



Bookbug's Song and Rhyme Library

'Way Up High'

This is a great rhyme to say to encourage families to eat healthy food as part of a daily routine. It can also be said as a lullaby for babies at bedtime. **It's** lovely and interactive.

How to use this rhyme with babies:

- Wiggle your fingers over baby and gently sway them back and forth
- While rocking baby gently touch their face and raise them up then lower them down in time with the words
- Nuzzle in and kiss baby at end of rhyme
- Lift your baby up in the air (Way up high). Give them a gentle wiggle (I shook the tree) then lower them down (down came the apples). Pretend to eat your **child's** tummy or cheeks (mmm they were good)!

How to use this rhyme with toddlers:

- Try some actions:
 - Way up high in the apple tree (Raise arms high in the air)
 - Two shiny apples smiled at me (rub hands on cheeks)
 - I shook the tree as hard as I could (wiggle your body)
 - Down came the apples (Raise your hands up high then lower them)
 - Mmmm they were good. (Rub tummy)

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

- What other fruit could you say instead of apples? Cherry, bananas, coconuts
- Children could draw and cut out paper apples or other fruits to hold as if they were the tree
- Children could hold some Lycra or a sheet of material and follow the actions **'Way up high'**, **'I shook the tree'**, **'Down came the apples'** in time with the words