

One Two

This simple song works with infants and toddlers, and I've included motion activities for both. Sing it slowly allowing time for motions/massage.

One Two (for use with Infants)

Use simple massage as lyrics indicate. Touch is a baby's first language, and in addition to aiding in bonding, it reassures and builds security for babies.

Lay your baby on a blanket in front of you as you sing and do the motions and massage.

One, two, one, two,

(hold up index fingers as you count, and slowly move them from left to right as baby tracks the movement)

I have two eyes, so do you

(point to your eyes, then gently massage around baby's eyes as you sing)

One, two, one, two

(hold up index fingers as you count, and slowly move them from left to right as baby tracks the movement)

I have two ears, so do you

(point to your ears, then gently massage around baby's ears)

One, two, one, two,

(hold up fingers as you count, and slowly move them from left to right as baby tracks the movement)

I have two lips, so do you

(point to your lips, then gently massage around baby's mouth)

One, two, one, two,

(hold up index fingers as you count, and slowly move them from left to right as baby tracks the movement)

I have two hands, so do you.

(hold your hands up, then hold baby's hands and gently massage as you sing)

So do you!

(Gently clap baby's hands together)

One Two (for use with Toddlers)

Sing slowly with toddlers, and they will naturally do all the motions with you.

One, two, one, two,

(hold up index fingers as you count)

I have two eyes, so do you

(point to your eyes, then child's)

One, two, one, two,

(hold up index fingers as you count)

I have two ears, so do you

(point to your ears, then child's)

One, two, one, two,

(hold up index fingers as you count)

I have two lips, so do you

(point to your lips, then child's)

One, two, one, two,

(hold up index fingers as you count)

I have two hands, so do you.

(Hold up hands and turn them front to back, then point to child's hands)

So do you!

(Clap once on each word)