

Jack and Jill

• Franca Bombieri

An opening movement verse to gather the children's attention for circle.

*Movements created by Franca Bombieri,
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Jack and Jill
Went up the hill
To fetch a pail of water.

Jack fell down

And broke his crown

And Jill came tumbling after.

Then up Jack got

And home did trot
As fast as he could caper.

He went to bed

And plastered his head

With vinegar and brown paper.

Begin by marching in place.

Standing, jump straight up once, then fall to knees.

Bring hands to the side of head, just above each ear with fingers pointing up to form the sides of a crown.

While still kneeling, clap hands three times to the rhythm of the verse.

While still on knees lean forward placing hands flat on floor. On "up," hop onto feet while hands stay flat on floor and then stand up straight.

While standing jump straight up and down to the rhythm of the verse

Still standing straight, bring hands together to the right ear in a sleeping gesture, slightly lean head onto hands.

Place both hands on top of each side of the head.

Place hands on hips and skip three times to the rhythm of the verse, while bringing knees up high.