



songs by Jean Turnbull
pictures by Steve Storr

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JUST ME

Songs by Jean Turnbull

Pictures by Steve Storr

The songs in this book are designed for the pre-school child in a nursery or playgroup and for children with handicaps. They are intended to assist the child to develop body awareness, to promote simple learning concepts and to overcome perceptual difficulties. They have been used successfully with children who have a wide variety of handicaps.

When learning the songs, the child should be guided by an adult so that the correct actions are taught from the beginning.

King Edward's Hospital Fund for London

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© Songs Jean Turnbull
Illustrations Steve Storr
1980

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C/

To my mother and to the children in the special schools of Waltham Forest.

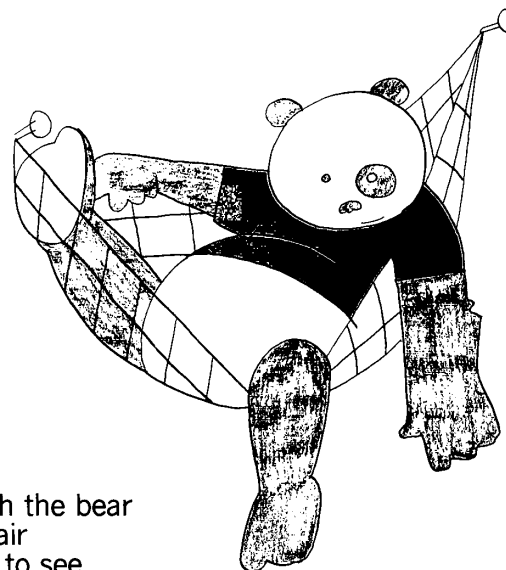
Jean Turnbull

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BUTTERWORTH THE BEAR



my name is Butterworth Butterworth the bear
black fur white fur I have lovely hair
I'm a big fat panda that you all love to see
and I'm here to help you learn about you and me

my name is But ter worth But ter worth the bear

A⁷ D^{MAJ} D^{MAJ} E⁷ A^{MAJ}

black fur white fur I have love ly hair I'm a

D^{MAJ} D^{MAJ} Emin E⁷ A^{MAJ} D⁷

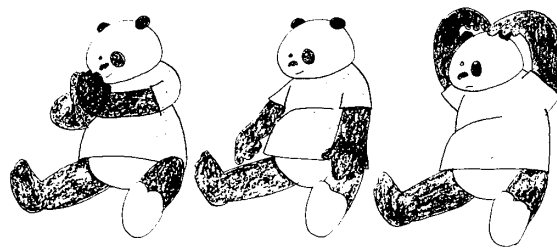
big fat pan da that you all love to see and I'm

G^{MAJ} D^{MAJ} Emin D^{MAJ}

here to help you learn a bout you and me

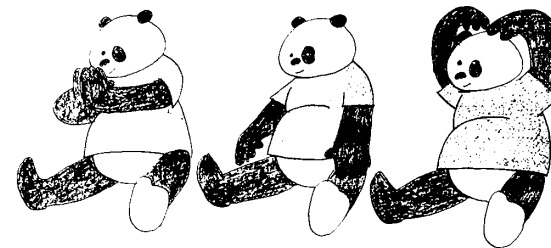
A⁷ D^{MAJ} A⁷ D^{MAJ}

HANDS KNEES

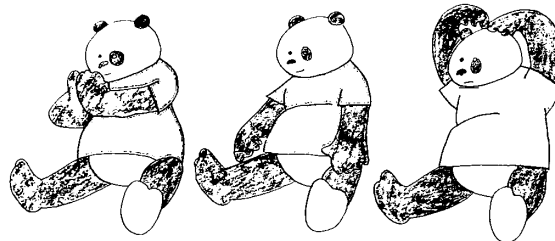


c

hands knees touch your head

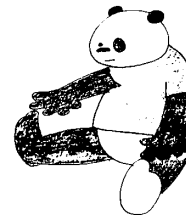


hands knees touch your head



hands knees touch your head

and now



where are your toes?

LEISURELY

hands knees touch your head

E MAJ E MAJ E MAJ B⁷ E MAJ

hands knees touch your head

B⁷ B⁷ B⁷ B⁷

hands knees touch your head and

E MAJ E MAJ A MAJ F[#] min

now where are your toes?

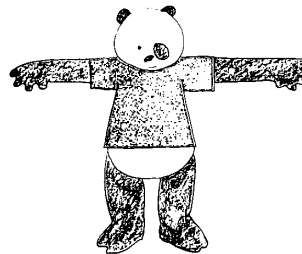
E MAJ B⁷ E MAJ

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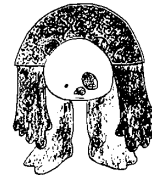
SEE HOW HIGH



see how high you
can lift your hands



see how wide you
can stretch
your arms



now let's see you
touch your toes



put your finger
on your nose

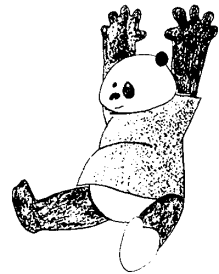
see how high you can lift your hands see how wide you can stretch your arms

