



Bookbug's Song and Rhyme Library

Ròlaidh, Pòlaidh (Roly Poly - Gaelic)

Roly Poly is a simple, but fun rhyme. It's a great way to help children learn about opposites. The simple actions help children learn the meanings of the words. The repetition makes it easier for children to join in. Go nice and slow and give them a chance to join in with the actions and say the words along with you.

How to use this song with babies:

- Baby can lie on the floor and adults can gently move the baby's arms and legs to do the actions.
- With the baby facing you, do the actions so that they can watch you.
- Change the words a wee bit to add different actions. You might want to try blow, kiss, tap or tickle.

How to use this song with toddlers:

- Roly poly up and down, in and out, faster and slower.
- Roly poly under the Lycra. If you don't have Lycra use a scarf, dish towel or sheet.
- This could be a fun way to wake up. It's a great way to stretch after a sleep.

How to use this song with 3 to 5-year-olds:

- Encourage children to use their own arms to roly poly. Do different variations such as up and down, in and out, faster and slower.
- Make up your own verses: - roly poly blow, bend, tap, jump.