from over there, *(Pretend to build house)*  
This little pig just didn’t care.

This little pig, he liked to play.  
He built his house the easy way.  
With straw from here and straw  
from over there, *(Pretend to build house)*  
This little pig just didn’t care.

This little pig, he was smart.  
He knew his house wouldn’t fall apart.  
With a brick from here and a brick  
from over there, *(Pretend to build house)*  
This little pig built a house with care.

The big bad wolf, he liked to eat. *(Pretend to eat)*  
Little pigs are a special treat.  
With a huff, huff, puff, puff, and a mighty gust, *(Huff and puff)*  
Sticks and straw just turn to dust.

One brick house, standing tall,  
Big Bad Wolf can’t make it fall.  
With a huff, huff, puff, puff and a mighty cry, *(Huff and puff)*  
Surrender, wolf, and say “bye-bye.” *(Wave bye)*

# Tips, Songs, and Rhymes for Parents and Caregivers

## The Three Bears Rap

Once upon a time in the middle of the woods,  
There lived three bears, I said three bears,  
One was a Papa Bear, one was a Mama Bear, one was a Baby Bear.  
Along came a girl with golden curls,  
She knocked on the door, but no one was there,  
So she walked right in, had herself a ball,  
Because she didn't care.

Then home, home, home came the Papa Bear.  
Home, home, home, came the Mama Bear.  
Home, home, home, came the Baby Bear.

"Someone has been eating my soup,"  
said the Papa Bear. *(Children echo "said the Papa Bear")*

"Someone has been eating my soup,"  
said the Mama Bear. *(Children echo "said the Mama Bear")*

"Be-Bop a Re Bear," said the Little Wee Bear,  
"Someone has eaten my soup! YEAH!"

"Someone has been sitting in my chair,"  
said the Papa Bear. *(Children echo "said the Papa Bear")*

"Someone has been sitting in my chair,"  
said the Mama Bear. *(Children echo "said the Mama Bear")*

"Be-Bop a Re Bear," said the Little Wee Bear,  
"Someone has broken my chair! YEAH!"

"Someone has been sleeping in my bed,"  
said the Papa Bear. *(Children echo "said the Papa Bear")*

"Someone has been sleeping in my bed,"  
said the Mama Bear. *(Children echo "said the Mama Bear")*

"Be-Bop a Re Bear," said the Little Wee Bear,  
"Someone's asleep in my bed! YEAH!"

Just then Goldilocks woke up,  
She broke up the party, and she beat it out of there,  
"Bye, bye, bye," said the Papa Bear.  
"Bye, bye, bye," said the Mama Bear.  
"Be-Bop a Re Bear," said the Little Wee Bear.  
So ends the story of the three bears! YEAH!

## Little Red Hen

(sung to the tune of "Six White Ducks")

A little red hen found wheat one day.  
*(Reach down and pretend to pick up wheat)*  
She wanted to turn it into bread.

She asked her friends if they would help. *(Point to other people)*  
But "No, not I" was all they said. *(Point to self and shake head "no")*

She ground the wheat to flour alone, *(Pretend to grind wheat)*  
And then set out to bake her bread. *(Pretend to bake bread)*  
She asked her friends if they would help.  
But "No, not I" was all they said. *(Point to self and shake head "no")*

She made her dough and baked alone, *(Make kneading motions)*  
And then sat down to eat her bread. *(Pretend to eat bread)*  
Her friends all came around to eat.

But "None for you" is what she said. *(Shake head "no")*

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## Gingerbread

(sung to the tune of "Jingle Bells")

Gingerbread, gingerbread,  
*(Hold hands up like holding a tray)*  
Warming on the tray.  
Oh, how good you smell to me, *(Sniff, sniff)*  
On this yummy day!

Gingerbread, gingerbread,  
Cooling on the rack.  
*(Hold hands with palms down and move from side to side)*  
Oh, how good you look to me,  
I want you for a snack. *(Pretend to eat)*

Gingerbread, gingerbread,  
Waiting to be mine. *(Point to self)*  
Oh, how good you taste to me,  
*(Pretend to eat)*  
Gingerbread divine!  
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## Rhymes/Chants

### Tell Me a Story

Tell me a story!  
Set me free,  
In the land of throne-walled castles  
And the magic number three.  
Three bears, three pigs, three billy goats, *(Hold up three fingers)*  
And wishes...always three!

### Goldilocks

*(Suit motions to words)*  
Goldilocks, Goldilocks, turn around.  
Goldilocks, Goldilocks, touch the ground.  
Goldilocks, Goldilocks, knock on the door.  
Goldilocks, Goldilocks, eat some porridge.  
Goldilocks, Goldilocks, have a seat. *(Squat)*  
Goldilocks, Goldilocks, go to sleep! *(Put cheek on folded hands)*  
Goldilocks, Goldilocks, run, run, run!

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### Who Stole the Cookies?

*(Teach your child the chant and then play the game. After the last verse, answer the "Then who?" question with "the cookie monster!")*

Who stole the cookies from the cookie jar?  
[Child's name] stole the cookies from the cookie jar!

Who, me?

Yes, you!

Couldn't be!

Then who?

*(Say another person's name and then repeat chant using new name)*