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**Songs, Activities and Games**

Games with Aims – Andrea Carlson

Some games courtesy of other Red Cross Water Safety Instructor Trainers – Thank-you!

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| # | Name | Words |
| 1 | Ring Around the Rosie | Ring around the Rosie, A pocket full of posies, Husha! Husha! We all (fall down)!  (Jump up)  (Blow bubbles) etc. |
| 2 | Pat-a-Cake | **Pat-a-cake, pat-a-cake, baker's man Bake me a cake as fast as you can Pat it and roll it and mark it with a 'B' And put it in the oven for baby and me** |
| 3 | Little Miss Muffet | Little Miss Muffet Sat on a tuffet, Eating her curds and whey; Along came a spider, Who sat down beside her, And frightened Miss Muffet away |
| 4 | Motor Boat | Motorboat, motorboat, go so slow Motorboat, motorboat go so fast  Motorboat, motorboat step on the gas!  Vroom! |
| 5 | Hey, Diddle Diddle | Hey, Diddle diddle  The cat and the fiddle  The cow jumped over the moon  The little dog splashed to see such  Fun and the dish swam away with the spoon |
| 6 | Pop goes the Weasel | All around the cobbler's Bench The monkey chased the weasel. The monkey thought it all in fun, Pop, goes the weasel. |
| 7 | Row your Boat | Row, row, row your boat, Gently down the stream. Merrily, merrily, merrily, merrily, Life is but a dream |
| 8 | If you’re happy and you know it | If you’re happy and you know it clap your hands (clap, clap)  If you’re happy and you know it clap your hands (clap, clap)  If you’re happy and you know it and you know you need to show it clap your hands (clap, clap)  If you’re happy and you know it clap your hands (clap, clap)  -kick your feet  -splash your hands  -Blow your bubbles etc.. |
| 9 | This is the way. | This is the way we wash our hands, wash our hands, wash our hands  This is the way we wash our hands  So early in the morning  -blow our bubbles, kick our feet, jump up high, splash the teacher etc. |
| 10 | Puchinello | What can you do, Punchinello, funny fellow  What can you do, Punchinello, funny fellow  We can do it too, Punchinello funny friend  -get kids to pick an action |
| 11 | Shake your Sillies out | Shake, shake, shake your sillies out (3x)  And wiggle your woggles away  Blow, blow, blow your bubbles out (3x)  And wiggles your waggles away  -jump you jumpies out; laugh your laughies out etc... |
| 12 | Silly Willy | I know a little boy  His name is silly willy  He is so very nice  But oh! He is so silly  And his (hands, feet, etc..) go  (wriggly, splashy, slappy, etc) |
| 13 | Jack Be Nimble | Jack be nimble  Jack be cool  Jack jump into the swimming pool |
| 14 | Itsy Bitsy Spider | The itsy bitsy spider climbed up the water sprout  Down came the rain and washed the spider out  Out came the sun and dried up all the rain  And the itsy bitsy spider climbed up the spout again |
| 15 | London Bridge | London bridge is falling down  Falling down, falling down  London bridge is falling down  My fair lady! |
| 16 | Wheels on the Bus | The wheels on the bus go  Round and round, round and round,  Round and round  The wheels on the bus go round and round, all day long  -The kids..up and down, horn..beep, wipers..swish, lights..blink, babies..wahh, parents..shush etc. |
| 17 | Humpty Dumpty | Humpty Dumpty sat on a wall  Humpty Dumpty had a great fall  All the kings horses and all the kings men  Couldn’t put Humpty Dumpty together again! |
| 18 | Jack and Jill | Jack and Jill went up the hill  To fetch a pail of water  Jack feel down and broke his crown  And Jill came tumbling after |
| 19 | Alligator Pie | Alligator Pie, Alligator Pie  If I don’t’ get some  I think I’m going to die  Splash the away the water  And make me jump up high  But don’t’ give away my  Alligator Pie!  Alligator Soup, Alligator Soup,  If I don’t’ get some  I think I’m going to droop  Splash away the water  Swim around the pool,  But don’t give away my  Alligator Soup!  -Alligator Stew...splash me with your shoe |
| 20 | I’m a little Teapot | I’m a little teapot, short and tout  This is my handle, this is my spout  When I get all steamed up,  Then I shout  Just tip me over and pour me out |
| 21 | Teddy Bear | Teddy Bear, Teddy Bear  Turn around  Teddy bear, teddy bear  Touch the ground  Teddy bear teddy bear  Touch your toes  Teddy bear teddy bear  Out you go! |
