

Nursery Rhymes



Come and join us as we play with Nursery Rhymes, with fun characters, lots of music and movement, and new surprises every day on The Nursery Rhyme Peek-a-Boo board.

The catchy rhythm and rhyming patterns of Nursery Rhymes are easy to recall and repeat and songs with simple actions like "Twinkle Twinkle Little Star" and "Incy Wincy Spider" quickly become early favourites.

There are also elements of fun and silliness in Nursery Rhymes like "This Old Man", "Sing a Song of Sixpence", "Hey Diddle Diddle" and "The Grand Old Duke of York", which encourage dress-up and dramatic play.

In this series, we visit a dry cleaning business, see some piglets playing, find out about fostering kittens, get a bit messy with mud and learn about lemurs at the zoo.

Special guest musician George Washingmachine also joins us in studio for an episode with a collection of his instruments to add to the fun!

Episode 1



PRESENTERS

Andrew McFarlane & Zindzi Okenyo

PIANIST

Peter Dasent

STORY

In the Tall, Tall Grass

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FILM

Dry Cleaners

(Play School, ABC)

IDEAS FOR LATER

- Collect different sized boxes. How tall can you stack them before they fall down? How long can you make them by joining them together end to end? What can you make with a box?
- Go exploring in the garden or the park with a parent or carer and see how many different insects you can find. Look closer in some leaf litter for mini bugs!
- Wash some pillowcases and tea towels in a bucket of warm soapy water and hang them out to dry in the sun.

SONGS

Humpty Dumpty

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Peek-A-Boo

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Little Boy Blue

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Incy Wincy Spider

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Outside In The Garden

Composer: Peter Dasent & Judith Keyzer

Publisher: Origin/Control

I Jump Out Of Bed In The Morning

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Washing Machine

Composer: John Shortis

Publisher: Control

Sing A Song Of Sixpence

Composer: Traditional

Publisher: ABC Music Publishing



MAKE AND DO



How to Make a Cardboard Butterfly, Flower and Incy Wincy Spider

You will need:

- Cardboard tubes
- Scissors
- Tape
- Pipe cleaners

For Incy Wincy Spider

Squash a cardboard tube so that it is flat, then, carefully cut across to make several tube strips of the same width.

Take four pipe cleaners. Cross two and twist them together in the middle to make eight legs.

Push the legs through into the middle of a squashed tube strip and tape either end of the tube to hold the legs in place.

Your creepy, crawly spider is ready to play!

For Butterfly

Lay two of your cardboard tube strips flat, pinch them together at one end to make wings and tape them together. Repeat for a second set of wings.

Slot both sets of wings into another cardboard tube piece and tape in place for the body.

Attach a pipe cleaner at the top for antennae.

Flutter flutter butterfly!

For Flower

Cut 7 strips of cardboard tube.

Lay them flat and arrange all the points together to form petals, then tape each one to the next to hold them in place.

You can make a garden of flowers for your cardboard tube creatures. You might even paint your flowers in different colours.

Episode 2



PRESENTERS

Emma Palmer & Jay Laga'aia

PIANIST

Peter Dasent

TOLD STORY

There's A Hole An My Bucket

(A story told by the Play School team)

FILM

Piglets

(Play School, ABC)

IDEAS FOR LATER

- Make a Watering Dipper! Make some holes in the bottom of a plastic milk bottle, dip it into a bucket of water and sprinkle on the garden. Listen to the "gloop" sound and watch the bubbles float to the top when you dip your dipper into the bucket of water!
- Make a blue smoothie by mixing frozen blueberries into your milkshake.
- Visit a friend or a neighbour who speaks a language different to your own, and learn some new words or a song.

SONGS

A Sailor Went To Sea

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Little Nut Tree

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Mi Cuerpo

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Come On And...

Composer: Louie Suthers

Publisher: Control

Hippopotamus Song

Composer: M. Flanders & D. Swann

Publisher: Warner Chappell

Peek-A-Boo

Composer: Traditional

Publisher: Origin/ABC Music Publishing

This Little Piggy

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Incy Wincy Spider

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Humpty Dumpty

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Jack & Jill

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Dressing Up

Composer: Peter Dasent/Sophie Emtage

Publisher: Origin/Control

There's A Hole In My Bucket

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Hat On My Head

Composer: Jeff Fatt, Anthony Field, Murray Cook & Greg Page

Publisher: Wiggly Tunes

MAKE AND DO



How to Make a Coconut Milkshake

You will need:

- A whole coconut
- Plain Greek style yoghurt
- Honey
- Nutmeg
- Pear
- A grater
- A jar or container with a tight lid
- A piece of clean cheesecloth or muslin
- A plate
- A glass and a straw

Make holes in the “eyes” of the coconut and drain all the coconut water into the jar or container.

