



# SONGS & CHANTS

*“When I first led a song, I was nervous, but since I had help from another youth leader and the staff, it worked out well. Now, after being a youth leader for a couple years, things that were hard at first are now easy. Same with games. Learning new things helps make camp more fun.” YL at MBC*

**Singing is a tradition at camp! It brings together a group like nothing else.**

There will be kids who love it and those who seem shy or don't love to sing and they can listen and look at the trees. Enough kids like it to make it worth doing, even if some need time to warm up, or it's never their favorite. Campers who complain loudly often find they like what we have planned, even if it's surprising or not their first choice.

Knowing songs you feel comfortable leading can take time, so practice ahead. Included in this handbook are some songs and chants we love at camp. Songs and chants can happen at circle, or on a walk, anytime you want to pull your group together with some fun.

**For staff:** Come to camp ready to lead 3 songs, at least 2 from this handbook. Bring new songs, too!

**For youth leaders:** Come to camp ready with 2 songs that you can co-lead. See your YL Handbook for specific ones to learn for the time you are attending camp.

There are lyric videos with some of the songs. None are exactly what we do but can be fun to see a variety of videos and try to match up the tune with the lyrics we usually use. Change is good, so feel free to teach a song your own way, just warn kids who might already know it and say why you like this version.

**Then when you get to camp, talk with your fellow staff members and YLs to find what songs you can lead together. Singing the same song a few days in a row can help you AND the campers to really know it and makes it even more fun to sing together.**

**After getting your Songs ready,** check out our [Games and Activities Handbook](#) and [Nature Connection Activities & Resources](#).

# Arrustasha

[https://www.youtube.com/watch?v=6wVsO3ro\\_Ig](https://www.youtube.com/watch?v=6wVsO3ro_Ig)

(A Repeat After Me Song, A do as I do Song, in a British accent, done standing up, with movements that are explained in song.)

Thumbs up.

**(Chorus – all together, not repeat after me)**

**Arrustasha, arrustasha, arusta sha sha (2x)**

Thumbs up. Wrists Together.

**(Chorus)**

Thumbs up. Wrists Together. Elbows in.

**(Chorus)**

Thumbs up. Wrists Together. Elbows in. Knees Knocking

**(Chorus)**

Thumbs up. Wrists Together. Elbows in. Knees Knocking.

Toes Touching

**(Chorus)**

Thumbs up. Wrists Together. Elbows in. Knees Knocking.

Toes Touching. Bum out.

**(Chorus)**

Thumbs up. Wrists Together. Elbows in. Knees Knocking.

Toes Touching. Bum out. Tongue out.

**(Chorus)**



# Boom Chicka Boom — repeat after me song

[Boom Chicka Boom! Jack Hartmann Brain Breaks](#)

[Boom Chicka Boom | Sing-a-long | Dance Song for kids | Action Song for kids | Miss Jessica's World](#)

Leader

(group)

This is a repeat after me song. (This is a repeat after me song)

I said a boom chicka boom. (I said a boom chicka boom)

I said a boom chicka boom. (I said a boom chicka boom)

I said a boom chicka rocka chicka rocka chicka boom.

(I said a boom chicka rocka chicka rocka chicka boom)

Uh huh. (uh huh)

Oh yeah. (oh yeah)

One more time \_\_\_\_\_ style.

**(Repeat in different styles, e.g. quiet, loud, slow, fast, high pitched, low pitched, underwater, sleepy, robot, ghost, baby, witch, valley girl, etc. Be creative! Have campers make suggestions)**

# Button Factory

Younger



Hi, my name is Jo,  
And I work in a button factory ,  
One day, my boss came up to me and said,  
Hey Jo, are you busy?  
I said, No!

