

Chair Rhymes

compiled by Carole Stephens ©1989

These rhymes and songs are meant to be done by an adult in a chair with a child on their lap. However, they can be also be used to learn the Mother Goose Rhymes with tapping, clapping or rhythm instruments.

Humpty Dumpty sat on a wall holding on to child's arms or body, tip side-to-side
Humpty Dumpty had a great fall! Tip child toward floor, hold on!
All the king's horses & all the king's men Child walks around adult
Couldn't put Humpty together again! Help child back onto your lap

Peas porridge hot, peas porridge cold Bounce one knee, then the other
Peas porridge in the pot nine days old! Bounce both knees vigorously!
Some like it hot, some like it cold Bounce one knee, then the other
Some like it in the pot nine days old! Bounce both knees vigorously!

1-2, buckle my shoe Child taps one of their feet
3-4, shut the door Child claps one of their hands with adult's hand
5-6, pick up sticks Adult folds child toward the floor – they grab at "sticks"
7-8, lay them straight Adult lays child, tummy down, on floor
9-10, a big fat hen! Adult gently tickles child's back (if they like that!)

Hickory dickory dock Child's arms outstretched to sides, tip gently side/side
The mouse ran up the clock Raise child's hands from lap to overhead
The clock struck one Clap once
The mouse ran down Wiggle hands from overhead to lap
Hickory dickory dock Child's arms outstretched to sides, tip gently side/side
(two – say "BOO!", three – say "WHEE" while lifting child under their legs to your shoulder,
Four – say "NO MORE" with "you're out" baseball gesture!

Jack Be Nimble, Jack be quick tip child from side to side, arms out
Jack jumped over the candlestick While going from sitting to standing, lift child to floor
in front of you