

Parachute Play



Songs and activities for young children

Hop little bunnies

See the little bunnies,
Sleeping till it's nearly noon.
Come and wake them gently
With a merry tune.

Oh so still are they ill?

SHHHH (finger to mouth)

WAKE UP! (Clap)

Hop little bunnies, hop, hop,
hop.

Hop, hop, hop, hop, hop, hop.

Hop little bunnies hop, hop, hop,

Hop and stop!



You need: Selection of soft toy rabbits



Instructions:



This activity is best done sitting on the floor round the parachute. Place the rabbits onto the parachute, keep the parachute still on the ground, begin singing. Encourage the children to join in "Shh" and pause before shouting wake up. Then bounce the rabbits on the chute.



Five little monkeys



Five little monkeys jumping on the bed,
One fell off and bumped his head.
Mama called the Doctor and the
Doctor said,
"No more monkeys jumping on the bed!"

Four little monkeys jumping on the bed,
One fell off and bumped her head.
Papa called the Doctor and the
Doctor said,
"No more monkeys jumping on the bed!"

Three little....

You need: Five soft toy monkeys



Instructions:



Count five monkeys onto the parachute. Bounce them up and down on the parachute singing the song. When it gets to "one fell off ..." bounce one monkey off the parachute. Keep the parachute still and sing the remaining part of the song.



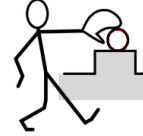
Round and round the garden



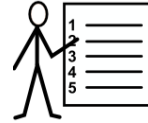
Round and round the garden
like a teddy bear.

One step, two step,
Flying in the air!

You need: Teddy bear



Instructions:



Stand up around the parachute
hold it quite taught, place teddy
in the middle. Begin singing the song
while walking around in a circle. At “One
step..” stop and gently lower and raise
parachute twice. Then bounce the teddy
high into the air.



Bubbles



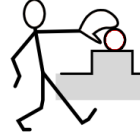
Sung to:

"My Bonnie Lies Over the Ocean"

The bubbles fly over the yellow.
The bubbles fly over the green.
The bubbles fly over the blue and red.
So many bubbles, I've seen.

Bubbles, bubbles
As pretty as bubbles can be.
Bubbles, bubbles
Popping all around me.

You need: Bubbles (or music CD)



Instructions:



Sit/ stand around parachute wafting it gently up and down. Adult blows bubbles whilst song is sung.

Or play under the sea/ I'm forever blowing bubbles (or relaxing music) instead of song.



Over the parachute

Sung to:

The bear went over the mountain



Name crawled over the parachute,

Name crawled over the parachute,

Name crawled over the parachute,

To see what s/he could see.

And all that s/he could,

And all that s/he could see,

Were lots of different colours,

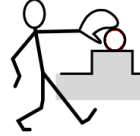
Lots of different colours,

Lots of different colours.

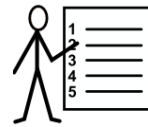
Were all that s/he could see.

Name what can you see?.....

You need: Colour symbols/ switch/
bean bags matching those
on the parachute.



Instructions:



Choose a child to crawl on the parachute. They crawl over the parachute while the song is sung.

When the song is finished point to the colour the child is on as ask what colour can you see? Ask them to respond using there preferred means of communication or matching a beanbag.

Alternatively change words to ..."could see, were all the other children..." And ask at the end "Who do you see?" child says or finds photo (say hello?) it is then that child's turn.



This little piggy



This little piggy went on the red,

This little piggy went on the green,

This little piggy on the yellow,

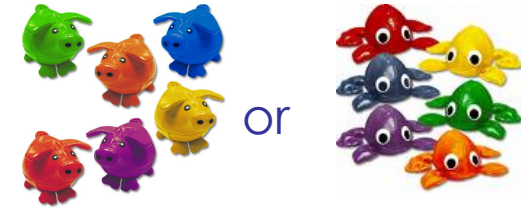
This little piggy on the blue,

And this little piggy went,

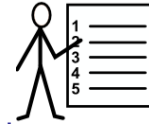
1, 2, 3, 4 into the air he flew.

If using frogs change to froggy.

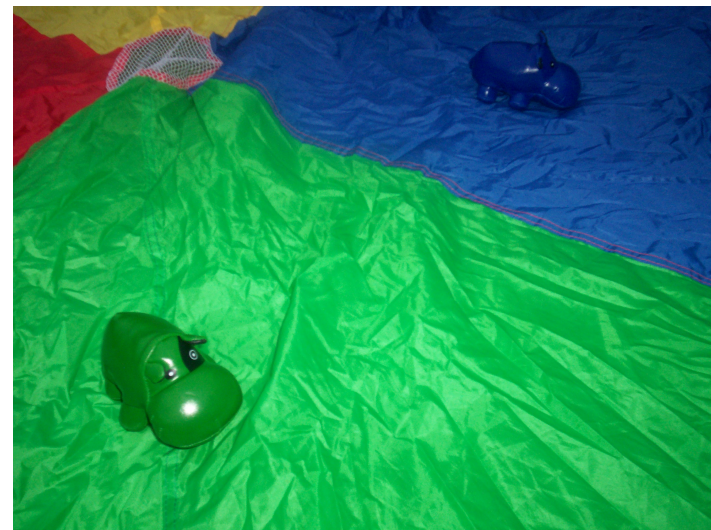
You need: Coloured pig/frog bean



Instructions: Have five coloured (pig/frog) beanbags in a box.