They said then push the button with your right hand  
(pretend to push a button with your right hand, and continue pushing it through  
the rest of the song)

Left hand

Right foot

Head

Bum

Tongue

(Repeat the song adding a different body part to push the button with each time, till you  
are pushing so many buttons and singing funny with your tongue out pushing, too)



# Fred the Moose Song

<https://www.youtube.com/watch?v=L7HaVakpVFA>

<https://www.youtube.com/watch?v=x7q-UZ9HGIY>

Repeat each line

There was a great big moose  
He liked to drink a lot of juice  
(2x)

**(Chorus)**

**Singin' o- way-o**

**Way-o way-o way-o way-o**

**Way-o way-o**

**Way-o way-o way-o way-o**

The moose's name was Fred  
He liked to drink his juice in bed  
(2x)

**(Chorus)**

He drank his juice with care  
But he spilled some in his hair  
(2x)

**(Chorus)**

Now he's a sticky moose  
Cause he's all covered up in juice  
(2x)

**(Chorus)**

His friends began to laugh  
So he had to take a bath  
(2x)

**(Chorus)**

As the water went down  
Fred the moose began to drown  
(2x)

**(Chorus)**

Now let's all count to five  
Fred the moose is back alive  
(2x)

**(Chorus)**

# An Ostrich Went Yodeling (aka An Austrian...)

<https://www.youtube.com/watch?v=y8yEeaRwIPk>

[An Austrian Went Yodeling | Sing-a-long | Action Song | Miss Jessica's World - YouTube](#)

[Once an Austrian Went Yodeling | Family Sing Along - Muffin Songs - YouTube](#)

[An Old Austrian - lyrics - YouTube](#)

**(Hand movements: 1: pat knees with both hands, 2: clap, 3: snap with both hands)**

**Ages: All campers**

Once an ostrich went yodeling on a mountain so high.  
When along came a coo coo bird interrupting his cry.  
Oh la tee.

Oh la kee kee oh la coo coo coo coo (3x)  
Oh la kee kee oh.



Once an ostrich went yodeling on a mountain so high.  
When along came a \_\_\_\_\_ interrupting his cry.  
Oh la tee.

Oh la kee kee oh la coo coo coo coo, {insert sound of next animal} (3x)  
Oh la kee kee oh.

(Each time, insert a new animal or thing in place of “coo coo bird,” e.g grizzly bear, avalanche, St. Bernard, dairy cow, etc, or ask for suggestions. Sometimes we combine two animals if there are a lot of kids wanting to make suggestions, and it gets very complicated but fun! In the final verse, the fill in the blank is usually a sleeping animal, and the last chorus goes like this:

Oh la kee kee oh la coo coo coo coo, \_\_\_\_\_, \_\_\_\_\_, {as many animals as it may be}, Shhhhhhhh!)

# Princess Pat

<https://www.youtube.com/watch?v=MAEfoDjAlqo>

Age: Everyone!

This is a repeat after me song! A do as I do song!

The Princess Pat	(one arm bent up, other bent down, one leg out)
Lived in a tree	(both hands pointing up and together, like a tree)
She sailed across	(hand undulating motion across)
The seven seas	(7 fingers, then letter C)
She sailed across	(hand undulating motion across)
The channel too	(hands facing & going down, then two fingers up)
And brought with her	(over the shoulder)
A Rig-a-bamboo	<i>(cut loose, wiggly)</i>

## Chorus:

<b>A Rig-a-bamboo</b>	<b>(cut loose, wiggly)</b>
<b>Now what is that</b>	<b>(shrug, hands up)</b>
<b>It's something made</b>	<b>(fists on each other)</b>
<b>By the Princess Pat</b>	<b>(one arm bent up, other bent down, one leg out)</b>
<b>It's red and gold</b>	<b>(one hand open then the other)</b>
<b>And purple too</b>	<b>(roll hands around each other and open)</b>
<b>That's why it's called</b>	<b>(hands on mouth – shouting out)</b>
<b>A Rig-a-bamboo</b>	<b>(cut loose, wiggly)</b>

Now Captain Jack	(salute)
Had a mighty fine crew	(flex muscles)
They sailed across	(hand making undulating motion across)
The channel too	(hands facing & going down, then two fingers up)
Their ship did sink	(sad face, hands going down)
And yours will too	(two fingers up)
If you don't have	(shrug, hands up)
A Rig-a-bamboo	(cut loose, wiggly)

## **(Chorus)**

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# Reece's Peanut Butter Cup (parts repeat after me)

<https://www.youtube.com/watch?v=Y92vZdlsFBg>



Leader - Reese's Peanut Butter Cup

Group - Reese's Peanut Butter Cup

Leader - We sing this song to pump us up

Group - We sing this song to pump us up

Leader - Wham Bam Choo Choo Train

Group - Wham Bam Choo Choo Train

Leader - Come on ( \_\_\_\_\_ name of camper) do your thing!

