

## Tunnagan beaga – activity

### Inbheach agus leanabh

Seasaibh mu choinneamh a chèile. Can ris an leanabh ‘dèan mar a tha mise a’ dèanamh.’ Fhad ‘s a tha thu a’ seinn ‘aon, dhà, trì’, cleachd do chorragan airson cunntais. Nuair a tha thu a’ seinn ‘casan beaga buidhe’, breab do chasan air an ùrlar. Cleachd do chorragan a-rithist airson ‘ceithir, còig, sia’ a chunntais. Coisich mar thunnag nuair a tha thu a’ seinn ‘spàg, spàg, spàg’ agus nuair a tha thu a’ seinn ‘guag, guag, guag’ aig an deireadh, plap do ghàirdeanan.

### Adult and child

*Stand facing each other. As you sing the numbers ‘Aon, dhà, trì’ count them out on your fingers. When you sing ‘Casan beaga buidhe’ stamp your feet. Count on your fingers again for ‘Ceithir, còig, sia’. Waddle from side to side as you sing ‘Spàg, spàg, spàg’ and flap your arms for the final ‘Guag, guag, guag’.*

### Gnìomh buidhne

Seasaibh ann an cearcall le rùm gu leòr airson gluasad timcheall. Fhad ‘s a tha sibh a’ seinn ‘aon, dhà, trì’, cleachdaibh ur corragan airson cunntais. Nuair a tha sibh a’ seinn ‘casan beaga buidhe’, breabaibh ur casan air an ùrlar. Cleachdaibh ur corragan a-rithist airson ‘ceithir, còig, sia’ a chunntais. Coisichibh mar thunnag nuair a tha sibh a’ seinn ‘spàg, spàg, spàg’ agus nuair a tha sibh a’ seinn ‘guag, guag, guag’ aig an deireadh, plapaibh ur gàirdeanan.

### Group Activity

*Stand in a circle with enough room to move around. As you sing the numbers ‘Aon, dhà, trì’ count them out on your fingers. When you sing ‘Casan beaga buidhe’ stamp your feet. Count on your fingers again for ‘Ceithir, còig, sia’. Waddle from side to side as you sing ‘Spàg, spàg, spàg’ and flap your arms for the final ‘Guag, guag, guag’.*

## Tog, tog, tog an caisteal – Activity

### Inbheach agus leanabh

Suidhibh mu choinneamh a chèile. Anns a' chiad rann, bidh sibh a' togail caisteal còmhla. Dèan dòrn ded làimh. Brosnaich an leanabh gu dòrn a dhèanamh de a làimh agus cuir air muin do dhùirn-sa e. An uair sin cuir do làmh eile air muin dòrn an leanabh. An uair sin nì an leanabh an aon rud le a làimh eile. Cumaibh oirbh a' cur na làimhe a th' aig a' bhonn chun a' mhullaich, turas mu seach, gus am bi a' chiad rann deiseil. Anns an dàrna rann, bidh sibh a' leagail a' chaisteil. Crathaibh ur làmhan sìos, air falbh bho ur bodhaig ri buille an òrain.

### Adult and child

*Sit facing your child. For the first verse you are building a castle together. Do this by making your hand into a fist. Encourage your child to make their hand into a fist and to place it on top of yours. Then take your other hand and place it on top of your child's fist. They should then do the same with their other hand. Continue by placing your lower hand to the top in turns until the first verse is complete. For the second verse you are knocking down the castle. Shake your hands out away from your bodies in a downward motion in time to the music.*

### Gnìomh buidhne

Seasaibh ann an cearcall. Dèanaibh dùirn dhe ur làmhan agus cuiribh air muin a chèile iad, fear mu seach, ri buille an òrain. Gluaisibh ur làmhan nas àirde agus nas àirde dhan adhar fhad 's a tha sibh a' togail a' chaisteil. Gus an caisteil a leagail, breabaibh ur casan a-mach air ur beulaibh ri buille an òrain.