Begin the rhyme handing out the red one to a child, child then places it on that coloured panel of the parachute. Continue with other colours, on the last one throw it onto the parachute and then slowly count "1,2..." then bounce the parachute to fly the pigs in the air.



One, two, three, four, five...



One, two, three, four, five.

Name caught a fish alive.

Six, seven, eight, nine, ten,

Name threw it back again.

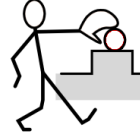
Why did you let it go?

Because it bit my finger so,

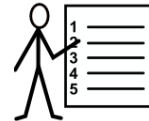
Which finger did it bite?

This little finger on my right.

You need: Soft toy fish



Instructions:



Place the fish onto the parachute. Choose a child to catch a fish when they hear their name. Sing the song while making waves with the parachute, the chosen child then 'catches' the fish. After ten the child throws it back on the parachute, continuing with the waves finish the song.

To extend add more fish telling child what one to catch.



Hickory Dickory Dock

Hickory Dickory Dock
The mouse went up the clock.
The clock struck one,
The mouse came down,
Hickory Dickory Dock.

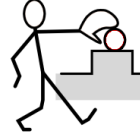


Hickory Dickory Dock the mouse,
The mouse hid in the clock.
The clock struck two,
The mouse said **BOO!**
Hickory Dickory Dock.

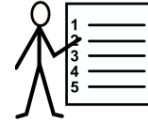
Hickory Dickory Dock the mouse,
The mouse was on the clock.
The clock struck three,
The mouse said **WHEEE!**
Hickory Dickory Dock.

Hickory Dickory Dock the mouse,
The mouse was on the clock.
The clock struck four,
The mouse said **No More!**
Hickory Dickory Dock.

You need: Soft toy mouse



Instructions:



Place the mouse onto the parachute, bouncing it gently up and down.

Verse 1: Bounce mouse high on “up”

Verse 2: Cover mouse up and then show on “Boo”

Verse 3: On “Whee” bounce the mouse high into the air.

Verse 4: On “No more” take mouse off the parachute.



One elephant...



One elephant went out to play,
Upon a parachute one day.
Thought it was such tremendous
fun,
That he called for another
elephant to come.

Elephant!

One, two

Two elephants went out to play,
Upon a parachute one day.
Thought it was such tremendous
fun,
That they called for another
elephant to come.

You need: Five soft toy elephants



Instructions:



Begin by placing one elephant onto the parachute, sing the song whilst gently bouncing them up and down. Stop at the end of the verse and call out "Elephant" then throw another elephant on. Continue until five elephants are on.



Round and Round



Round and round and round
and round and Up, up, up.

Round and round and round
and round and Down, down,
down.

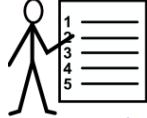
Round and round and round
and round and In, in , in.

Round and round and round
and round and out, out, out.

“STOP!”



No props needed

Instructions: Stand holding
 parachute saying rhyme in a
steady rhythm, whilst
following actions with the parachute.
Get faster and faster until you shout
“STOP!”



Humpty Dumpty

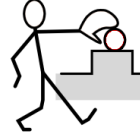


Humpty Dumpty sat on a wall,
Humpty Dumpty had a great
fall;

All the King's horses and all the
King's men,
Couldn't put Humpty together
again.

Along came name with lots of
glue,
and put him back as good as
new.

You need: Humpty Dumpty toy



Instructions: Place Humpty on the
parachute gently bounce up
and down until you get to fall
when you bounce Humpty off the
parachute. Then bounce the
parachute roughly to the rhythm. Sing
“along came...” choosing a child they go
and pick Humpty up and put him back
on the parachute while the song
continues.



Rainbow song

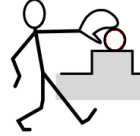
Red and yellow and pink
and green
Purple and orange and blue
I can sing a rainbow,
sing a rainbow,
sing a rainbow too.



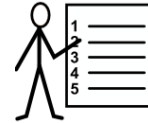
Listen with your ears ,
Listen with your ears,
and sing everything you see,
I can sing a rainbow,
sing a rainbow,
sing along with me.

Red and yellow and pink
and green,
Purple and orange and blue,
I can sing a rainbow,
sing a rainbow,
sing a rainbow too!

