

On the Loose with Mother Goose: Building Early Literacy and Self- Regulation Skills Using Songs and Rhymes



by Dr. Betsy Diamant-Cohen

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1

Hopes for This Session

- Knowledge
- Skill
- Motivation



2

We're So Happy

We're so happy, we're so happy.
We're so happy that everyone is here.

Estamos Contentos

Estamos contentos, estamos contentos.
Estamos contentos que todos están aquí.



3

Welcome

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MGOL Rhymes Playlist: goo.gl/Vu1JEE
443-928-3915



4



5

TWO LITTLE DICKEY BIRDS

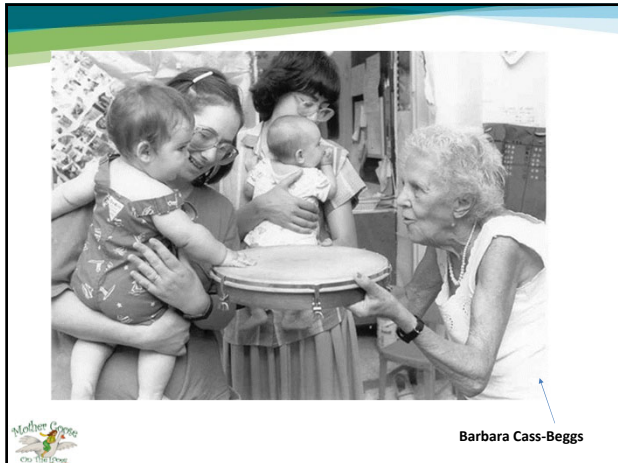
Two little dickey birds sitting on a cloud.
One named "Soft", the other named "Loud."
Fly away Soft! Fly away Loud!
Come back Soft! Come back Loud!*

Say "Loud" in a loud voice.
Say "Soft" in a soft voice

Adapted by Barbara Cass -Beggs



6



7

Mother and Father and Uncle John



Mother and father and Uncle John,
Went to market one by one.
Mother fell off...
And father fell off...
But Uncle John went on and on and on.....



Mother Goose On The Loose

8

Mother Goose On The Loose

1. Welcome
2. Rhymes, reads, & book illustration
3. Body: Head, arms, belly, legs
4. Rum pum pum
5. Stand-up activities
6. Animals (books and puppets)
7. Musical instruments or scarves
8. Lullaby
9. Interactive rhymes (candlestick, Humpty)
10. Closing songs



Mother Goose On The Loose

9

80% Repetition from Session to Session!

- Repetition supports brain development.
- Repetition reinforces memory skills, sequencing skills and increases vocabulary.
- Repeating rhymes allows children to memorize familiar words and phrases.
- Memorized rhymes promote positive independence.

Mother Goose On The Loose

10

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assists healthy development
of the **WHOLE CHILD**



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11

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Sample Program



Mother Goose On The Loose

12

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1. Welcoming Comments



13



Create an Optimal Learning Environment

Use welcoming comments
to put everyone at ease
and set up guidelines.



14

Ritual

Invites us

Unites us

Involves senses

Activates memory

Embodies meaning

Eases transitions



15

Mother Goose On The Loose

1. Welcome
2. Rhymes, reads, & book illustration



16

Repetition...Repetition...Repetition

Promotes learning

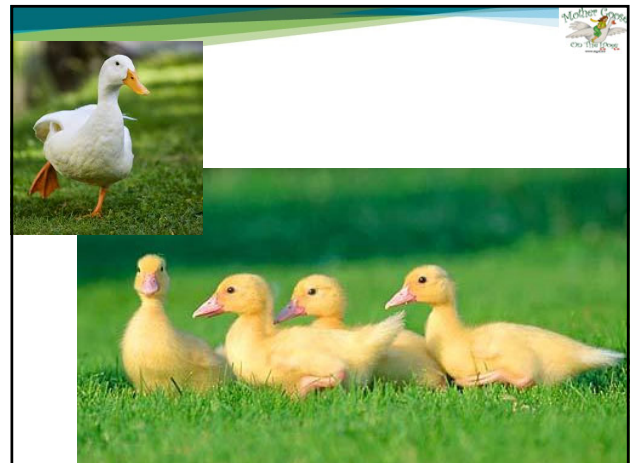
Increases enjoyment

Creates a sense of safety

- Singing together rather than performing
- Familiarity creates fondness
- Learning is easier when the material is familiar



17



18

SURPRISE!

Alert – senses
Focus – attention
Activate – response
Impress -- memory



19

Language and Literacy: Six Skills to Get Ready to Read



Print Motivation

- Vocabulary
- Narrative Skills
- Phonological Awareness
- Print Awareness



a

Letter Knowledge

A

Let it Shine



Every Child Ready to Read @ your library

20

Mother Goose On The Loose

1. Welcome
2. Rhymes, reads, & book illustration
3. Body: Head, arms, belly, legs



21

We Hit the Floor Together

We hit the floor together,
 We hit the floor together,
 We hit the floor together,
 Because it's fun to do.