now let's see you touch your toes put your fin ger on your nose

Chords: CMAJ, CMAJ⁷, FMAJ, GMAJ, G⁷, CMAJ, FMAJ, CMAJ, Dmin⁷, G⁷, CMAJ

Detailed description: This is a musical score for piano accompaniment, likely for a children's song. It consists of two systems of music, each with a treble and bass staff joined by a brace. The key signature has one flat (B-flat), and the time signature is 4/4. The first system contains four measures. The lyrics 'see how high you can' are under the first measure, 'lift your hands' under the second, 'see how wide you can' under the third, and 'stretch your arms' under the fourth. The second system also contains four measures. The lyrics 'now let's see you' are under the first measure, 'touch your toes' under the second, 'put your fin ger' under the third, and 'on your nose' under the fourth. Chords are indicated below the bass staff: CMAJ and CMAJ⁷ for the first two measures of the first system; FMAJ, GMAJ, and G⁷ for the next three measures; and CMAJ for the fourth measure. The second system has FMAJ for the first measure, CMAJ for the second, Dmin⁷ and G⁷ for the third, and CMAJ for the fourth. The music features simple chords and a melody in the treble staff.

STRETCH UP HIGH



stretch up high
as tall as a house



curl up small
like a little mouse

now pretend you have
a drum and beat like this



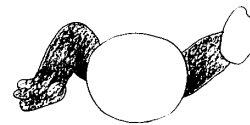
shake your fingers



close your eyes
tightly and go to sleep



rum pum
pum pum



stamp your feet

stretch up high as tall as a house curl up small like a lit tle mouse

A_{MAJ} A⁷ B_{min} E⁷ A_{MAJ}

now pre tend you have a drum and beat like this rum pum pum pum

D_{MAJ} E⁷ A_{MAJ} E_{MAJ} B⁷ B⁷ E_{MAJ}

shake your fin gers stamp your feet close your eyes tight ly and go to Sleep

D_{MAJ} A_{MAJ} E⁷ A_{MAJ} B_{min} A_{MAJ} D_{MAJ} A_{MAJ} E⁷ A_{MAJ}

TOP TO BOTTOM

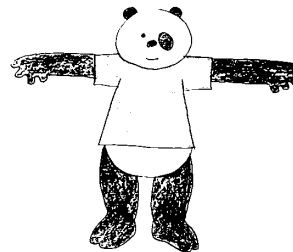
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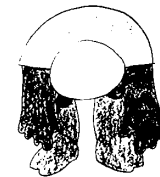
all the way from
top to bottom



and then my nose



my arms



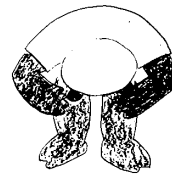
then I think I can
reach my toes



first my head



now my neck



my knees

now I'm coming up again
can I find my knees?
all the way from top to bottom
let's have a rest now please

all the way from top to bot tom first my head and then my nose

E^{MAJ} A^{MAJ} B⁷ B⁷ E^{MAJ}

now my neck my arms my knees then I think I can reach my toes

E^{MAJ} A^{MAJ} B⁷ B⁷ E^{MAJ} B⁷ E^{MAJ}

now I'm co ming up a gain can I find my knees?

A^{MAJ} E^{MAJ} B⁷ E^{MAJ}

all the way from top to bot tom let's have a rest now please

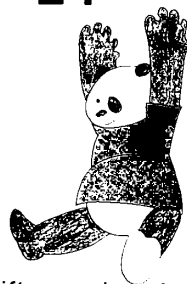
A^{MAJ} E^{MAJ} C^{#min} B⁷ E^{MAJ}

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STAMP YOUR FEET



stamp your feet
1 2 3



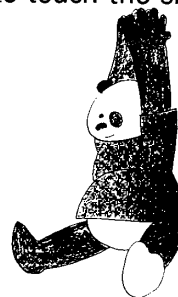
lift your hands
to touch the sky



and away they fly



put your hands
upon your knees



clap them now

stamp your feet 1 2 3 put your hands up on your knees

F_{MAJ} C' C' F_{MAJ}

lift your hands to touch the sky clap them now and a way they fly

B^b F_{MAJ} C_{MAJ} F_{MAJ} C' F_{MAJ} C' D_{min} C' F_{MAJ}

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EIGHT BIG FINGERS



eight big fingers
standing tall



ten little toes
all in a row



two little eyes
that I can see



two little ears
to hear mummy call



two short thumbs
that wriggle up
and down



oh what fun
to be just me



one little nose
that I can blow



two little feet
to stand on the ground

eight big fin gers stand ing tall two lit tle ears to hear mum my call

DMAJ DMAJ AMAJ AMAJ AMAJ A⁷ DMAJ DMAJ

one lit tle nose that I can blow ten lit tle toes all in a row

DMAJ DMAJ AMAJ AMAJ A⁷ A⁷ A⁷ DMAJ

two short thumbs that wrig gle up and down two lit tle feet to stand on the ground