Camper - I can't!

Leader & Group - Why not?

Camper - I can't!

Leader & Group - Why not?

Camper - I just caaaaan't!

Leader & Group - Whyyyyyyy not?

Camper - My back is sore! The sun's too bright!

My booty shakes from the left to the right!

Everyone together - To the left, to the right, to the left, to the right...

*(2x faster)* to the left, right, left, right,

*(4x faster)* left, right, left, right, left, right, left right

*(repeat from beginning and leader chooses a different person.)*

# Rattlin' Bog

<https://www.youtube.com/watch?v=vdDcFRlhDys>

We change the end – to RARE HEART from rare flea (Rattlin means splendid in Gaelic, Bog is a wetland)

## **Chorus**

*Ho, ho, the rattlin' bog*

*The bog down in the valley o*

*ho, ho, the rattlin' bog*

*The bog down in the valley o*

Well in the bog there was a **hole**  
A rare hole and a rattlin' hole  
Hole in the bog  
And the bog down in the valley o

## **Chorus**

Well in that hole there was a **tree**  
A rare tree and a rattlin' tree  
The tree in the hole  
And the hole in the bog  
And the bog down in the valley o

## **Chorus**

On that tree there was a **branch**  
A rare branch and a rattlin' branch  
The branch on the tree  
etc.

## **Chorus**

On that branch there was a **twig**  
A rare twig and a rattlin' twig  
The twig on the branch  
And the branch on the tree  
etc.

## **Chorus**

Well on that twig there was a **nest**  
A rare nest and a rattlin' nest  
The nest on the twig  
And the twig on the branch  
And the branch on the tree  
etc.

## **Chorus**

In that nest there was **an egg**  
A rare egg, a rattlin' egg  
The egg in the nest  
And the nest on the twig  
And the twig on the branch  
And the branch on the tree  
etc.

## **Chorus**

In that egg there was a **chickie** (say with higher voice, and with all following "chickies")  
A rare chickie, a rattlin' chickie  
The chickie in the egg  
And the egg on the bird  
And the bird in the nest  
And the nest on the twig  
And the twig on the branch  
And the branch on the tree  
etc.

## **Chorus**

In that chickie there was a **heart**  
A rare heart, a rattlin' heart  
The heart in the chickie  
And the chickie in the egg  
And the egg in the nest  
And the nest on the twig  
And the twig on the branch  
And the branch on the tree  
etc.

## **Chorus**

In that heart there was some **love**  
Some rare love, a rattlin' love  
The love in the heart,  
And the heart in the chickie  
And the chickie in the egg  
And the egg in the nest  
And the nest on the twig  
And the twig on the branch  
And the branch on the tree  
etc.

## **Chorus**

# Down Down Baby Song

Ages: All campers

Down down baby, down by the roller coaster  
Sweet sweet baby, I'll never let you go

Shimmy shimmy coco pop  
Shimmy shimmy pow  
Shimmy shimmy coco pop  
Shimmy shimmy pow

Grandma, grandma, sick in bed  
Called the doctor and the doctor said  
Let's get the rhythm of the head - ding dong  
Let's get the rhythm of the hands - clap clap  
Let's get the rhythm of the feet - stomp stomp  
Let's get the rhythm of the hot dog  
Let's get the rhythm of the hot dog

Put it all together and what do you get??  
Ding dong clap clap stomp stomp hot dog  
Put it all backwards and what do you get??  
Dog hot, Stomp, stomp, clap, clap, dong ding.



## **Bananas** Bananas of the world unite

**Do hand motions for each part, super wiggly/dancy at the end**

Peel banana Peel peel banana (3x)

Slice banana Slice slice banana (3x)

Mash...

Eat...