| 22. | Row your boat #2 | Row row row your boat  Gently down the stream  Ha! Ha! Fooled you  I’m a submarine! |
| 23 | Swimming in the swimming pool | Swimming, swimming in the  Swimming pool  When days are hot  When days are cool  In the swimming pool  Feet in  Hands in  Head in too  Oh! Don’t’ you wish you never did  Have anything else to do |
| 24 | Fishy in the Middle #1 | Fish in the middle  Fishy in the sea  Fishy in the ocean  Set yourself free |
| 25 | Fishy in the Middle #2 | There’s a (fishy) in the middle  And he can’t get out,  Can’t get out, can’t get out  There’s a (fishy) in the middle and  He can’t get out  What is he going to do? |
| 26 | Monkeys on the Bed | Five little monkeys  Jumping on the bed  One fell off and hit his head  Mommy called the doctor  And the doctor said  “No more monkeys  Jumping on the Bed”  -Four little monkeys…etc...  Last verse: put those monkeys straight to bed! |
| 27 | Five Green and Speckled Frogs | Five green and speckled frogs  sat on a speckled log  eating those most delicious bugs  Yum yum  One jumped into the pool  Where it was nice and cool  Now there are four green speckled frogs (gulp, gulp) |
| 28 | Tiny Tim | I had a little turtle  His name was tiny tim  I put him in the bathtub  And taught him how to swim  He drank up all the water  And ate up all the soap  And now the little turtle  has bubbles in his throat |
| 29 | Head and Shoulders | Head and shoulders knees and toes  Knees and toes, knees and toes  Head and shoulders, knees and toes  Eyes ears mouth and nose |
| 30 | Purple Stew | We’re making a purple stew  Scooby do!  We’re making a purple stew  Scooby do!  With purple tomatoes  And purple potatoes  And purple….?  Chop it all up!  Stir it up!  Boil it up!  And take a big bite! |
| 31 | Old MacDonald Had a Pond | Old MacDonald had a pond,  ee-yi, ee-yi, yo  and on his harm he had some fish,  ee-yi, ee-yi, yo  with a bloop-bloop here  and a bloop-bloop there  here a bloop, there a bloop  everywhere a bloop-bloop  Old MacDonald had a pond  ee-yi, ee-yi, yo  …had some frogs, whales…etc... |
| 32 | Kermit the frog | Dunk-a-lunk went Kermit the frog one day,  Dunk-a-lunk went Kermit the frog! woohoo!  Dunk-a-lunk went Kermit the frog and his chin  Went dunk-a lunk too!  -mouth, eyes, ears, hair, head…etc.. |
| 33 | I’m a little pancake | I'm a little pancake on my back, I’m a little pancake nice and flat, I’m a little pancake on my back, Roll me over, just like that. I’m a little pancake on my tum, I’m a little pancake I taste yum, I'm a little pancake on my tum, roll me over just for fun |
| 34 | Grand old duke of York | The grand old Duke of York, he has 10 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. |
| 35 | Hokey-Pokey | You put your hands in, you put your hands out, you put your hands in and you paddle them about, you do the hokey pokey and you turn around, that's what it's all about.... (Verse versions: Feet in/kick them both about…Lips in/& you blow big bubbles…Face in/& you blow big bubbles... Hands in/splash them all about Etc.) Whoa, the hokey pokey, whoa, the hokey pokey, whoa, the hokey pokey, that's what it's all about. |
| 36 | Twinkle Twinkle | Twinkle twinkle little star, how I wonder what you are Like a starfish in the sky, watch as (child's name) goes floating by.  (This is for front floats -you can arch the mat and float them through)  Twinkle twinkle little toes, this is how my floating goes Ears in the water, bottom up high, looking at the big bird flying by  (This is for back floats) |
| 37 | All the fish are swimming in the water | All the fish are swimming in the water (x 3) All the fish are swimming in the water Swish your little tails and swim along with me or Putting in your eyes and see what you can see |
| 38 | Three Little Ducks | Six little ducks went out one day Over the pond and far away Mother duck said "quack quack quack quack" and all those six little ducks came back. |
| 39 | I’m a little rocket | I'M A LITTLE ROCKET I'm a little rocket short and thin  Here is my nose cone, here are my fins  When it comes to blast off, then I zoom Off the launch pad, to the moon |