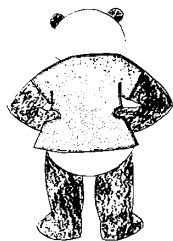
GMAJ A⁷ DMAJ A⁷ DMAJ A⁷ A⁷ DMAJ DMAJ

two lit tle eyes that I can see oh what fun to be just me

GMAJ A⁷ DMAJ A⁷ DMAJ Emin A⁷ DMAJ GMAJ DMAJ

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RIGHT AND LEFT



with my hands
on my hips



with my hands on my
hips I turn to the left



left



left



I turn to the right



right



right



now bow down low
now try to touch your toe

VIGOROUS

with my hands on my hips I turn to the right with my

C' FMAJ FMAJ Dmin Dmin

hands on my hips I turn to the left

Gmin Gmin C' CMAJ C'

right left right left now bow down low

FMAJ C' FMAJ C' FMAJ A' Dmin

now try to touch your toe

Gmin FMAJ C' Dmin C' FMAJ FMAJ FMAJ

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THAT'S ME



what do I use to see with?
my eyes



what do I use to smell with?
my nose



what do I use to touch with?
my hands



what do I use to hear with?
my ears



what do I use to taste with?
my mouth



eyes ears nose mouth hands
all together are part of me

what do I use to see with? my eyes

E^{MAJ} B⁷ E^{MAJ} B⁷ E^{MAJ}

what do I use to hear with? my ears

E^{MAJ} B⁷ E^{MAJ} B⁷ E^{MAJ}

what do I use to smell with? my nose

A^{MAJ} D^{MAJ} A^{MAJ} B⁷ E^{MAJ}

what do I use to taste with? my mouth

C[#]min C[#]min F[#]min⁷ B⁷

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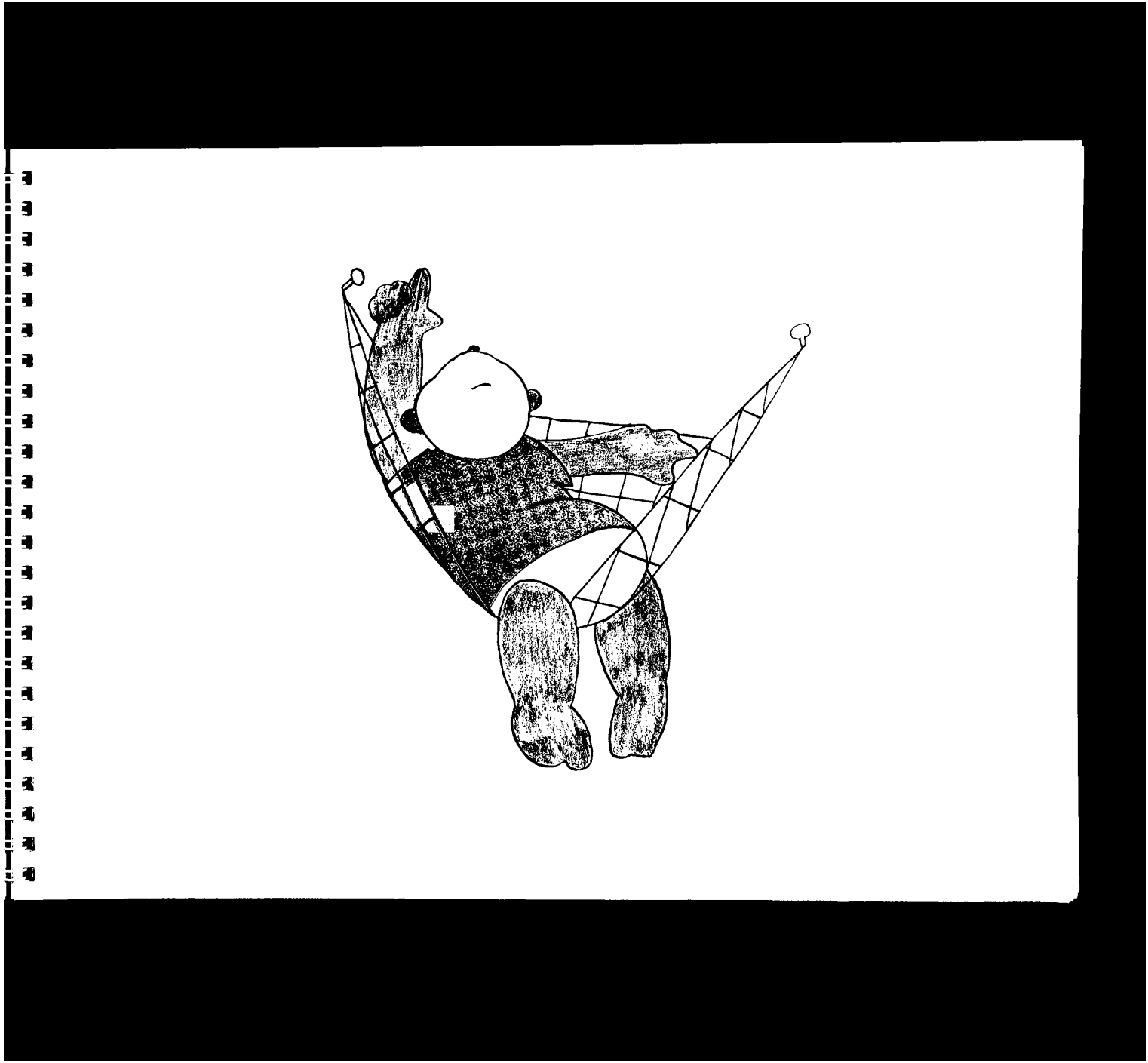
what do I use to touch with? my hands eyes ears

