



just 10 minutes

Song Card Notebook

www.justtenminutes.org

Hey Diddle Diddle



Learner Goals

I can sing a silly song while performing motor motions.

LYRICS

Hey Diddle Diddle (*Wave from Side to Side*)

The Cat and the Fiddle (*Use your fingers to give yourself cat ears, then pretend to play a fiddle*)

The Cow jumped over the Moon (*Put your hands in front of yourself and pretend to hop over the moon*)

The Little Dog Laughed to see such Fun (*Put a hand on your belly, and pretend to laugh while rocking back and forth*)

And the Dish ran away with the Spoon (*Use your pointer and middle fingers to mimic running*)

ACTIVITY

This silly nurse rhyme of unknown origin is a fun and easy way to engage with your child's love for make-believe while also working on hand coordination! Take time to encourage your child to find the fun in the random silliness of the lyrics and even try creating your own. What other animals could be a part of the story, and what instruments could they be playing?

The phrase "the cow jumped over the moon" can be a fun game for you and your child in the backyard. Take turns jumping over a ball placed in the yard as you sing "the cow jumped over the moon!" 

Our music videos provide an opportunity for YOU to learn a new song so that you can sing it face-to-face with your child. Your child likes your voice best, so share your voice as you enjoy this song together.

Character Song Card

Hey Diddle Diddle

Our character song cards are a fun and beneficial way to bring music and connection into your family's routine. They empower your child to choose songs for you to sing together, making music a collaborative and joyful experience.



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Making Your Cards Last:

To get started, simply print the cards, trim them, and cover them with packing tape to make them durable for little hands. Storing them in a small bag makes it easy to bring your "Bag of Songs" along in the car, your purse, or a diaper bag.

How They Benefit Your Child:

Boosts Early Literacy:

As your child chooses a card, they begin to connect a picture with a specific song. This is a foundational step in understanding that pictures have meaning, which is a crucial early literacy skill.

Fosters Predictability & Security:

This simple, shared routine of choosing and singing songs offers your child the predictability, structure, and connection they crave. These experiences help to soothe and regulate their feelings, making them feel safe and understood.

Provides a Great Diversion:

Your "Bag of Songs" is a perfect, on-the-go tool to help with tricky moments like car rides or waiting at the doctor's office.





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