

PAST; NURSERY RHYMES

Residents with dementia and alzheimers have a more tenacious grasp on long-term memories than on short term. They are very likely to remember the nursery rhymes they learned as children and it is often comforting for them to recall these words from childhood.

When facilitating this activity, give the participants plenty of opportunity to recite the rhymes. Should they get "stuck", provide the next word or two words as a clue then allow them time to continue on their own.

Sometimes to get started on a rhyme you will need to read much of the first line but with other rhymes the first two words will be all you need.

NURSRY RHYMES

Baa baa black sheep, Have you any wool
Yes sir have I, Three bags full
One for the master, One for the dame
And one for the little boy who lives down the lane.

Diddle diddle dumpling, My son John
Went to bed with his stockings on
One shoe off, One shoe on
Diddle diddle dumpling, My son John

Ding song bell, Pussy's in the well
Who put her in? Little Johnny Flynn
Who pulled her out ? Little Tommy Stout
What a naughty boy was that, to try to drown poor pussy cat
Who never did him any harm but killed the mice in the farmer's barn

Georgie Porgie, pudding and pie
Kissed the girls and made them cry
When the boys came out to play
Georgie Porgie ran away.

Goosey, goosey gander, whither shall I wander
Upstairs and downstairs and In my lady's chamber

Hey diddle diddle, the cat and the fiddle
The cow jumped over the moon
The little dog laughed to see such sport
And the dish ran away with the spoon

Hickory dickory dock, the mouse ran up the clock
The clock struck one, down the mouse run
Hickory, dickory dock

Humpty Dumpty sat on a wall
Humpty Dumpty had a great fall
And all the king's horses and all the king's men
Could never put Humpty together again

I'm a little teapot, short and stout
Here is my handle and here is my spout
When I start to boil, here me shout
Then tip me over and pour me out

It's raining, it's pouring, the old man is snoring
Bumped his head when he went to bed
And he couldn't get up in the morning

The itsy bitsy spider, went up the water spout
Down came the rain and washed the spider out
Out came the sun and dried up all the rain
So the itsy bitsy spider climbed up the spout again

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 off he trot as fast as he could caper
To old Dame Dobb who patched his knob with vinegar and brown paper

Jack Sprat could eat no fat, his wife could eat no lean
So betwixt the two of them, they licked the platter clean

Jack be nimble, Jack be quick
Jack jump over the candle stick

Lady bug, lady bug, fly away home
Your house is on fire, your children alone
All except one and her name is Ann
And she hid under the baking pan

Little Jack Horner sat in a corner eating his Christmas pie
He stuck in his thumb and pulled out a plum and said, "What a good boy am I"

Simple Simon met a pie man going to the fair

Said Simple Simon to the pie man, "May I taste your wares?"

Said the pie man to Simple Simon, "Show me first your penny"

Said Simple Simon the pie man, "Indeed I haven't any"

Sing a song of sixpence.....a pocket full of rye

Four and twenty blackbirds baked in a pie

When the pie was opened.....the birds began to sing

Now wasn't that a dainty dish to put before the king

There was an old woman who lived in a shoe

She had so many children.....she didn't know what to do

She gave them broth without any bread

Then whipped them all soundly and sent them to bed!

Peter, Peter, pumpkin eater.....had a wife and couldn't keep her

He put her in a pumpkin shell..... and there he kept her very well

Pat-a-cake, pat-a-cake bakers man.....bake a cake as fast as you can

Pat it and prick it and mark it with "B" .. put it in the oven for baby & me

Peter Piper picked a peck of pickled peppers

If Peter piper picked a peck of pickled peppers

Where's the peck of pickled peppers Peter Piper picked?

Star light, star bright, first star I see tonight

I wish I may, I wish I might have the wish I wish tonight

Mary had a little lamb, its fleece was white as snow

Everywhere that Mary went the lamb was sure to go

It followed her to school one day, which was against the rules

It made the children laugh and play to see a lamb in school

One, two buckle my shoe Three, four shut the door

Five, six pick up sticks..... Seven, eight lay them straight

Nine, ten the big fat heneleven, twelve dig and delve

Thirteen, fourteen maids a courting

Fifteen, sixteen maids in the kitchen

Seventeen, eighteen maids a-waiting

Nineteen, twenty my plate is empty.