nose mouth hands all together are part of me

E MAJ B⁷ E MAJ B⁷ E MAJ A MAJ

E MAJ F# min⁷ B⁷ B⁷ E MAJ

C



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MY FINGERS



when I count my fingers
I must count up to ten



one



four



five



five on my one hand



two



and my thumb



and five



and then five again



three

I must say it twice



add up to ten
yes! that's very nice

when I count my fin gers I must count up to ten

five on my one hand and then five a gain

one two three four and my thumb I must say it twice

five and five add up to ten yes! that's ve ry nice

D MAJ A⁷ D MAJ E⁷ A⁷

D MAJ A MAJ D MAJ A MAJ

D MAJ A⁷ D MAJ E⁷ A⁷

D MAJ A⁷ D⁷ G MAJ D MAJ A⁷ D MAJ

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MY FINGERS



when I count my fingers
I must count up to ten



one



four



five

c.



five on my one hand



two



and my thumb



and five



and then five again



three

I must say it twice



add up to ten
yes! that's very nice

when I count my fin gers I must count up to ten

D MAJ A⁷ D MAJ E⁷ A⁷

five on my one hand and then five a gain

D MAJ A MAJ D MAJ A MAJ

one two three four and my thumb I must say it twice

D MAJ A⁷ D MAJ E⁷ A⁷

five and five add up to ten yes! that's ve ry nice

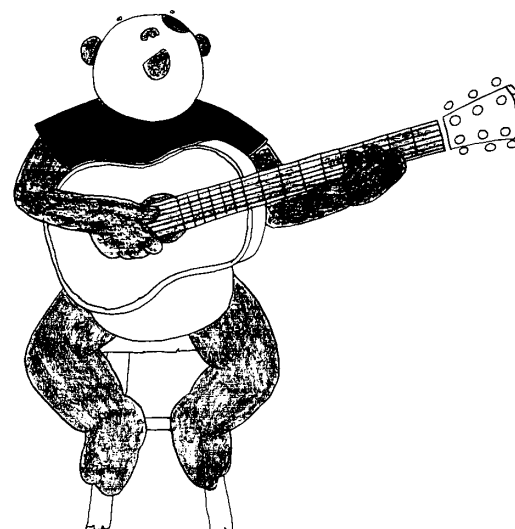
D MAJ A⁷ D⁷ G MAJ D MAJ A⁷ D MAJ

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MY VOICE

C

here is my high voice
here is my low
here is my quiet voice
make it quite slow
here is my loud voice
shouting with glee
this is a whisper
listen to me



here is my high voice here is my low

A^{MAJ} F[#]min B⁷ E^{MAJ}

here is my quiet voice make it quite slow

E⁷ E⁷ E⁷ A^{MAJ}

here is my loud voice shout ing with glee

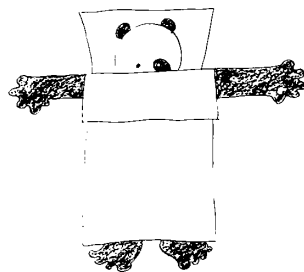
A^{MAJ} D^{MAJ} A^{MAJ} F[#]min

this is a whis per lis ten to me

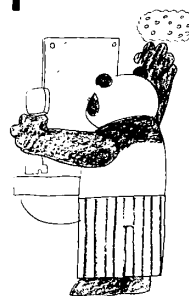
A^{MAJ} A^{MAJ} E⁷ A^{MAJ}

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IT'S TIME TO GET UP



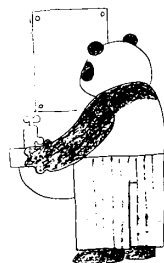
it's time to get up
in the morning



wash my face with water
that's what I must do



now I'm clean and shining



what must I do?



take the soap
take the sponge
rub them on my face



ready to take my place

it's time to get up in the morn ing what must I do?