| 40 | Shark Hunt | (Leader) We're going on a shark hunt! *(Group) We're going on a shark hunt!*  We're gonna catch a big one! *We're gonna catch a big one!* I'm not afraid! *I'm not afraid!* Are you? *Are you?* Not me! *Not me!*  Here comes the gate *(Group Echos)* Now we're on a bear hunt We're gonna catch a big one I'm not afraid Are you?Not me!  We're coming to a tall mountain It sure is high It sure is wide Let's climb up it Well, there's nothing over there Nothing over there Nothing back there Hey! Wait! I think I see something Quick! Everybody run down!  *We're going on a shark hunt!* We're gonna catch a big one! *We're gonna catch a big one!* I'm not afraid! *I'm not afraid!* Are you? *Are you?* Not me! *Not me!*  Oh, no! It's a big puddle of mud Can't go around it Gotta go right thru it Yeuk! Well, let's go. Squish, Sqwish, Blaaahh.  We're going on a shark hunt! *We're going on a shark hunt!*  We're gonna catch a big one! *We're gonna catch a big one!* I'm not afraid! *I'm not afraid!* Are you? *Are you?* Not me! *Not me!*  We're coming to a wide river And there's no bridge going over it No tunnel going under it It's just plain old water And we're gonna have to swim All right, dive in! Start swimming Do the back stroke Do the side stroke Do the doggie paddle Try the little cat paddle OK Jump out, shake yourself off  We're going on a shark hunt! *We're going on a shark hunt!* We're gonna catch a big one! *We're gonna catch a big one!* I'm not afraid! *I'm not afraid!* Are you? *Are you?* Not me! *Not me!*  Ahg!!!!!!!!! Run! Everybody run!! I saw a bear!!!! Jump in the water! Swim fast!! Do the backstroke! The sidestroke, the doggie paddle Jump out of the water Run through the mud! Forget the tree!! Go through the tall grass The short grass Quick! Go up the mountain Down the other side Go thru the gate Into the house, under the bed Under the pillow Hide!!!!!  Uh, it's awful quiet around here I'm not afraid *I'm not afraid* Are you? *Are you?* |
| 41 | Chop Chop Timber | Chop Chop Timber  -teacher chops kids into the water |
| 42 | Duck Duck Gooase | Duck, duck, duck, duck…goose  -children are held infront of parents in circle formation  -parent and tot tap another parent and tot saying goose! And race them back to the opposite direction to the original spot |
| 43 | Down by the station | Down by the station, early in the morning, see the little bufferbellies all in a row. She the engine drie pull the little handle: chug chug, toot toot off we go.  Over the mountains down throught the valleys, over the bridge, across the tracks. |
| 44 | Here’s the bunny | Here’s the bunny  With ears so funny  And here’s his hole in the group  When anoise he hears  He pick up his ears  And dives to his home  Underground. |
| 45 | Hickory Dickory Dock | Hickory Dickory dock  The mouse ran up the clock  The clock struck one  The mouse ran down  Hickory dickory dock  Tick tock |
| 46 | Hokey Pokey | Put your right hand in  Take your right hand out  Put your right and in  And you shake it all about  You do the jokey pokey  and you turn yourself around  That’s what its all about  -leg, bubbles, head, whole body |
| 47 | How much is that Doggie? | How much is that doggie in the  Window  Arf arf  The one with the waggly tail  How much is that doggy in the window  I do hope that doggie’s for sale  -fishie  (blub blub), froggie (ribbit ribbit), ducky( quack quack) |
| 48 | I hear thunder | I hear thunder, I hear thunder  Hark don’t you? Hark don’t you?  Pitter-patter raindrops  Pitter-patter raindrops  I’m wet too, I’m wet too |
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| 49 | Jack be nimble | Jackbe nimble  Jack be cool  Jack jump into the swimming pool |
| 50 | Old McDonald | Old Macdonald had a pond  e-i-e-i-o  and in his pond he had some…  e-i-e-i-o  with a ……here  and a….there  Everywhere a …  Old MacDonald had a pond  e-i-e-i-o  -fish (blub, blub) swimmers (bubbles) snakes (hiss) |
| 51 | Rock a bye baby | Rock a bye baby on the tree top  When the wind blows  The cradle will rock  When the bough breaks  The cradle will  And down will come baby  Cradle and all |
| 52 | Simon Says | Simon says…wash your face  …blow your bubbles  …touch the bottom  …do a float  …make a splash |
| 53 | Six little Ducks | Six little ducks that I once knew  Fat ones, skinny ones, other ones too,  But the one little duck  With the feather on his back  He led the others with a  Quack quack quack  Down the river they would go  Wibble wobble wibble wobble  To and fro  But the one little duck  With the feather on his back  He led the other with a  Quack quack quack |
