

DISC A

“GAMES”

- 1 Circles and Squares
- 2 Rabbits
- 3 Up and Down to Music
- 4 Sink and Rise
- 5 Traffic Lights

“RHYMES”

- 6 Three Blind Mice
- 7 Hickory Dickory Dock - Action Song
- 8 Repeated Rhymes - Hickory Dickory Dock
- 9 Hickory Dickory Dock - Dance
- 10 Baa, Baa, Black Sheep
- 11 Sing a Song of Sixpence
- 12 Mulberry Bush
- 13 Jack and Jill
- 14 If You're Happy and You Know It.
- 15 Humpty Dumpty - Action Song
- 16 Repeated Rhymes - Humpty Dumpty
- 17 Humpty Dumpty - Dance
- 18 Hot Cross Buns
- 19 I'm a Little Tea Pot
- 20 The Grand Old Duke of York
- 21 Repeated Rhymes - The Grand Old Duke of York

“VARIED TRAVELLING”

- 22 Urgent and Hurrying
- 23 Marching
- 24 Steady Walking Pace
- 25 Peaceful
- 26 Go to Sleep
- 27 Rocking
- 28 Bouncing and Energetic
- 29 Bouncing
- 30 Soft and Floating
- 31 Floating and Turning
- 32 Skipping
- 33 The Sun Has Got His Hat On
- 34 Stately - Like Kings and Queens
- 35 My Busy Week

“EMOTIONS”

- 36 Sad
- 37 Happy
- 38 Angry
- 39 Calm

Music arranged and performed by:

John Gaine	Neil Shepherd
Neil Gowland	Richard Smith
Jacob Grant	Edward Smith
Vincente Jover	John Smith
Dave Mulligan	Amy Whittle
Lincoln Noel	Laura Whittle
Fiona O'Hara	Daniel Wright
Winston Samuels	

ACTION KIDS AFTER - SCHOOL CLUBS

DISC B

“CONTRASTS”

- 1 Giant Strides and Fairy Steps
- 2 Giants and Fairies
- 3 Marching and Skipping
- 4 Skipping and Floating
- 5 Creeping and Galloping
- 6 Sad and Happy
- 7 Unhappy and Cheerful
- 8 Angry and Calm
- 9 Lost Tempers and Calm Endings
- 10 Restful - Lively - Restful
- 11 Shaking - Smooth - Shaking
- 12 Shaking and Gliding
- 13 Move and Shake

“MOVING AND STOPPING”

- 14 Move and Stop
- 15 Musical Statues
- 16 Move in the Mood and Stop
- 17 Rhythmical Statues

“DANCE”

- 18 Mr Jelly and Mr Strong
- 19 Miss Smooth and Mr Spiky
- 20 Miss Lightfoot and Mr Heavy
- 21 Painting
- 22 Autumn Leaves
- 23 “Nursery Rock”
- 24 The Scarf
- 25 Snow
- 26 Stars
- 27 Ribbons
- 28 Hokey Cokey Rock
- 29 Bubbles
- 30 Blowing Bubbles
- 31 Snakes
- 32 Dinosaurs
- 33 The Snake Charmer
- 34 Clowns
- 35 Highs and Lows
- 36 Rhythmic Response
- 37 Washing Machine

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