A⁷ D^{MAJ} Bmin⁷ Emin A⁷ D^{MAJ}

wash my face with wat er that's what I must do

G^{MAJ} D^{MAJ} E⁷ A^{MAJ}

take the soap take the sponge rub them on my face

G^{MAJ} D^{MAJ} A⁷ D^{MAJ}

now I'm clean and shin ing rea dy to take my place

G^{MAJ} D^{MAJ} Emin A⁷ D^{MAJ}

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MY TEETH



white teeth
white teeth
smiling all
the day



brush them
brush them



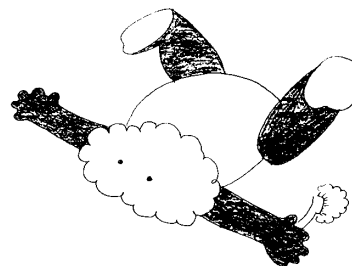
brush them
up and down



how do I keep
my white teeth
looking this way?



inside outside



and upside down

white teeth white teeth smi ling all the day how do I keep my white teeth look ing this way?

brush them brush them brush them up and down in side out side and up side down

AMAJ DMAJ E⁷ AMAJ AMAJ B⁷ EMAJ

AMAJ DMAJ E⁷ AMAJ DMAJ AMAJ E⁷ AMAJ

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MY HAIR

C



now it's time to go
to school
I've had enough
to eat



but first I must
brush my hair
to make it nice
and neat



big strokes
little strokes
what do I see?



a face that's clean
and teeth that shine
and hair that's
nice on me

now it's time to go to school I've had enough to eat but

DMAJ Bmin⁷ E⁷ A⁷

first I must brush my hair to make it nice and neat

DMAJ Bmin⁷ E⁷ AMAJ

big strokes lit tle strokes what do I see? a

GMAJ DMAJ Emin⁷ A⁷ DMAJ

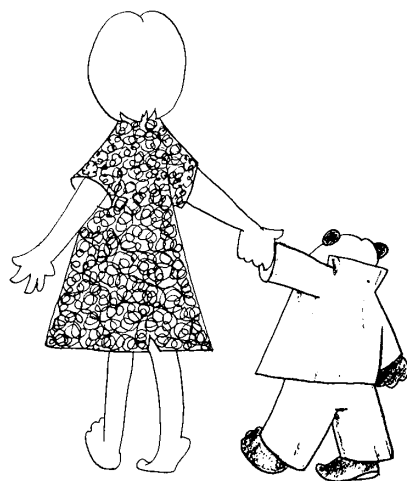
face that's clean and teeth that shine and hair that's nice on me

GMAJ DMAJ GMAJ DMAJ A⁷ DMAJ

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BED TIME

C



it's late now it's late now
it's time to go to bed
is my pillow ready to lay down my head?
into bed snuggle down
where's my favourite toy?
come along Butterworth
there's a good boy

it's late now it's late now it's time to go to bed

E⁷ Amin E⁷ Amin Emin

is my pillow ready to lay down my head?

F^{MAJ} G⁷ C^{MAJ} Dmin G⁷ C^{MAJ}

in to bed snuggle down where's my favorite toy?

F^{MAJ} C^{MAJ} Dmin G⁷ Amin

come a long Butterworth there's a good boy

Dmin Amin E⁷ Amin

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WATCH THE MOUSE



one fine day
when the cat was away
one little mouse
came out to play



he looked around
to see the way
was clear



then shouted
'here I come
see if you can catch me here?'

one fine day when the cat was a way one lit tle mouse came out to play he

looked a round to see the way was clear then shou ted'hereI come see if you can catch me here?"

DMAJ A⁷ A⁷ DMAJ GMAJ

DMAJ A⁷ A⁷ A⁷ DMAJ

Note

Children sit in straight lines.
 One or two children operate clockwork mice.
 They release them on the words, 'here I come' and the
 children who catch them are the next to play the game.
 Make the game move from left to right which reinforces reading patterns.

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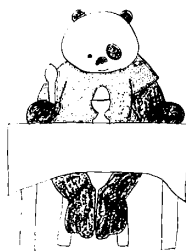
ROUND AS A BALL



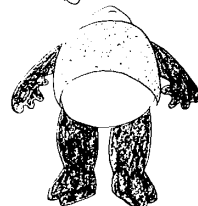
round as a ball
is round



long as a road is long



small as an egg
is small



tall as a tree is tall

these are the things I see
these are the things for me
help me to see what's round and small
long or short or very tall
these are the things for me