Break the coconut up by wrapping it in a clean towel, then place it on a firm flat surface and gently tap it with a rolling pin.

Grate the white flesh of the coconut pieces onto a clean plate.

Lay the slightly dampened piece of cloth out flat, tip the grated flesh into the middle of the fabric and roll the fabric over lengthways to fully enclose the coconut.

Hold either end of the fabric (two people is best for this), position over the jar or container and twist in opposite directions to squeeze the coconut milk out of the grated flesh. Keep twisting and squeezing until there are no more drips.

Add a dollop of honey and two dollops of yoghurt.

Screw the lid on tightly and shake shake shake!!!

Pour the coconut milkshake into a glass or cup, add a sprinkle of nutmeg on top and a slice of pear to the side. Enjoy!

Episode 3



PRESENTERS

Zindzi Okenyo & Alex Papps
Guest: George Washingmachine

PIANIST

Peter Dasent

STORY

Up and Down

Author: Britta Teckentrup
Publisher: Templar Publishing UK

FILM

Kittens

(Play School, ABC)

IDEAS FOR LATER

- Colour some paper with crayon and make paper creatures to use in a game or song. Create a world for your creatures with some cushions or scraps of fabric.
- Go for a walk outside with a parent or carer and play a game of I-Spy. Lie on your back on the grass and play I-Spy with the shapes in the clouds.
- Make some music with percussion instruments! Can you play fast? And slow? Loud? And soft? Add some movement to your music and create a dance too.

SONGS

Grand Old Duke Of York

Composer: Traditional
Publisher: Origin/ABC Music Publishing

Silver Ships and Golden Ships

Composer: Arthur Baysting & Peter Dasent
Publisher: Origin

The Fairy Penguin Walk

Composer: Don Spencer & Alan Caswell
Publisher: MCA/Gilbey

Peek-A-Boo

Composer: Traditional
Publisher: Origin/ABC Music Publishing

Little Bo Peep

Composer: Traditional
Publisher: Origin/ABC Music Publishing

Wheels On The Bus

Composer: Traditional
Publisher: Origin/ ABC Music Publishing

Let's Go Fly A Kite

Composer: Richard M. Sherman & Robert B. Sherman
Publisher: Walt Disney Music

Playing Ball

Composer: Edna G. Buttolph
Publisher: Willis Music Company

Hey Diddle Diddle

Composer: Traditional
Publisher: Origin/ABC Music Publishing

MAKE AND DO



How to Make an Origami Penguin

You will need:

- Some square pieces of paper
- A black crayon
- Some recycled paper or newspaper for icebergs and the ocean

Colour one side of the paper with your crayon.

Lay the coloured side facing up in a diamond position.

Fold in half sideways, then open out.

Fold the bottom tip up, then fold the sheet in half again creating a flat bottom to stand the penguin up.

Make the wings by folding a crease from the top corner down at an angle on both sides.

To make the head, fold the top tip over at an angle, press to make a crease and fold it back up. Open the crease out and fold the top tip back in on itself, reversing the creases.

Flatten the head by pressing it down so that it surrounds the top of the penguin.

Use a smaller square of paper to make a baby penguin.

Scrunch up some recycled paper or newspaper to make some icebergs.

Off go the penguins for some slippery, sliding fun on the ice!

Episode 4



PRESENTERS

Jay Laga'aia & Zindzi Okenyo

PIANIST

Peter Dasent

TOLD STORY

When Old Mother Hubbard Met This Old Man

(A story told by the Play School team)

FILM

Mud Play

(Play School, ABC)

IDEAS FOR LATER

- Pick some fresh parsley and mint from the garden to add to a tabouli salad. Pick some fresh basil leaves to sprinkle on your pasta or your pizza.
- Tape some strips of foil or shiny ribbons to a stick or an old wooden spoon and hang them up for a twinkling, sparkling mobile. See how it catches the light when you gently blow it.
- Mix up some Nursery Rhyme characters and invent your own silly stories.

