

Cumbria County Council
Chat Play Share
Rhymes and songs

<https://wordsforlife.org.uk/activities/sing-jack-and-jill-your-child/>

Jack and Jill

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.
Up Jack got, and home did trot,
As fast as he could caper,
He went to bed to mend his
head,
With vinegar and brown paper.

Birth – 2 years



Sit facing your baby and engage them with exaggerated facial expressions and some finger actions. Use a higher pitched sing-song voice and intonation to animate and accentuate the rhythm of the rhyme.

Watch for signs of engagement, moving the body to the beat or joining in with vocalisations or facial expression. Try pausing the rhyme to see how your baby reacts.

2-3 years



Say the rhyme and use simple actions to illustrate e.g. walk your hands up the hill, tap your head for 'broke his crown' and move your hand over hand in a circular motion as Jill tumbles down the hill.

Tap your knees or clap your hands in time to the rhythm of the rhyme. Find a hill or slope to roll down. Describe how it feels.

3-4 years



Once familiar with the rhyme try pausing to see if your child can recall the missing word that rhymes e.g. Jack and **Jill** went up the...

Talk about similarities in rhyming words. Make up alternative endings-Jack and Jill went to fill a bucket with cold water...

Chat Play Share...Other ideas you could try....

Remember to turn the TV and radio off when singing, chatting and sharing stories as background noise can hamper your child tuning in to what you are saying.

Further books to share:

- Billy's Bucket by Kes Gray
- Tiddalick, the Greedy Frog: An Aboriginal Dreamtime Story
- Maisy's Pool by Lucy Cousins
- The Little Raindrop by Joanna Gray
- Have You Filled a Bucket Today? by Carol McCloud

Electronic versions of stories can also often be found online.

A pail is another name for a bucket. What other containers could you fill up with water? How do you move water from one place to another? Collect a range of objects that can be filled, introduce language such as full, empty, overflowing etc. Would you use an egg cup to fill a bath? How do you fill up your paddling pool? How do farmers get water to their animals and water their crops? Living things need to drink water to stay hydrated.

The next time it rains close your eyes and listen to the sound of the rain on the windows. Go outside and use all your senses to feel the rain on your face. Put on your wellies and jump in a puddle of water-run, jump, stomp, hop. Think of words to describe the sound of water-splish, splash, splosh, pitter, patter. If you are by the sea you might hear the waves crash and feel the spray on your face and taste the salt in the air. If it hasn't rained in a while, make up a rain dance and chant some words to encourage the heavens to open!

Talk about different sources of water and recall family outings. You might have been to a river, pond or the sea. Find a picture of a well and talk about how you lower the bucket down into the ground and wind it back up again.

Watch the film *The Girl Who Built a Rocket* and talk about ways to carry water without spilling it and how we use water in our homes. Think of ways to save water-switch the tap off when you are cleaning your teeth.

<https://www.wateraid.org/uk/stories/the-girl-who-built-a-rocket>