SLOWLY

round as a ball is round small as an egg is small

CMAJ Amin G⁷ G⁷

long as a road is long tall as a tree is tall

CMAJ Amin G⁷ G⁷

these are the things I see these are the things for me

CMAJ Amin G⁷ G⁷

help me to see what's round and small long or short or ve ry tall

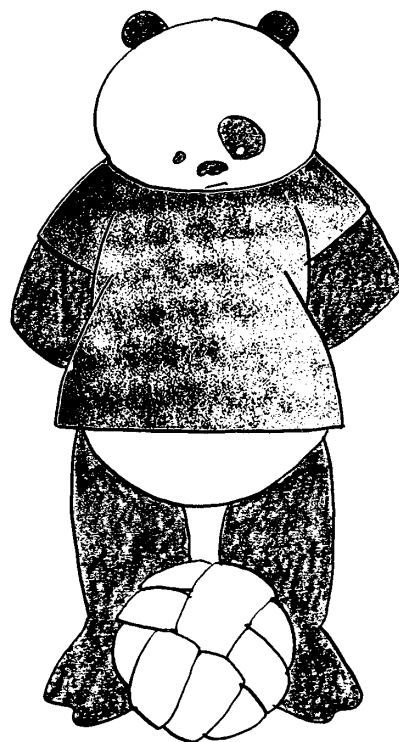
CMAJ C⁷ FMAJ G⁷ CMAJ C⁷ FMAJ G⁷

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these are the things for me

CMAJ FMAJ⁷ G⁷ CMAJ

C

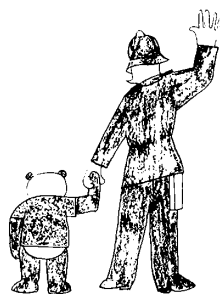


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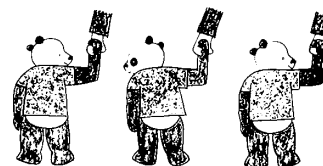
THE POLICEMAN



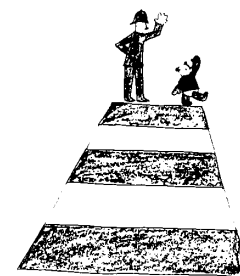
here is the policeman
straight and tall
helps me 'cos
I'm rather small



dressed in blue
he's there to see
that no harm comes
to you and me
helps us when
we cross the road



have we learned our
green cross code?
look right
look left
look right again



mister policeman
is our friend

here is the police man straight and tall helps me 'cos I'm rather small

DMAJ E⁷ AMAJ DMAJ

dressed in blue he's there to see that no harm comes to you and me

GMAJ DMAJ E⁷ AMAJ

helps us when we cross the road have we learned our green cross code?

GMAJ DMAJ A⁷ DMAJ Emin DMAJ F#⁷ Bmin

look right look left look right a gain mis ter police man is our friend

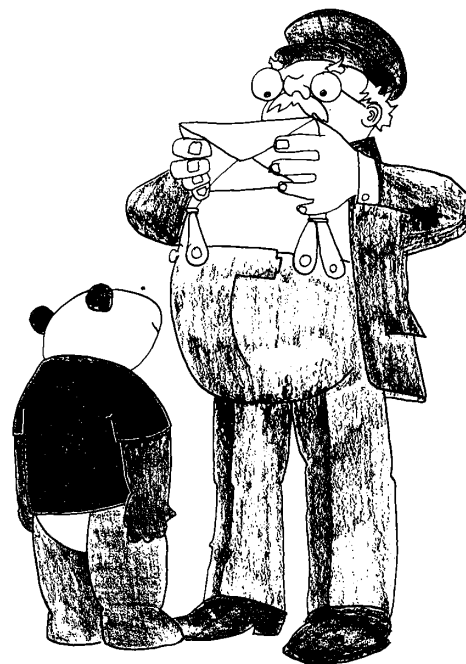
GMAJ DMAJ A⁷ DMAJ A⁷ DMAJ A⁷ DMAJ

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MISTER POSTMAN

C

mister postman mister postman
what do you do for me?
you bring me letters so that I can see
when it is my birthday
then you bring me cards
put them through the letterbox
aren't you working hard



mis ter post man mis ter post man what do you do for me? you

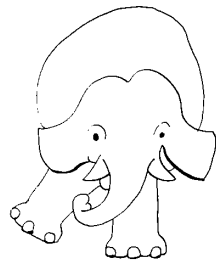
bring me let ters so that I can see

when it is my birth day then you bring me cards

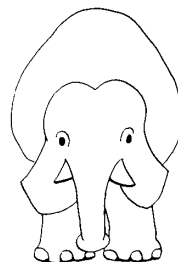
put them through the let ter box aren't you work ing hard?

Chords: G⁷, CMAJ, CMAJ, GMAJ, CMAJ, CMAJ, D⁷, GMAJ, FMAJ, CMAJ, G⁷, CMAJ, Emin, CMAJ, G⁷, CMAJ

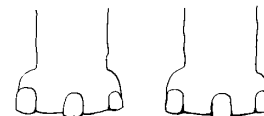
THE ELEPHANT



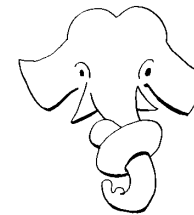
an elephant goes
like this



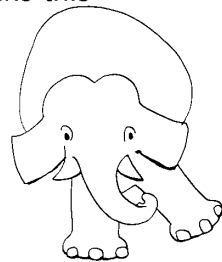
he's very big



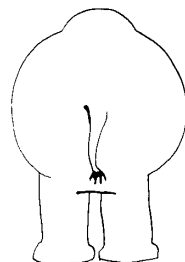
he's got no fingers



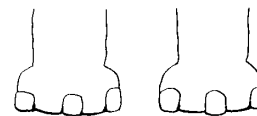
but goodness gracious
what a nose!



and that



and he's very fat



got no toes

an el e phant goes like this and that he's

GMAJ Emin Amin D⁷ GMAJ

ve ry big and he's ve ry fat he's

GMAJ Emin Amin D⁷ GMAJ

got no fin gers got no toes but good ness gra cious what a nose!