### Group Activity

*Stand in a circle. Make your hands into fists and place them on top of the other in time to the music. Move your hands higher and higher into the air as you build the castle. For knocking down the castle, kick your legs out in front of you in time to the music.*

## Fear a' bhainne - Activity Ideas

### Inbheach agus leanabh

Suidh mu choinneamh an leanaibh. Cuiridh an leanabh a dhà dhòrn a-mach. Nuair a tha thu a' seinn 'aon phinnt, dà phinnt' gnog air dòrn mu seach le do làmhan fhèin. Gabhaidh sibh turas mu seach, a' gnogadh agus a' cumail a-mach dà dhòrn.

### Adult and child

*Sit facing a child with their hands in fists in front of you. When you sing the line 'aon phinnt, dà phinnt' tap their fists one at a time with your own hands. Take it in turns to do the tapping and holding your fists out.*

### Gnìomh buidhne

Beachdaichibh còmhla air biadh agus deoch fallain – cò às a tha iad a' tighinn?  
Beachdaichibh air cò às a tha bainne a' tighinn agus dè na rudan a ghabhas dèanamh leis. Seinnibh an t-òran agus a h-uile turas a sheinneas sibh 'aon phinnt, dà phinnt' thoiribh a chreidsinn gu bheil sibh ag òl glainne bainne. Smaoinichibh air gnìomhan eadar-dhealaichte a nì sibh fhad 's a bhios sibh a' seinn 'aon phinnt, dà phinnt.' Mar eisimpleir, dh'fhaodadh sibh leum suas is sìos, ur boisean a bhualadh no ur ceann a ghnogadh 's msaa. Seinnibh an t-òran a' fàgail às nam faclan 'aon phinnt, dà phinnt' ach fhathast a' dèanamh a' ghnìomh. An urrainn dhuibh cumail ann an tìm agus cumail ris an fhonn?

### Group Activity

*Elicit different types of healthy food and drinks; where do they come from? Discuss where milk comes from and what can be made from it. Sing the song through and mime drinking a glass of milk each time you sing 'aon phinnt, dà phinnt'. Think of different actions to do every time you sing 'aon phinnt, dà phinnt' such as jumping up and down, clapping your hands, tapping your head etc. Now sing the song without singing 'aon phinnt, dà phinnt' but continue doing the chosen action. Can you keep in time and stay in tune?*

*Song and activity from Òrain na Cloinne Bige (e-stòras)*

## Deich èisg bheaga – Activity

### Inbheach agus leanabh

Suidh aig bòrd còmhla ris an leanabh. Cuir 10 èisg-dhèideig/ dealbhan de dh'èisg (faic an ath dhuilleag) air a' bhòrd air ur beulaibh. Ruith do chorrag air feadh an àite eadar na h-èisg fhad 's a tha thu a' seinn. Nuair a ruigeas tu am facal 'GLUG!', beir air aon iasg agus cuir gu aon taobh e. Anns an ath rann broснаich an leanabh a dhèanamh mar a rinn thu fhèin. Gabhaibh rann mu seach gus am bi na h-èisg gu lèir air falbh.

### Adult and child

*Sit at a table. Place 10 toy fish/pictures of fish (see the next page) on the table in front of you both. Trace your finger in between the fish as you sing, moving in every direction. When you reach the word 'GLUG!' quickly grab a fish and put it to the side. Encourage your child to do the same for the next verse. Take it in turns for each verse until all the fish have been removed. '*

### Gnìomh buidhne

Seasaibh ann an cearcall. Mura h-eil deichnear sa bhuidhinn, tòisichibh le bhith a' seinn na h-àireimh de chloinn a tha ann. Fhad 's a tha sibh a' seinn an òrain, bidh aon leanabh a' coiseachd timcheall a' chearcaill 's a làmh air a cheann, coltach ri ite siorc. Nuair a tha sibh a' seinn 'Thàinig an siorc GLUG!', gnogaidh an leanabh a tha a' coiseachd timcheall gualann leanabh eile gu socair agus suidhidh an leanabh eile ann am meadhan a' chearcaill. Leanaibh oirbh san aon dòigh gus am bi a' chlann gu lèir, ach an siorc, nan suidhe air an làr.