| 54 | Swimming swimming | Swimming swimming in the  Swimming pool  When days are hot  When days are cold  In the swimming pool  Side stroke, breast stroke  Fancy diving too  Oh don’t you wish you never had  Anything else to do but… |
| 55 | Ten little monkeys | Ten little monkeys jumping on the bed  One fell off and bumped his head  Momma called the doctor, doctor said  No more monkeys jumping on the bed  (last line at last verse…put hose monkeys straight to bed!) |
| 56 | Stronger than a Locomotive | Able to leap tall buildings in a single bound  It’s a bird, it’s a plane,  It’s Super \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!! |
| 57 | The Farmer Plants His Corn | The farmer plants his corn Everyone pretends to be a little seed  The farmer plants his corn  Hi, ho the derry-o  The farmer plants his corn    The rain begins to fall… Everyone imitates rain  The corn begins to grow… Gradually stretch up from seed position  to become tall corn  The farmer cuts his corn… |
| 58 | I’m Being Swallowed By a Boa Constrictor | I’m being swallowed by a Boa Constrictor, Boa Constrictor, Boa Constrictor  And I don’t like it very much!  “Oh no” He swallowed my toe!  “Oh gee!” He’s got my knee!  “Oh fiddle” He’s got my middle!  “Oh heck” He’s got my neck!  “Oh dread” He’s got my head! |
| 59 | Going to the Jungle | Have students pretend they’re going on a safari in the jungle  Have them come across an alligator infested swamp  Have to go through the swamp…but have to be real quiet and real slow or else they’ll lose their toe!! |
| 60 | Escape from the Pirates | Pretend pirates have held the class captive and they (the class) need to escape the ship.  No running on the deck! Then STOP! and LOOK! into the water to be sure it is safe of crocodiles,  Then GO SLOW! into the water so the pirates won’t hear us. |
| 61 | Fish Hunt | Announce that “we’re going on a fish hunt!”  Have everyone pick their favorite fish and their favorite color.  Tell them “fishes are very scared creatures so in order to catch them  We must be very quiet and move very slow!  At about calf deep call out “There they are! Try to catch them!”  When everyone has caught their fish, tell them to hold onto them very tightly.  Take them to the gutter and put the fish in its new home (pool gutter).  Pretend to feed the fish and say, “see you next week!”  Tell the kids the fish are now safe and no one else can catch them.  \*\*This can be used from week to week to visit the fish and feed them. |
| 62 | Paint Game | After attendance have class pick their favorite color and pretend to paint your self with the water.  Slowly get further and further in the water. Paint entire head and body. |  |
| 63 | Penguins | Everybody be penguins! (everyone waddles around on the deck)  Lead them to the edge and ask, “What do penguins look for before they enter?”  They look for ice that they might slip on, rocks, branches and…  They look for fish!! Do you see any fish?  If they see fish, tell them to go after them.  If they don’t see any fish, tell them to go find the fish  (You know they’re out there somewhere!)  Go to the wall (“have you had lots of fish to eat?…that’s good! Now that you’re full, we penguins  Can go do lots of swimming. Are you ready? Good! We’re going to start off with…) |  |
| 64 | Five Green String Beans | 5 little green string beans,  staring off a building  Wondering whether they should jump  OH NO  (name) looks down below,  into the water flow…  …and decides, it’s safe if he/she goes slow! |
| 65 | Stop look go Slow Game | (sung to the tune of London Bridges)  Stop, Look, Don’t Go Toes on edge of deck  When you don’t know  What is under your toes.  Stop, Look, Don’t go  When you don’t know.  Stop, Look, Slide in slow Slide into pool  When it’s safe to go  And an adult says so.  Stop, Look, Slide in Slow  Now we know when to go.  We can dive in when we know Dive in  It’s safe to go and it’s not shallow.  We can dive in when we know  That it’s not too shallow. |
| 66 | Mr. Mussel | What can you do Mr. Mussel, Mr. Mussel? One person in centre of circle  What can you do Mr. Mussel from the pool? Others around him/her with hands joined.  We can do that too Mr. Mussel, Mr. Mussel! Person in centre does float or handstand etc.  6We can do that too Mr. Mussel from the pool. Everyone tries it. |