Go bananas! Go go bananas! (3x)



# Alligator

Age: Younger (maybe Everyone) Length: Medium

**(Chorus)**

**Aaaaaa.. lligator**

**Aaaaaaaaaaaaaa... lligator**

**Aaaaaaaaaaaaaaaaaaaaaa lligator**

**Aaaaaaaaaaaaaaaaaaaaaaaaaaaaaa... lligator**

**They could be, they could be, they could be your friend too**

**(last line super fast)**

The alligator is my friend  
they can be your friend too  
I'd rather have them as my friend  
Than wear them on my shoe

**(Chorus)**

The alligator is my friend  
Their skin is rough when felt  
I'd rather have them as my friend  
Than wear them on my belt

**(Chorus)**

The alligator is my friend  
They love to kiss and flirt (kiss, kiss)  
I'd rather have them as my friend  
Than wear them on my shirt

**(Chorus)**

# Tarzan (A Repeat After Me Song, With simple movements)

Ages: All campers

Tarzan (Tarrrrr Zan)  
Was swinging on a rubber band.

Tarzan  
Fell into a frying pan.  
Ooh, that's hot!  
Now Tarzan has a tan.

Jane  
Was flying in her airplane.  
Jane  
Crashed into a freeway lane.  
Ouch, that hurt!  
Now Jane has a pain.  
And Tarzan has a tan.



Cheetah  
Was rockin' to the beat-a.  
Cheetah  
Fell into a pizza.  
Ew, that's gross!

Now Cheetah is velveeta.  
And Jane has a pain.  
And Tarzan has a tan.  
And the story has an end.

# Apples and Bananas Song

First regular, then follows the vowels (a,e, l, o, u) – long vowel sounds (letter name)  
(Repeat the song, getting faster each time.)

I like to eat eat eat apples and bananas

I like to eat eat eat apple and bananas

I like to ate ate ate apples and baananas

I like to ate ate ate apples and baananas

I like to eat eat eat epples and beeneenees

I like to eat eat eat epples and beeneenees

I like to ite ite ite ipples and bininis

I like to ite ite ite ipples and bininis

I like to ote ote ote opples and banonos

I like to ote ote ote opples and banonos

I like to ute ute ute upples and bununus

I like to ute ute ute upples and bununus



# The Froggy Song

Ages: Younger

Mmm Ahhh (tiny face for mmm and then big face with tongue out for ahhh)

Went the little green frog one day.

Mmm Ahhh

Went the little green frog.

Mmm Ahhh

Went the little green frog one day.

And the little green frog went

Mmm Ahhh Mmm Ahhh Mmm Ahhh Ahhh.

All the other frogs went

Floaty oaty oaty oh (fingers intertwined, make a wave with your hands) (3x)

All the other frogs went

Floaty oaty oaty oh

But the little green frog went

Mmm Ahhh Mmm Ahhh Mmm Ahhh Ahhh.

(Repeat the song, getting faster each time.)



# The Wishy-washy Washer Woman

Age: Younger

Way down in the valley where nobody goes  
There's a wishy washy washer woman washin' her clothes  
She goes (wash motions & sounds) (4x)  
That's how the wishy washy washer woman washes her clothes

Way down in the valley where nobody goes  
There's a wishy washy washer woman dryin' her clothes  
She goes (drying motions & sounds) (4x)  
That's how the wishy washy washer woman dries her clothes

Way down in the valley where nobody goes  
There's a wishy washy washer woman foldin' her clothes  
She goes (folding motions & sounds) (4x)  
That's how the wishy washy washer woman folds her clothes

**Add more verses that rhyme and add motions**

Spraying her hose....

Painting her toes....

Holding a pose....

Eating oreos.....

Sayin' goodbye!!

# Nice Guitar or Ukelele Songs

## If I Had a Hammer

Age: Everyone, Everywhere

If I had a hammer  
I'd hammer in the morning  
I'd hammer in the evening  
All over this land  
I'd hammer out danger  
I'd hammer out a warning  
I'd hammer out love between my brothers and my sisters  
All over this land

If I had a bell  
I'd ring it in the morning  
I'd ring it in the evening  
All over this land  
I'd ring out danger  
I'd ring out a warning  
I'd ring out love between my brothers and my sisters  
All over this land

If I had a song  
I'd sing it in the morning  
I'd sing it in the evening  
All over this land  
I'd sing out danger  
I'd sing out a warning  
I'd sing out love between my brothers and my sisters  
All over this land

Well I've got a hammer  
And I've got a bell  
And I've got a song to sing All  
over this land  
It's the hammer of justice  
It's the bell of freedom  
It's the song about love between my brothers and my sisters  
All over this land

# The Green Grass Grew All Around (an Ashkon favorite)

This is a repeat after me song! (Except the chorus!)