### Group Activity

*Stand in a circle. If you don't have 10 children in the group, begin by singing with the number of children present. As you sing the song one child should walk around the the outside of the group with their hand on their head like a shark fin. When you sing 'Thàinig an siorc GLUG!' the child who is walking should tap another child and that child should sit in the middle of the circle. Continue the song following the same instructions as before until all the children apart from the shark are sitting on the floor.*

## Còig tunnagan beaga – Activity

### Inbheach agus leanabh

Suidh air cathair le do leanabh air do ghlùin 's sibh le chèile a' coimhead air adhart. Gluais 5 corragan air ais agus air adhart fhad 's a tha thu a' seinn an rainn. Nuair a tha thu a' seinn 'Shuas gu h-àrd', fan nad shuidhe agus tog do ghlùinean le bhith a' dol air do chorra-biod. Cuir do ghlùinean sìos a-rithist nuair a tha thu a' seinn 'sìos chun an làir' agus cuir do leanabh gu cùramach air an ùrlar nuair a ruigeas tu 'Splais!'. Lean ort mar a rinn thu roimhe, ach na gluais ach 4 corragan an turas seo agus mar sin air adhart gus am bi an t-òran deiseil.

### Adult and child

*Sit on a chair with your child sitting facing forward on your knee. Wiggle 5 fingers as you sing the first verse. When you sing the line 'Shuas gu h-àrd' stay seated and lift your knees by going onto your tiptoes. Bring your knees back down as you sing 'sìos chun an làir' and gently place your child on the floor in time with the final 'Splais!'. Continue as before but wiggling one less finger for each verse until the song is complete.*

### Gnìomh buidhne

Seasaibh ann an cearcall. Can ris a' chloinn 'dèanaibh mar a tha mise a' dèanamh'. Cuir an ìre gu bheil thu nad thunnaig. Bidh do chasan sgaoilte ach bidh do shàilean ri chèile agus bidh do mhàs a' steigeadh a-mach. Gluais mar thunnag bho thaobh gu taobh fhad 's a tha thu a' seinn, agus gluais 5 corragan san adhar airson 'Còig tunnagan'. Cuir do làmhnan gu h-àrd airson 'Shuas gu h-àrd' agus bean ris an ùrlar airson 'sìos chun an làir'. Leum suas agus sìos, agus suidh air an ùrlar nuair a tha thu a' seinn 'Splais!'. Lean ort mar a rinn thu roimhe, ach na gluais ach 4 corragan an turas seo agus mar sin air adhart gus am bi an t-òran deiseil.

### Group Activity

*Stand in a circle and try to make your best duck pose. Your feet should be at an angle and your bottom sticking out. Waddle from side to side as you sing, waving 5 fingers in the air for 'Còig tunnagan beaga'. Reach up high for 'Shuas gu h-àrd' and touch the floor for 'sìos chun an làir'. Jump up and down and sit on the floor as you sing 'Splais!'. Continue as before but wiggling one less finger for each verse as the song dictates.*

## Còig bonnach bheaga - Activity Ideas

### Inbheach agus leanabh

Cùm suas còig corragan air do bheulaibh nuair a tha thu a' seinn a' chiad rann. Lùb aon chorrage sìos aig gach rann gus mu dheireadh chan eil corrag idir an-àirde. Cuir do làmh air do chùlaibh aig an rann mu dheireadh. 'Chan eil bonnach beag ann am bùth a' bhèiceir'.