| 67 | The people on the boat | The people on the boat go up and down, up and down,  Up and down  The people on the boat go up and down all day long.  The motors on the boat blow great big bubbles…  The wipers on the boat go swish, swish, swish…  The propellers on the boat go kick, kick, kick…  The anchors on the boat just sit on the bottom  Etc. |
| 68 | Tiny Turtles | If I was a tiny turtle,  I’ll tell you what I’d do,  I’d look around all day for something fun to do.  My chin went under the water (chin goes under)  My bubbles went under too (bubbles go under)  And before I knew what I could do,  My head went under too! (head goes under) |
| 69 | Submersion Song | There is one little fishy  Left in the sea,  Who is he looking at?  I think it is me!  We don’t want to miss it!  We’d better go kiss it! |
| 70 | Putting on a PFD in rough water | Have candidates tread water in a circle (if younger, for safety do this in shallow water but without touching)  One candidate is in the centre of the circle with their PFD beside them  Candidates create waves by pushing the water with their kickboards  Candidate then tries to put on their PFD |
| 71 | PFD Parachute | Candidates hold onto the edges of the parachute  A stuffed animal is place on the PFD.  The parachute when shaken represents rough water.  Candidates then see what happens if they are not wearing their PFD  Same actions are then done with the PFD on, but not done up; then with the PFD done up properly. |
| 72 | Race the Clock | Candidates count as selected students put on their PFDs as fast as they can.  When they get to 39, stop them and see how far they have gotten.  This again emphasizes that PFDs need to be on before getting into the boat. |
| 73 | Ping Pong Ball Races | Have classmates find a partner. Each person gets one straw and each pair get one ping pong ball. Goal is to use the straw in the water to blow the ping pong ball past the other person.  Variations: To increase water movement, turn the game into a relay with the goal being to get the ball to the other side and back.  Once they have mastered using the straw, have them move the ping pong ball by blowing through the water with their mouth. |
| 74 | Share the Flame | Each student gets one lit candle. Holding it out in front of them, the object is to blow out the other students candle while keeping their’s lit. All students are treading water while playing.  \*\* whereas people may not feel that this is a safe game due to the lit candles, remember that you are in water and a splash will put out a flame in seconds.  Variations: With a younger group, they may get tired faster therefore this game may be a little difficult. To make it easier, have two students treading water and trying to blow out the flame. Students waiting for their turn can be building up their lung power by blowing bubbles under water.  With a more advanced group, have them broken into two groups. Divide them apart and have them tread towards each other. The object of the game is to be the last team with all their candles lit. |
| 75 | Michelin Man Relay | Divide the class into two teams. The first team member does a front dive into the water and swims head up front crawl to the middle of the pool, then does a foot first surface dive and swims to the other side and climbs out. The second person then has to carry a jacket or shirt with them to the other side. They must do a stride entry, and then legs only to the other side. The third person does a forward roll in , swims head up front crawl to the middle of the pool, does a head first surface dive and picks up a package of balloons located on the bottom and takes them to the other side. Meanwhile the first swimmer begins to dress in the clothes as they arrive at the edge. As the first swimmer dresses, the arriving swimmers begin to blow up balloons and stuff them in the first swimmers clothing. The fourth swimmer, carrying pants must slip in the water and do a back swim to the other side. The first swimmer puts them on and continues to be stuffed with balloons. Once the last swimmer arrives at the other side, all teams have 30 seconds to complete stuffing. Balloons are pooped one by one until there are none. The team with the most balloons wins. |