You need: coloured chiffon scarves



Instructions: Either sing this song whilst sitting around the parachute, place scarves onto the parachute. Gently waft the parachute up and down making the scarves fly and fall. Or have all children lie/ sit under the parachute adults stand around the parachute wafting it up and down whilst sing.



Shake and STOP!



We're gonna shake and shake
and shake and STOP!

Shake and shake and shake
and STOP!

Now we'll shake some more.

We're gonna swish and swish
and swish and STOP!

Shake and swish and swish and
STOP!

Now we'll swish some more.



No props needed

Instructions: Follow the actions described in the song using the parachute, abruptly stop when it says "Stop" then pause expectantly before beginning again.
Shake: Shake up and down quickly.
Swish: Swishing side to side.
Children can hold parachute or sit on/under parachute.



Shake, shake the parachute



Sung to:
Shake, shake the apple tree.

Shake, shake the parachute,
Lots of different colours

Shake it here

Shake it there

Shake, shake it every where.



No props needed

Instructions: Sit or stand around parachute shake parachute to rhythm of song. Shake slightly to left/ right for ...here...there, pause shaking briefly after each sentence Shake vigorously at "Shake shake it every where"
Children can shake or sit/ stand on parachute



Ten in the bed

There were ten in a bed
And the little one said
"Roll over, roll over"
So they all rolled over
And one fell out

There were nine in a bed
And the little one said
"Roll over, roll over"
So they all rolled over
And one fell out

There were eight in a bed...

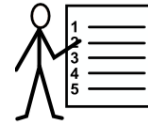
There was one in a bed
And the little one said
"Good night"



You need: Optional use of large numbers.



Instructions:



Choose ten children to lie on the parachute, adults and remaining children hold edges up while gently rocking and flapping it. Sing the song on each verse choose one child to roll off the chute. On the remaining verse cover the child gently in the parachute. You could count children and children find the appropriate number.



Rainbow boat



I love to row in my rainbow boat,
My rainbow boat, my rainbow boat,
I love to row in my rainbow boat,
Out on the deep blue sea.

My rainbow boat has rainbow sails,
rainbow sails, rainbow sails,
My rainbow boat has rainbow sails,
Out on the deep blue sea.

So come for a row in my rainbow
boat,
My rainbow boat, my rainbow boat,
So come for a row in my rainbow
boat,
Out on the deep blue sea.



No props needed

Instructions:



First verse: Sit around
parachute hold onto the
edge rowing back and forth.

Verse two: Waft the parachute up
and down.

Verse 3: Row back and forth again.



Where are you?



Sung to:
fingers all

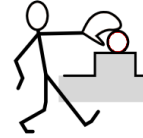
Name surname, name surname,

Where are you?

Here I am, here I am

How do you do.

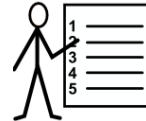
You need: Voice Output



Communication Aid (VOCA) eg.
Big Mack



Instructions:



Choose a child to hide under the parachute. Sing the song then pull the parachute back to see the child after "Where are you?". When the children are familiar with the rhyme give them time to respond with the "Here I am..." If necessary use a voice output communication aid (VOCA)



Jack in the box



Spoken rhyme

Jack in the box so quiet an still,
Will you come out?

Of course I will!



No props needed

Instructions:



Sit children into the middle of the parachute fold the parachute over the children continuing to hold onto it. Say the rhyme out loud after you have said "Will you come out?" pause for a moment and then shout of "Of course I will!" whilst quickly pulling the parachute back.



Grand Old Duke of York



The Grand Old Duke of York,
He had ten thousand men.

They marched their way to the
top of the hill and they marched
their way back down.

When they were up they were
up,

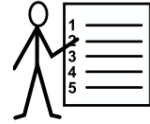
And when they were down they
were down,

And when they were only half
way up they were neither up nor
down



No props needed

Instructions:



Stand holding parachute at
waist walking round, follow
instructions of song moving
parachute; up, down, middle.



The waves on the sea



Sung to:

Wheels on the Bus

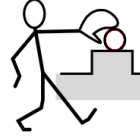
The waves on the sea go up and down,
Up an down, up and down,
The waves on the sea go up and down All day long.

The shark in the sea goes snap, snap, snap...

The fish in the sea go swish, swish swish...

Jelly fish in the sea go wobble, wobble, wobble...

You need: Soft toy shark, fish, jelly fish



Instructions: Sit around the parachute holding the edge.

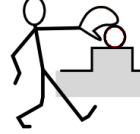


- 1) Waves: Make waves.
- 2) Shark: Put shark on and make sharp up/ down moves on snap.
- 3) Fish: Put fish on and swish parachute side to side.
- 4) Jelly fish: Put jelly fish on and wobble parachute quickly side to side.





You need:



Instructions:

