

Mother Goose Movement Rhymes: Adapted for COVID Restrictions

— Nancy Blanning

In our unusual times when physical closeness and touching are restricted, imaginations have turned to how to still have active movement in circle time while maintaining distance and not touching one another. The first of these Mother Goose rhymes tries to get a lot of active movement while standing in one place.

Boys and Girls*, Come Out to Play

Boys and girls, come out to play,
The moon doth shine as bright as day;
Leave your supper, and leave your sleep
And come with your playfellows into the street.
Come with a whoop,
Come with a call
And come with a good will
Or come not at all.

Arms extended in gesture of invitation
Gesture arms upward to draw attention to the heavens
One arm to side as though pushing something away with “supper,” then the other arm with “sleep”
“Come on!” gesture with arm
Jump and “Whoop” spoken loudly
Hands to mouth as though calling out
Hands extended out, palms up
Palms down and push slightly away

Up the ladder and down the wall,
A halfpenny loaf will serve us all.
[Halfpenny is pronounced hap-en-y]

Jump up and then down into a crouch repeat 3x
Spoken with affirmation and head nod
rubbing in a circle on the tummy

**The language can be degenderized by saying “Little children, come out to play” rather than “Boys and Girls...”*

Everyone needs to feel touch. If we cannot touch one another freely, then we can self-touch. This rhyme was originally imagined with the teacher gently stroking the face of a distressed or sad child. Now the teacher may do the touching on her own face and the children imitate the motions on their own faces.

Little Tommy Grace Had a Pain in His Face

To cheer up a tearful or distressed child

Little Tommy Grace had a pain in his face,

So bad he could not learn a letter;

When in came Dicky Long

Singing such a funny song,

That Tommy laughed,

And his face felt much better.

Stroke slowly and “sadly” down

sides of face. Model a sad expression

Start at waist and creep fingers up to chin

Tickle under chin

Draw fingertips from under chin up along either side of face and smile.