GMAJ Amin D⁷ GMAJ DMAJ GMAJ

8va

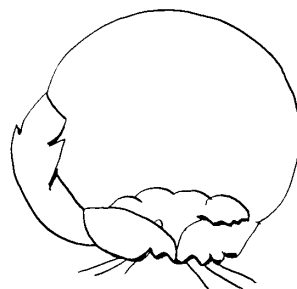
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i'm a CAT

C



I'm a cat and I'm very fat



and I roll up like a ball
of fur and purr



now I wash my ears
with my paws

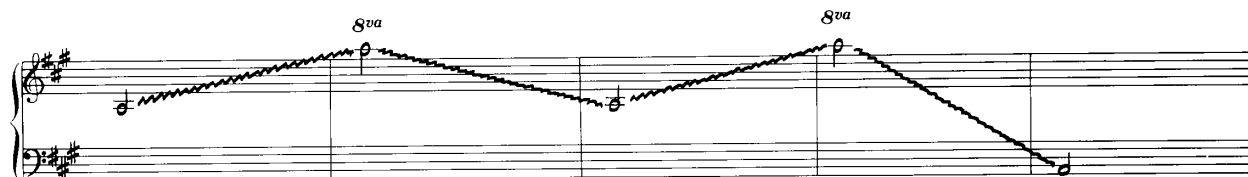
First line of musical notation (measures 1-4). The melody is in treble clef, and the bass line is in bass clef. The key signature has two sharps (F# and C#), and the time signature is 4/4. The lyrics are: "I'm a cat and I'm ve ry fat and I". The chords are: A^{MAJ}, A^{MAJ}, D^{MAJ}, D^{MAJ}.

Second line of musical notation (measures 5-8). The melody is in treble clef, and the bass line is in bass clef. The lyrics are: "roll up like a ball of fur and purr". The chords are: E⁷, E⁷, A^{MAJ}, E^{MAJ}.

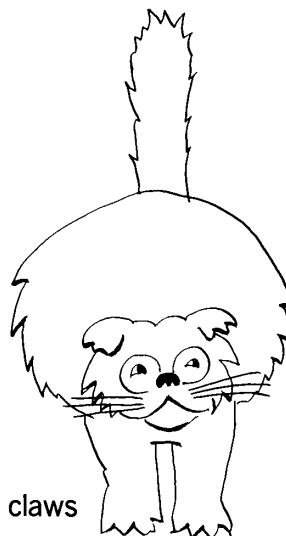
Third line of musical notation (measures 9-12). The melody is in treble clef, and the bass line is in bass clef. The lyrics are: "now I wash my ears with my paws and". The chords are: A^{MAJ}, A^{MAJ}, D^{MAJ}, D^{MAJ}.

Fourth line of musical notation (measures 13-16). The melody is in treble clef, and the bass line is in bass clef. The lyrics are: "then I stretch out all my claws". The chords are: E⁷, E⁷, A^{MAJ} D^{MAJ}, A^{MAJ}.

