Cumbria County Council

Chat Play Share

Rhymes and songs

https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-ten-in-the-bed/z7bnmfr

Ten In the bed

There were ten in the bed and the little one said, “roll over, roll over.”

So, they all rolled over and one fell out.

There were nine in the bed and the little one said, “roll over, roll over.”

There were eight…….

Birth – 2 years



Sing this song lying on the floor with your baby.

Hold your baby facing you. Your baby will be on top of you on your tummy. When you sing “roll over, roll over” gently rock from side to side holding your baby.

When you sing “fell out” clap your hands. Your baby will hopefully enjoy the repetition in the song.

2-3 years



Smile and say your child’s name to encourage them to watch your face while you are singing. Encourage your child to sing “roll over roll over” while you are quiet. Insert your child’s name in place of “little one”. Let your child choose the number of children or toys in the bed.
You could do the actions lying on the floor and pretending to be in a bed. Cover yourselves up with a blanket.

3-4 years



Help your child to learn the song by singing it with them lots of times. Line up toys on the bed. Let your child choose how many they want in the line. There is lots of opportunity for counting. Use the toys to carry out the actions. Help your child to choose which toy will be the little one. Name this toy and sing their name in place of “little one.”

Chat Play Share…Other ideas you could try….

Share a book *together about this rhyme.*

Chat about the pictures and story.



Ten in a Bed by Jan Ormerod

The Going to Bed Book by Sandra Boynton

Pooh's Early to Bed Early to Rise Hum

by Ellen Milnes

My Bed by Anita Bilsterbosch

Simple Questions Ask your child some simple questions about the song.

Who is the little one?

Why did they all fall out of bed?

What do you think happened to

them after they had fallen out of bed?



Position words

Between two and three years old your child may use position words.

Make a small bed out of shoe box or use your child's bed. Ask them to put a toy in the bed / under the bed and on the bed. This will introduce or reinforce position words. Show your child how to do these actions if they are not yet sure of what these words mean.

Make up rhymes

It's always fun to make up new words to the rhymes or add verses to them. Start by changing rhyming words. How many words can you think of that rhyme with bed?
You can then add new rhymes of your own.

There were five in the shed
and the brown mouse said,
"keep munching, keep munching."
So, they all kept munching
but they heard a shout
and the biggest mouse said
" one must run out".
There were four in the shed……

