



Hello! Welcome to Rivers and Seas.

Our songs and rhymes this week are all about exploring the sights and sounds of being by water.



A Sailor Went To Sea

**A sailor went to sea, sea, sea,
To see what he could see, see, see.
But all that he could see, see, see,
Was the bottom of the deep blue sea, sea, sea!**

You could...

- *March on the spot pretending to be sailors.*
- *Use signing to help distinguish between 'sea' and 'see'.*
- *Pretend to pull up the anchor of a ship. Really emphasise the pulling action, keeping in time with the song. Listen to [Hornpipe from Handel's Water Music](#) and imagine you are king or queen parading on a royal barge, waving as you go. You could wear a crown and a cloak for added effect!*

Row Row Row Your Boat

Row, row, row your boat, gently down the stream -
Merrily merrily, merrily, merrily,
Life is but a dream!



- *With your child, gently rock forward and backwards whilst singing the song. Experiment moving **fast** and **slow**. Take turns to be the captain of the boat signalling how and when to row. The captain must use a 'play' and 'stop' sign to signal to the rower.*

Select a variety of sound making instruments. You could try making your own out of empty cartons filled with rice or pasta. Fill an empty bottle with water. Begin to pour the water out then stop. Alternate between pour and stop, encouraging your child to play and stop accordingly.

- *Use extra verses to explore different singing voices. Ask your child 'Can you sing it using a high-pitched squeaky voice? Or a **loud** deep roaring voice?' Add more animal characters such as a snake, a hedgehog or a frog. Hand puppets could be used for additional visual stimulus.*

Listen to [Barcarolle](#) by Offenbach. Go on an imaginary trip to the river. Can you be a fish swimming deep under water? Can you row gently around the river? Or swim in the river?



Bobby Shafto

Bobby Shafto's gone to sea, silver buckles at his knee;
He'll come back and marry me, Bonny Bobby Shafto!
Bobby Shafto's bright and fair, combing out his yellow hair;
He's my love for evermore, Bonny Bobby Shafto!



- Partner clapping: clap your knees then clap your hands with your partner. Keep repeating this sequence for the first verse then dance with your partner for the second verse.
- Try jogging around the room with your child whilst singing the song. For younger children you could bounce them on your knee. Try to feel the bouncy 'run-ning' rhythm of the song.
- Using a ball, 'bounce' and 'catch' it with your child whilst singing the song. Try to keep the 'bounce' and 'catch' movement steady and in time with the song.

John Kanaka



I heard, I heard the old man say, 'John Kanaka-naka tu-lai-e!
Today, today is a holiday, John Kanaka-naka tu-lai-e!
Tu-lai-e! Oh, tu-lai-e! John Kanaka-naka tu-lai-e!'

- Add actions to the song.
John - Stamp foot
Ka-na-ka-na – left, right, left, right, left pat hands on knee
Tu-lai-e –clap, clap, pat (pat hands with a partner)
- Link arms and skip or walk in a circle for the other lines in the song.
- Wave coloured scarves whilst dancing and singing around the room together.