There was a hole,  
In the middle of the ground,  
Prettiest little hole,  
That you ever did see,

**(Chorus)**

**And theeeeeeeeeeeee**

**holes in the ground and the green grass grew all around, all around  
and the green grass grew all around**

-- and in that hole...there was a tree...prettiest little tree...that you ever  
did see...

-- and on that tree... there was a branch...

-- and on that branch... there was a limb...

-- and on that limb...there was a nest...

-- and in that nest...there was an egg...

-- and in that egg...there was a bird...

-- and on that bird...there was a flea

And on that flea there was a T-rex, or in that flea there was a heart



# Feeling Groovy

Slow down, you move too fast  
You've got to make the morning last  
Just kickin' down the cobble stones  
Lookin' for fun and feeling groovy  
Ba la la la la la  
Feelin' groovy

Hello lamp post, what ya knowin'  
I come to watch your flowers growin'  
Ain't you got no rhymes for me  
Do-n-do loo, feelin' groovy  
Ba la la la la la  
Feelin' groovy

I got no deeds to do,  
no promises to keep  
I'm dappled and drowsy,  
and ready to sleep  
As the morning time drop all its petals on me Life,  
I love you, all is groovy  
Ba la la la.....

# CHANTS for Walking or Transitions

## Everywhere We Go

Age: Everyone!

This is a repeat after me song! Each line repeated by the group

Everywhere we go  
People want to know  
Who we are  
So we tell them  
We are the Monkeys!  
The Mighty, Mighty Monkeys!  
And if you can't hear us  
We'll sing a little louder –(or in lots of different styles)  
(quieter, slower, and faster are lots of fun!!!)  
At the end, whisper so the nocturnal creatures can sleep now

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## When I Say Monkey

Age: Everyone!

When I Say Monkey, You Say Business!

Monkey      Business

Monkey      Business

When I Say Summer, you say Camp

Summer      Camp

Summer      Camp

Try whispering, and different styles

Good with lots of paired up words to get the group moving together –

When I say Make a, You say Circle

When I say Let's get, You say Ready

When I say Time for, You say Sunscreen

## Hand clapping Songs (especially good for ages 7-10)



Here are some hand clapping games and you can also search online for additional for example, [here](#). Some will need updating to make gender inclusive and all-family friendly. We want all the kids to feel included.

### Shimmy Shimmy Cocoa Pop

[Top 3 Hand Clap Games | Lemonade, Sevens, Slide | Clapping Games for 2 players 🖐️ - YouTube](#) (we change the boyfriend part, see below)

### Lemonade

Length: Can go on for a while; There are many additions to below, ask campers to share ideas. Campers sit across from each other (2 or more play at a time)

One person has left hand palm facing up, and right hand higher up with palm facing down, person sitting across has exact opposite positioning.

They start singing the song and bringing their hands together, top hand meets other's bottom hand, bottom hand meets other's top hand. Then both hands come together like a high five, then all clap three times and continue singing and doing motions, going faster each time.

Chorus: Lemonade, crunchy ice, beat it once, beat it twice.

Another variation: Lemonade, crunchy ice

Beat it once, beat it twice.

Lemonade, crunchy ice

Beat it once, beat it twice.

Turn around, touch the ground, kick your troubles out of town FREEZE.

First person to move, then can step out and you start having less kids in the circle.

## Miss Mary Mack

Length: A few minutes

Kids sit across from each other (2 play at a time)

As kids sing the song, they clap their hands once then clap each other's hands diagonally, then clap their own hands again then clap hands diagonally (and so on..)

Chorus: Miss Mary Mack, Mack, Mack

All dressed in black, black, black

With silver buttons, buttons, buttons

All down her back, back, back

She asked her mother, mother, mother

For fifty cents, cents, cents

To see the elephants, elephants, elephants

Jump over the fence, fence, fence

They jumped so high, high, high

They touched the sky, sky, sky

And didn't come back, back, back

Till the fourth of July, July, July

**Research Confirms that Hand-Clapping Songs Improve Motor and Cognitive Skills in Children and Adults** (2010 research at Ben-Gurion University of the Negev on hand-clapping songs).