Smack our knees, clap our hands, wiggle our fingers, sway from side to side, all wave "hello"

Adapted by Barbara Cass-Beggs

Change the song.
For example, "We're going to the store... because it's fun to do."



22

Mother Goose On The Loose

1. Welcome
2. Rhymes, reads, & book illustration
3. Body: Head, arms, belly, legs
4. Rum pum pum



23

Rum pum pum

Rum pum pum.
 This is my drum..
 Rum pum pum.
 This is my drum..
 My name is ____.
 What's your name?



24

Mother Goose On The Loose

1. Welcome
2. Rhymes, reads, & book illustration
3. Body: Head, arms, belly, legs
4. Rum pum pum
5. Stand-up activities



25

We're Marching to the Drum

(Tune of "The Farmer in the Dell")

Developmental Tip: Complimenting children on job well-done after they have followed directions helps them feel proud of themselves. Saying "Good job!" after everything becomes meaningless, but when a child is asked to do a specific task and successfully completes it, a positive word is always welcomed. Children who have pride in themselves and believe in their own abilities will have more reason to follow directions!



26

Playing Freeze Games



27

And We Walk....

And we walk, and we walk,
and we walk, and we stop.
And we walk, and we walk, and we walk, and
we stop.
And we walk, and we walk, and we walk, and
we stop.
And we all turn around.... WOOOOOOO

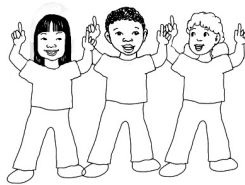
And we creep, stomp, march, twirl, tiptoe, etc.



28

Hokey Pokey

You put your hand in
You take your hand out.
You put your hand in, and you shake it all about.
You do the Hokey Pokey and you give a little shout.
"I love you without a doubt- Hug!"



29

Jack-in-the-Box

Jack in the box
Sitting so still.
Won't you come out?
Yes, I will!



Developmental Tip: "Learning a rhyme that requires waiting and listening for a trigger word in order to perform an action helps children practice self-regulation skills."



30

Mother Goose On The Loose

1. Welcome
2. Rhymes, reads, & book illustration
3. Body: Head, arms, belly, legs
4. Rum pum pum
5. Stand-up activities
6. Animals (books and puppets)



31

I Went to Visit the Farm One Day

Anonymous

I went to visit a farm one day.
I saw a horse along the way.
And what do you think the horse did say?
[“Neigh, Neigh.”]



32

Very young kids don't READ books



But we can help them to get ready
for reading through nurturing their
early literacy skills.



33

The Itsy Bitsy Spider

and

The Great Big Spider



34

La araña pequeñita / La araña grandotota



La araña pequeñita subió subió subió.
Vino la lluvia y se la llevó.
Salió el sol y todo lo secó.
Y la araña pequeñita subió subió subió.



La araña grandotota subió subió subió.
Vino la lluvia y se la llevó.
Salió el sol y todo lo secó.
La araña grandotota subió subió subió.



35

Mother Goose On The Loose

1. Welcome
2. Rhymes, reads, & book illustration
3. Body: Head, arms, belly, legs
4. Rum pum pum
5. Stand-up activities
6. Animals (books and puppets)
7. Musical instruments & scarves



36

Handing out bells



37

We Ring Our Bells Together

We ring our bells together,
We ring our bells together,
We ring our bells together,
Because it's fun to do.



38

Ring, Ring, Ring, SHHHHHHH

(Ring bells, then stop and say "Shhhh" and hold the quiet for a little bit longer than necessary. See how the children respond and follow your lead, without you ever having to tell them what to do.)

Ring, ring, ring, ring, ring, ring. SHHHHHHH.
Ring, ring, ring, ring, ring, ring. SHHHHHHH.
Ring, ring, ring, ring, ring, ring. SHHHHHHH.
Ring, ring, ring, ring, ring, ring. SHHHHHHH.

Developmental Tip: "Listening games like this require children to pay attention. Instead of relying on verbal instructions, children play along by being involved in the activity and responding appropriately. Because it is a game and not a request to be quiet, children LOVE to participate. And they are getting great practice at self-regulation!"



39

Jack-in-the-Box

Jack in the box
Sitting so still.
Won't you come out?
Yes, I will!



Developmental Tip: "Learning a rhyme that requires waiting and listening for a trigger word in order to perform an action helps children practice self-regulation skills."

This rhyme can also be done with bells. Put the bell down on the floor in front of you, recite the rhyme softly, but pick up the bell and ring it loudly during the last verse. What a great way to practice self-regulation!



40

SCARVES!

Wind, Oh Wind* *by Barbara Cass-Beggs*

Wind, oh wind, oh wind, I say
What are you blowing away today?
Scarves, oh scarves, oh scarves I say.
The wind is blowing the scarves away.
(Wave colored scarves, then blow and let go at the same time) .

Developmental Tip: "Playing with colored scarves can ignite the imagination while strengthening gross motor skills."

