



Life Spirals

Heads and Shoulders, Knees and Toes

Heads and shoulders, knees and toes
Knees and toes, knees and toes
Heads and shoulders, knees and toes
We all clap hands together

Eyes and ears and mouth and nose
Mouth and nose, mouth and nose
Eyes and ears and mouth and nose
We all clap hands together

Miss Polly Had a Dolly

Miss Polly had a dolly
Who was sick, sick, sick,
So she called for the doctor
To be quick, quick, quick;
The doctor came
With his bag and his hat,
And he knocked at the door
With a rat-a-tat-tat.

He looked at the dolly
And he shook his head,
And he said "Miss Polly,
Put her straight to bed."
He wrote out a paper
For a pill, pill, pill,
"I'll be back in the morning
With the bill, bill, bill."

Three Little Monkeys Jumping on the Bed

Three little monkeys jumping on the bed
One fell off and bumped his head
So Momma called the doctor and the doctor said
No more monkeys jumping on the bed!

Two little monkey jumping on the bed
One fell off and bumped his head
So Momma called the doctor and the doctor said
No more monkeys jumping on the bed!

One little monkey jumping on the bed
He fell off and bumped his head
So Momma called the doctor and the doctor said
No more monkeys jumping on the bed!

No little monkeys jumping on the bed
None fell off and bumped their head
So Momma called the doctor and the doctor said
Put those monkeys back in bed!