To market, to market to buy a fat pig
Home again, home again, jiggity jig
To market, to market to buy a fat hog
Home again, home again jiggity jog

The Queen of Hearts she made some tarts, all on a summer's day
The Knave of Hearts he stole those tarts and took them clean away
The King of Hearts called for the tarts and beat the Knave full sore
The Knave of Hearts returned the tarts and vowed he's steal no more

Pussy cat, pussy cat where have you been?
I've been to London to visit the queen.
Pussy cat, pussy cat what did you so there?
I frightened a little mouse under her chair!

Rub-a-dub-dub, three men in a tub, and who do you think they be
The butcher, the baker, the candle stick maker
Turn them out, knaves all three!

Little Miss Muffet, sat on a tuffit
Along came a spider, and sat down beside her
And frightened Miss Muffet away.

Little Boy Blue, come blow your horn
The sheep's in the meadow, the cow's in the corn
Where's the little boy looking after the sheep
Under the haystack, fast asleep

Jack Sprat could eat no fat, his wife could eat no lean
So betwixt the two of them, they licked the platter clean

Humpty Dumpty sat on a wall, Hunpty Dumpty had a great fall
All the king's horses and all the king's men
Couldn't put Humpty together again

Jack be nimble, Jack be quick, Jack jump over the candlestick

Old Mother Hubbard, went to the cupboard
To get her poor dog a bone
But when she got there the cupboard was bare
And then her poor dog had none

Hickory, dickory dock, the mouse ran up the clock

The clock struck one, the mouse ran down

Hickory, dickory, dock

Peas porridge hot, peas porridge cold

Peas porridge in the pot nine days old

Some like it hot, some like it cold

Some like it in the pot nine days old

Mary, Mary quite contrary, how does your garden grow ?

With silver bells and cockle shells and pretty maids all in a row

Lady bug, lady bug fly away home

Your house is on fire, your children have flown

All except one and that's little Ann, for she crept under the frying pan!

Sing a song of sixpence, a pocket full of rye

Four and twenty blackbirds baked in a pie

When the pie was opened the birds began to sing

Now wasn't that a dainty dish to set before the king?

Peter, Peter pumpkin eater had a wife and couldn't keep her

Put her in a pumpkin shell and there he kept her very well

Three blind mice, three blind mice

See how they run, see how they run

They all run after the farmer's wife who cut off their tails with a carving knife

Did you ever see such a sight in your life as three blind mice, three blind mice

Jack and Jill went up the hill to fetch a pail of water

Jack fell down and boke his crown and Jill came tumbling after

Up Jack got and off he trot as fast as he could caper

To old Dame Dobb who patched his knob with vinegar and brown paper

Little Jack Horner sat in a corner eating his Christmas pie

He stuck in his thumb and pulled out a plum and said "What a good boy am I"

Diddle, diddle dumpling my son John

Went to bed with his stockings on; one shoe off and one shoe on

Diddle, diddle dumpling my son john

Georgie Porgie pudding and pie, kissed the girls and made them cry

When the boys came out to play, Georgie Porgie ran away

The itsy bitsy spider climbed up the water spout

Down came the rain and washed the spider out

Out came the sun and dried up all the rain

So the itsy bitsy spider climbed up the spout again

It's raining, it's pouring, the old man is snoring

Bumped his head when he went to bed and couldn't get up in the morning

Little Bo Peep has lost her sheep and can't tell where to find them

Leave them alone and they'll come home bringing their tails behind them

Little Tommy Tucker sang for his supper

What did he sing for? White bread and butter

Mary had a little lamb, its fleece as white as snow

And everywhere that Mary went the lamb was sure to go

It followed her to school one day which was against the rules

It made the children laugh and play to see a lamb in school

A dillar, a dollar, a ten o'clock scholar, why did you come so soon ?

You used to come at ten o'clock but now you come at noon!

This little pig went to market, this little pig stayed home

This little pig had roast beef, this little pig had none

And this little pig went wee wee wee all the way home

Hey diddle diddle, the cat and the fiddle, the cow jumped over the moon

The little dog laughed to see such sport and the dish ran away with the spoon