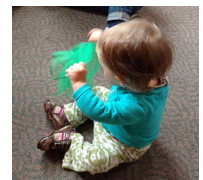


41

THIS IS THE WAY WE WASH

This is the way we wash our neck,
Wash our neck, wash our neck.
This is the way we wash our neck,
So early in the morning.

(arms, legs, knees, belly, back)



42

Scarves Away* by Barbara Cass-Beggs

(As you walk around the circle singing, expect the children to drop their scarves in the tote bag)

Scarves away, scarves away.
Put your scarves away today. (2x)

Developmental Tip: "Singing a clean-up song makes cleaning up a fun activity for children while teaching the behavior you expect when it is time to put something away."



43

Mother Goose On The Loose

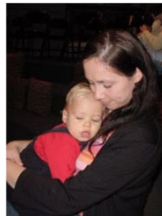
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6. Animals (books and puppets)
7. Musical instruments & scarves
8. Lullaby



44

Twinkle, Twinkle traditional

Twinkle, twinkle little star,
How I wonder what you are.
Up above the world so high.
Like a diamond in the sky.
Twinkle, twinkle little star,
How I wonder what you are.



Developmental Tip: "Holding your children close and rocking while they can feel your heartbeat reminds them of when they were in the womb. It speaks directly to their limbic system and often helps to calm them down."



45

Mother Goose On The Loose

1. Welcome
2. Rhymes, reads, & book illustration
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4. Rum pum pum
5. Stand-up activities
6. Animals (books and puppets)
7. Musical instruments or scarves
8. Lullaby
9. Interactive rhymes (Humpty Dumpty)



46

Humpty Dumpty traditional

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

(Recite the rhyme using flannel board pieces. Pull Humpty off the wall when he falls down. Then invite the children to come up one at a time and pull Humpty off of his wall. Ask everyone else to give a big round of applause each time to celebrate a job well-done.)



47

Developmental Tip: Inviting children to come up one-by-one to the flannel board without requiring them to raise hands or go in turn around the circle helps them practice regulating themselves. Not only do they have to wait until they can have a turn, but they are also responsible for sitting back down once they have pulled Humpty off the wall and been applauded. Mixing positive reinforcement for performing this simple task that any child can do with the practice of taking turns, sitting back down, and showing appreciation for others, is a fun way to build executive functioning skills.



48

Humpty Dumpty video demo



49

Fixing Humpty

MGOL Interactive Rhyme: Humpty Dumpty



50

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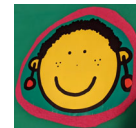


51

We're So Happy

*We're so happy, we're so happy
We're so happy that everyone is here.*

*We're so happy, we're so happy
We're so happy that everyone is here.*



52

EECR2

The Four Practices That Help Young Children Be Ready to Learn

- Talk
- Sing
- Share Books Joyfully
- Play



EVERY CHILD READY TO READ @ your library



53

Recite nursery rhymes!

- The more rhymes your child hears, the easier it will be to decode words when learning to read.
- Simple to sing, they are within the voice range of the child.
- Showing familiar characters when reading rhymes together helps children identify the rhymes by their characters.



MacLean, Bryant, & Bradley, 1987; MacLean, Morag, Bryant, & Bradley, 1987; Goswami, 1999; Goswami, 2001; Dickinson, et.al., 2003; Cardany, 2012;

54

Why Nursery Rhymes?

- Colorful characters attract attention, increasing interest – *Name a character*
- Simple story lines – *Which rhyme tells a story*
- Allows children to play with sounds and words – *What sounds funny?*
- Provides opportunities for drama – *What rhyme be acted out?*
- Introduces a variety of subject matter – *Name a subject*
- Are great for practicing social and emotional skills!

55

Young Children Develop in an Environment of Relationships



Mother Goose
on the loose

56

SING!!!!

Whether or not you sing on key,
music helps children



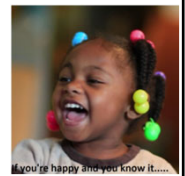
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on the loose

57

Make it Joyful

How you feel affects how you learn

Research suggests that children who had been read to on a regular basis in an unfriendly, pressured or threatening home environment actually developed strong negative reactions to books. These findings indicate that it is better not to read to a child at all at home rather than read to him or her in a resentful or coercive and harsh manner. (Belsky, van Ijzendoorn, & Crnic 1997)



You're happy and you know it....

58

Create an Optimal Learning Environment

- Use fun, developmentally-appropriate activities
- Plan stress-free activities (*no "right" or "wrong" way to do things*)
- Provide experiences that ignite imagination, inspire learning, nurture growth through play
- Talk, sing, read, do fingerplays, and play with your children!
- During family engagement programs, model for parents how to play with their children

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on the loose

59

Questions



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60

We're so Happy

We're so happy, we're so happy.
We're so happy that everyone is here.



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On the Loose

61

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MGOL Rhymes Playlist: <https://bit.ly/2Hf5be3>



62