### Adult and child

*Hold up 5 fingers in front of you for the first verse. Curl down one finger per verse until you have only one finger standing up. Hide your hand behind your back for the last verse. 'Chan eil bonnach beag ann am bùth a' bhèiceir'.*

### Gnìomh buidhne

Seasaidh sibh uile ann an cearcall le còig pocannan phònairean air an làr ann am meadhan a' chearcaill. Iarr air leanabh poca phònairean a thogail agus a chur ann an àite sam bith taobh a-muigh a' chearcaill nuair a bhios sibh a' seinn 'Ceithir bonnach bheaga'. Iarr air leanabh eadar-dhealaichte poca eile a thogail nuair a tha sibh a' seinn 'trì bonnach bheaga', agus a chur ann an àite eadar-dhealaichte taobh a-muigh a' chearcaill. Leanaidh sibh air adhart mar seo gus mu dheireadh nach eil poca air fhàgail ann am meadhan a' chearcaill agus gu bheil iad air feadh an làir. Nuair a tha a' chlann a' seinn an rann mu dheireadh, tagh dithis a thèid a chruinneachadh nam pocannan cho luath 's as urrainn dhaibh. Is e an neach a bhuannaicheas an neach aig a bheil an àireamh as motha de phocannan. Cluich an t-òran a-rithist agus tagh clann eadar-dhealaichte airson pàirt a ghabhail.

### Group Activity

*Stand in a circle with a pile of 5 beanbags on the floor in the middle. Ask a child to remove a beanbag from the pile and place it anywhere on the floor outside the circle when you sing 'Ceithir bonnach bheaga'. Ask a different child to remove another beanbag from the centre as you sing 'Trì bonnach bheaga' and place it in a different place outside the circle on the floor. Continue like this with each verse until there are no bean bags left in the middle of the circle and all 5 beanbags are spread out on the floor. As the children sing the last verse, choose 2 children to gather as many of the beanbags as quickly as they can from the floor. The winner is the child with the most beanbags. Play again as you sing the song, choosing different children to take part.*

*Song and activity from Òrain na Cloinne Bige (e-stòras)*

## Cat ri taobh an teine - Activity

### Inbheach agus leanabh

Suidh còmhla ris an leanabh. Bu chòir aon neach cur an ìre gur iad an cat agus an neach eile gur iad an teine. Bu chòir don chat cur an ìre gu bheil iad ag imlich an spògan agus gun do ghoirtich iad an sròn. Bu chòir don teine leum suas agus an cat a chronachadh, a' crathadh an colgag suas is sìos. Gabh cothrom mu seach air gach pàirt.

### Adult and child

*Sit with your child. One of you should pretend to be the cat and the other should be the fire. The cat should pretend to lick their paws and hurt their nose. The fire should jump up and tell the cat off by wagging their finger. Take it in turns to try each part.*

### Gnìomh buidhne

Suidhibh ann an cearcall. Bu chòir aon leanabh coiseachd timcheall a' bhuidhinn fhad 's a tha sibh a' gabhail an òrain. Nuair a ruigeas sibh an loidhne 'Leum a-mach sradag', bu chòir an leanabh a tha a' coiseachd gnogag bheag a thoirt do leanabh eile air a' ghualainn. Bu chòir an leanabh ud leum suas agus ruith às dèidh an leanabh eile. Cumaibh a' seinn gus an deireadh. Feumaidh an leanabh a bha a' coiseachd timcheall a' bhuidhinn feuchainn ri tilleadh dhan àite aca gun a bhith air an glacadh. Tòisichibh a-rithist le leanabh diofraichte.

### Group Activity

*Sit in a circle. One child should walk around the group as you sing the song. When you reach the line 'Leum a-mach sradag', the child who is walking should tap another child on the shoulder. This child should jump up and chase the other. Continue singing the song until the end. The child who was walking round the group should try to get back to their space without getting caught. Start again with a different child.*

## Chunnaic mise le mo shùil – Activity

### Inbheach agus leanabh

Suidhibh mu choinneamh a chèile. Brosnaich do leanabh aon ghàirdean a shìneadh a-mach air am beulaibh 's am bois a' coimhead suas. Coisich do chorragan sìos an gàirdean a dh'ionnsaigh an làimhe fhad 's a tha thu a' seinn 'Chaidh mi a-steach le sgillinn na mo làimh'. Gabh grèim socair air òrdag an leanabh agus brùth a-steach i gu socair fhad 's a sheinneas tu 'Is thug mi bonnach beag air falbh'. Bu chòir don leanabh a bhruthadh a-steach dham bois, a' fàgail 4 corragan ris. Dèan mar a rinn thu roimhe, a' bruthadh aon chorrage mu seach a-steach gus am bi an t-òran deiseil. Nuair a tha an t-òran deiseil, bu chòir gum bi corragan an leanabh uile air am bruthadh a-steach dham bois.

