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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 manBake me a cake as fast as you canPat 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 MuffetSat 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 slowMotorboat, motorboat go so fast Motorboat, motorboat step on the gas! Vroom! |
| 5 | Hey, Diddle Diddle | Hey, Diddle diddleThe cat and the fiddle The cow jumped over the moonThe 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 BenchThe 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 handsThis is the way we wash our handsSo 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 fellowWhat can you do, Punchinello, funny fellowWe 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 willyHe is so very niceBut oh! He is so sillyAnd 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 sproutDown came the rain and washed the spider out Out came the sun and dried up all the rainAnd the itsy bitsy spider climbed up the spout again |
| 15 | London Bridge | London bridge is falling down Falling down, falling downLondon 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 roundThe 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 wallHumpty Dumpty had a great fallAll the kings horses and all the kings menCouldn’t put Humpty Dumpty together again! |
| 18 | Jack and Jill  | Jack and Jill went up the hillTo fetch a pail of water Jack feel down and broke his crownAnd Jill came tumbling after |
| 19 | Alligator Pie | Alligator Pie, Alligator PieIf I don’t’ get someI think I’m going to dieSplash the away the waterAnd make me jump up highBut don’t’ give away my Alligator Pie!Alligator Soup, Alligator Soup,If I don’t’ get some I think I’m going to droopSplash away the waterSwim around the pool,But don’t give away myAlligator Soup!-Alligator Stew...splash me with your shoe |
| 20 | I’m a little Teapot | I’m a little teapot, short and toutThis is my handle, this is my spoutWhen I get all steamed up, Then I shoutJust tip me over and pour me out |
| 21 | Teddy Bear | Teddy Bear, Teddy Bear Turn aroundTeddy bear, teddy bearTouch the groundTeddy bear teddy bear Touch your toesTeddy bear teddy bearOut you go! |
| 22. | Row your boat #2 | Row row row your boat Gently down the streamHa! Ha! Fooled you I’m a submarine! |
| 23 | Swimming in the swimming pool | Swimming, swimming in the Swimming poolWhen days are hotWhen days are coolIn the swimming poolFeet in Hands in Head in tooOh! 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 seaFishy 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 outThere’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 monkeysJumping on the bedOne fell off and hit his headMommy called the doctorAnd the doctor said“No more monkeysJumping 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 frogssat on a speckled logeating those most delicious bugsYum yumOne jumped into the poolWhere it was nice and coolNow there are four green speckled frogs (gulp, gulp) |
| 28 | Tiny Tim | I had a little turtleHis name was tiny timI put him in the bathtubAnd taught him how to swimHe drank up all the waterAnd ate up all the soapAnd now the little turtlehas bubbles in his throat |
| 29 | Head and Shoulders | Head and shoulders knees and toesKnees and toes, knees and toesHead and shoulders, knees and toesEyes ears mouth and nose |
| 30 | Purple Stew | We’re making a purple stewScooby do!We’re making a purple stewScooby do!With purple tomatoesAnd 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, yoand on his harm he had some fish,ee-yi, ee-yi, yo with a bloop-bloop hereand a bloop-bloop there here a bloop, there a bloopeverywhere a bloop-bloopOld MacDonald had a pondee-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 areLike 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 goesEars 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 waterSwish your little tails and swim along with meorPutting in your eyes and see what you can see |
| 38 | Three Little Ducks | Six little ducks went out one dayOver the pond and far awayMother duck said "quack quack quack quack"and all those six little ducks came back. |
| 39 | I’m a little rocket | I'M A LITTLE ROCKETI'm a little rocket short and thin Here is my nose cone, here are my fins When it comes to blast off, then I zoomOff 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 huntWe're gonna catch a big oneI'm not afraidAre you?Not me! We're coming to a tall mountainIt sure is highIt sure is wideLet's climb up itWell, there's nothing over thereNothing over thereNothing back thereHey! Wait! I think I see somethingQuick! 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 mudCan't go around itGotta go right thru itYeuk!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 riverAnd there's no bridge going over itNo tunnel going under itIt's just plain old waterAnd we're gonna have to swimAll right, dive in!Start swimmingDo the back strokeDo the side strokeDo the doggie paddleTry the little cat paddleOK 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 paddleJump out of the waterRun through the mud!Forget the tree!!Go through the tall grassThe short grassQuick! Go up the mountainDown the other sideGo thru the gateInto the house, under the bedUnder the pillowHide!!!!! Uh, it's awful quiet around hereI'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 funnyAnd here’s his hole in the groupWhen anoise he hearsHe pick up his earsAnd dives to his homeUnderground. |
| 45 | Hickory Dickory Dock | Hickory Dickory dock The mouse ran up the clockThe clock struck one The mouse ran down Hickory dickory dockTick tock |
| 46 | Hokey Pokey | Put your right hand inTake your right hand outPut your right and in And you shake it all aboutYou 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 theWindowArf arfThe one with the waggly tailHow much is that doggy in the windowI 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 thunderHark don’t you? Hark don’t you?Pitter-patter raindropsPitter-patter raindropsI’m wet too, I’m wet too |
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| 49 | Jack be nimble | Jackbe nimbleJack be coolJack jump into the swimming pool |
| 50 | Old McDonald | Old Macdonald had a ponde-i-e-i-oand in his pond he had some…e-i-e-i-owith a ……hereand a….thereEverywhere a …Old MacDonald had a ponde-i-e-i-o-fish (blub, blub) swimmers (bubbles) snakes (hiss) |
| 51 | Rock a bye baby | Rock a bye baby on the tree topWhen the wind blows The cradle will rockWhen 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 knewFat ones, skinny ones, other ones too,But the one little duck With the feather on his backHe led the others with a Quack quack quackDown the river they would goWibble wobble wibble wobble To and froBut the one little duck With the feather on his backHe led the other with a Quack quack quack |
| 54 | Swimming swimming | Swimming swimming in the Swimming poolWhen days are hotWhen days are coldIn the swimming pool Side stroke, breast strokeFancy diving tooOh don’t you wish you never had Anything else to do but… |
| 55 | Ten little monkeys | Ten little monkeys jumping on the bedOne fell off and bumped his headMomma called the doctor, doctor saidNo 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 boundIt’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 seedThe farmer plants his cornHi, ho the derry-oThe farmer plants his corn The rain begins to fall… Everyone imitates rainThe corn begins to grow… Gradually stretch up from seed position to become tall cornThe farmer cuts his corn… |
| 58 | I’m Being Swallowed By a Boa Constrictor | I’m being swallowed by a Boa Constrictor, Boa Constrictor, Boa ConstrictorAnd 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 jungleHave them come across an alligator infested swampHave 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 penguinsCan 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 buildingWondering whether they should jumpOH 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 deckWhen you don’t knowWhat is under your toes.Stop, Look, Don’t go When you don’t know.Stop, Look, Slide in slow Slide into poolWhen it’s safe to goAnd an adult says so.Stop, Look, Slide in SlowNow we know when to go.We can dive in when we know Dive inIt’s safe to go and it’s not shallow.We can dive in when we knowThat it’s not too shallow. |
| 66 | Mr. Mussel | What can you do Mr. Mussel, Mr. Mussel? One person in centre of circleWhat 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 bottomEtc. |
| 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 fishyLeft 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 themCandidates create waves by pushing the water with their kickboardsCandidate then tries to put on their PFD |
| 71 | PFD Parachute | Candidates hold onto the edges of the parachuteA 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 PFDSame 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. |