SONGS

Twinkle, Twinkle, Little Star

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Mary, Mary Quite Contrary

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Drip, Drop

Composer: Robyn Mapleson & Peter Mapleson

Publisher: ABC Music Publishing

Stuck In The Mud

Composer: Ruth Craft

Publisher: Unpublished

Peek-A-Boo

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Diddle Diddle Dumpling

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Hickory Dickory Dock

Composer: Traditional

Publisher: Origin/ABC Music Publishing

This Old Man

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Old Mother Hubbard

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Stomp, Stomp

Composer: Tiny Grimes

Publisher: Universal Music Publishing

MAKE AND DO



How to Make a Leafy Herb Garden

You will need:

- A large pot full of potting mix
- Some different coloured and textured herb seedlings
- Gardening gloves
- A trowel
- A watering can
- Shells or small rocks

Dig a hole for the seedlings, tap the bottom of the seedling pot with the trowel to loosen the soil, and tip out the seedlings into your hand.

Place them in the hole and use your gloved hands and the trowel to bring the soil around the seedling, then pat down.

Once all the seedlings are planted, decorate around them using your shells or rocks to make a pattern.

Use your watering can to water all the seedlings.

Watch how the water soaks into the soil around the plants!



How to Make a Spoon Wind Chime

You will need:

- Some metal spoons of different sizes
- A wooden spoon or stick/dowel
- Tape
- Some string or wool

Tie and tape pieces of string to the ends of the spoons.

Tie the strings with the dangly spoons to the wooden spoon/stick.

Use some more string to hang the spoon mobile up in the garden.

Listen to the tinkly sound it makes when the wind blows.

Episode 5



PRESENTERS

Emma Palmer, Alex Papps & Sofya Gollan

PIANIST

Peter Dasent

STORY

I Love To Dance

Author: Anna Walker

Publisher: Scholastic Australia

FILM

Lemurs

(Play School, ABC)

IDEAS FOR LATER

- Make a television screen out of a large box or some fabric over a table. Make up your own news, or put on a show.
- Hide some of your toys in the lounge room and ask a friend or adult to find them. Give some clues without telling them where to look, or hint when they are getting closer ("warmer") or further away ("colder").
- Make your own "Peek-a-Boo Picture" by cutting pictures from an old magazine or wrapping paper and paste them onto a piece of paper. Cut out some paper flaps, tape them down on one side over the pictures and invite a friend to play a game to guess what's under the flaps! – "Peek-a-boo, who's that hiding there?"

SONGS

Doctor Foster Went to Gloucester

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Three Little Kittens

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Peek-A-Boo

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Little Jack Horner

Composer: Traditional

Publisher: Origin/ ABC Music Publishing

Round and Round

Composer: Kylie Montague

Publisher: Control

Singing in the Kitchen

Composer: Shel Silverstein

Publisher: Universal

I Like To Sing

Composer: Peter Dasent & Garth Frost

Publisher: Origin

Munch An Apple

Composer: Peter Dasent & Sophie Emtage

Publisher: Origin/Control



MAKE AND DO



How to Make Surprise Muffins

You will need:

- 220g self raising flour
- 110g raw sugar
- 1 egg
- $\frac{3}{4}$ cup milk
- $\frac{3}{4}$ cup vegetable oil
- Some berries for the surprise – blueberries, raspberries, sliced strawberries.
- A standard muffin tray and paper patty pans
- A big bowl and a smaller bowl
- A fork or egg whisk
- Oven mitts
- Wooden spoon for mixing, tablespoons or teaspoons for spooning

Preheat the oven to 180 degrees Celcius (160 degrees Celcius for fan forced) and prepare the muffin tray with the patty pans

Mix the flour and the sugar together in the big bowl

Break the egg into the smaller bowl and whisk, then add the milk and the oil and whisk again.

Make a well in the centre of the dry ingredients and pour the wet ingredients in. Use the wooden spoon to mix until just combined.

Place a spoon full of mixture into each muffin case, then select a berry to add to each one. Hide the berries under another spoonful of mix, filling to $\frac{3}{4}$ of each patty pan.

Place the tray into the oven and set the timer to bake for 20 mins.

Muffins are ready when they are a light golden colour on the top and spring back when gently pressed. Use the oven mitts to remove the hot tray from the oven. Place on a rack to cool.

Try to guess which surprise berry is inside your muffin before breaking it open or taking a bite!

Note: if making mini muffins, bake at the same temperature for just 12 mins.
Makes 12 standard or 24 mini -muffins.