### Adult and child

*Sit together, facing each other. Encourage your child to stretch one arm out in front of them with their palm open facing upwards. Walk your fingers up your child's arm towards their hand as you sing 'Chaidh mi steach le sgillinn na mo làimh'. Gently clasp and bend their thumb inwards as you sing "S thug mi bonnach beag air falbh". The child should bend their thumb over revealing 4 fingers. Continue as before walking up their arm and bending down one finger at a time until the end of song. At the end of the song the child's hand should be clasped shut.*

### Gnìomh buidhne

Suidhibh ann an cearcall, agus 5 pocannan-phònairean sa mheadhan. Iarr air aon leanabh coiseachd timcheall a' chearcaill fhad 's a tha sibh a' seinn an òrain. Thoir air an leanabh coiseachd ri buille an òrain. Faodaidh càch am boisean no an glùinean a bhualadh ri buille an òrain. Nuair a tha sibh a' seinn "S thug mi bonnach beag air falbh", buailidh an leanabh a tha a' coiseachd timcheall a' chearcaill gualann leanabh eile gu socair. Togaidh an leanabh eile seo poca-phònairean bhon mheadhan agus bheir iad don stiùiriche e. Suidhidh a' chiad leanabh air ais sa chearcall. Tòisichidh an leanabh eile a' coiseachd timcheall a' chearcaill, agus nì iad mar a rinn a' chiad leanabh. Cumaibh oirbh a' dèanamh seo gus am bi na pocannan gu lèir air falbh.

### Group Activity

*Sit in a circle with 5 beanbags placed in the middle. Choose one child to walk around the group as you sing the song. Encourage the child to walk in time to the music. Everyone in the circle can clap hands or tap their knees to the beat. When you get to the line "S thug mi bonnach beag air falbh" the child who is walking should tap another child on the shoulder. This other child should then pick up a beanbag and give it to the leader. The first child should join the group on the floor and the other child becomes the one to walk around the group, following the instructions as before. Continue like this until all the beanbags have been removed.*

## Aon chorràg bheag - Activity Ideas

### Inbheach agus leanabh

Lean faclan an òrain a' tòiseachadh le aon chorràg bheag. Gluais do chorràg, suas cho àrd 's a ghabhas, agus suath an làr agus an uair sin do ghlùin mar a tha ri chluinntinn anns an òran. Anns an ath rann tòisich le dà chorràg a' dèanamh nan aon ghniomhan. Dèan seo gus mu dheireadh tha thu air na deich corragan a chleachdadh.

### Adult and child

*Follow the words of the song starting with one little finger. Wiggle your finger, point up high, then touch the ground and then put it on your knee as the song suggests.*

*In the next verse start with 2 fingers doing the same movements and continue by adding a new finger with each verse until you have used all 10 fingers.*

### Gnìomh buidhne

Seasaibh ann an cearcall fhad 's a tha sibh a' seinn. Leanaibh faclan an òrain a' tòiseachadh le aon chorràg bheag. Gluaisibh ur corrag, suas cho àrd 's a ghabhas, an uair sin suathaibh an làr, agus an uair sin ur glùin mar a tha ri chluinntinn anns an òran. Anns an ath rann tòisichibh le dà chorràg a' dèanamh nan aon ghniomhan. Dèanaibh seo gus mu dheireadh tha sibh air na deich corragan a chleachdadh.

### Group Activity

*Stand in a circle as you sing. Follow the words of the song starting with one little finger. Wiggle your finger, point up high, then touch the ground and then put it on your knee as the song suggests.*

*In the next verse start with 2 fingers doing the same movements and continue by adding a new finger with each verse until you have used all 10 fingers.*

*Song and activity from Òrain na Cloinne Bige (e-stòras)*