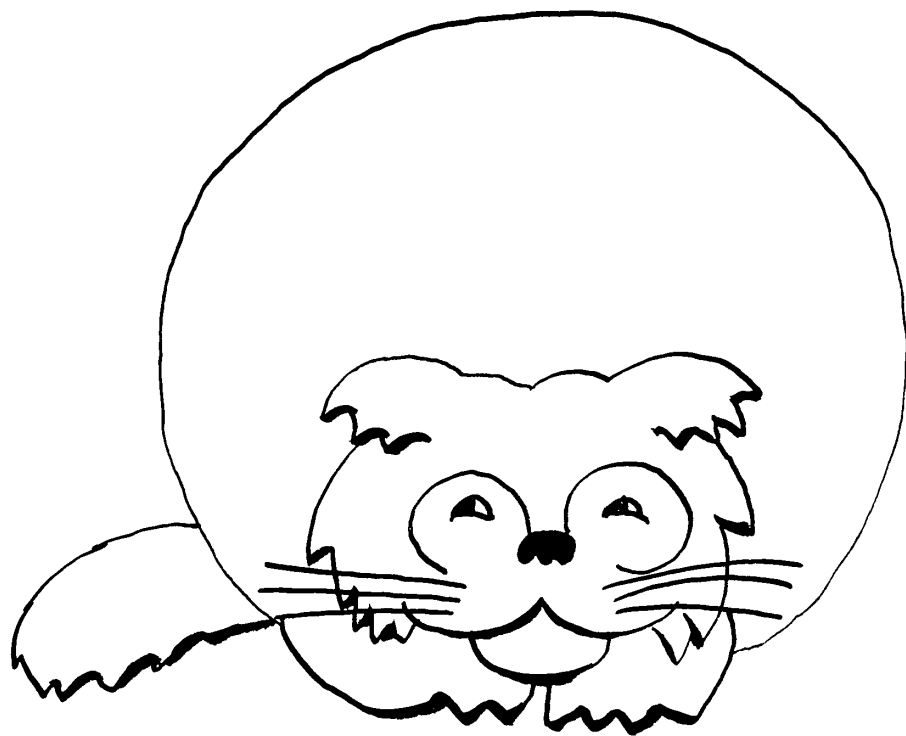
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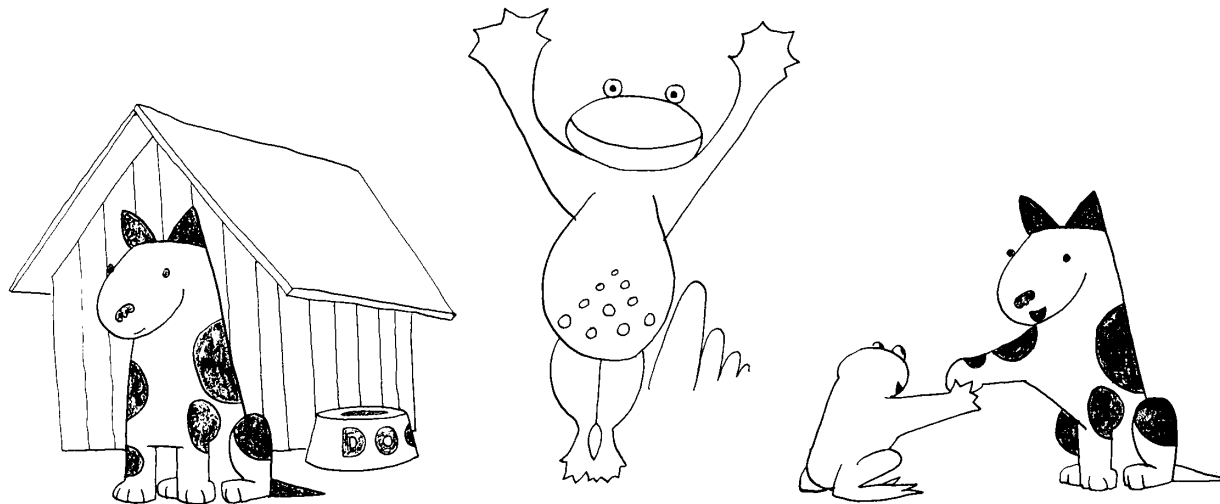


and then I stretch out all my claws



IN A LITTLE KENNEL

C.



in a little kennel
sat a little dog

along the road
hopped a little frog

they both shook hands
and said 'good day'

and the little frog
hopped upon his way

in a lit tle ken nel sat a lit tle dog a long the road hopped a lit tle frog they

CMAJ Dmin GMAJ GMAJ G⁷ CMAJ

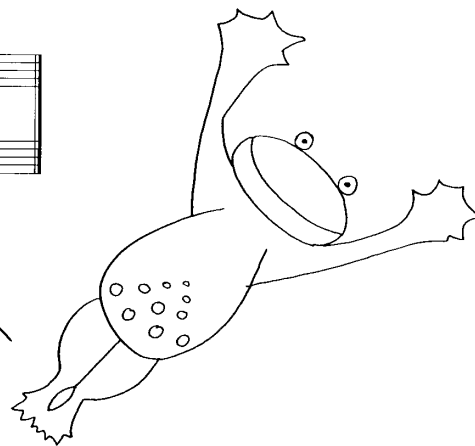
both shook hands and said 'good day' and the lit tle frog hopped up on his way

CMAJ A⁷ Dmin CMAJ G⁷ Amin G⁷ CMAJ

hop hop hop

G⁷ G⁷ CMAJ

hop hop hop

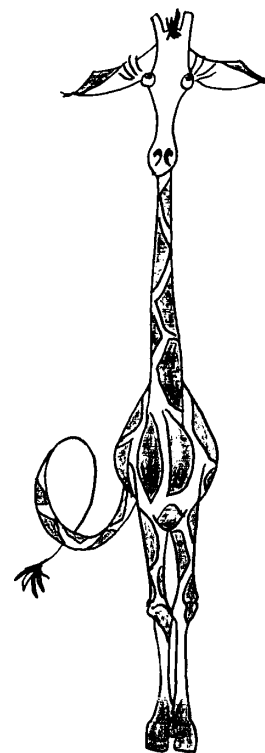


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GERTIE THE GIRAFFE

C

hello hello I'm Gertie the giraffe
my neck's so long that I make people laugh
each time that I look down
I can't see my toes
so I have to find my food with my little nose
I can't sit at the table
my legs are much too long
so I eat my meals from tree tops
I think it may be wrong
but I can't do much about it
I hope you all agree
that my legs are lovely and the neck's just me



hel lo hel lo I'm Ger tie the gi raffe my

DMAJ DMAJ A⁷ DMAJ

neck's so long that I make peo ple laugh each

GMAJ DMAJ E⁷ AMAJ

time that I look down I can't see my toes so I

A⁷ DMAJ A⁷ DMAJ

have to find my food with my lit tle nose I

AMAJ E⁷ AMAJ DMAJ AMAJ A⁷

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can't sit at the table my legs are much too long so I

DMAJ DMAJ Emin Emin

eat my meals from tree tops I think it may be wrong but I

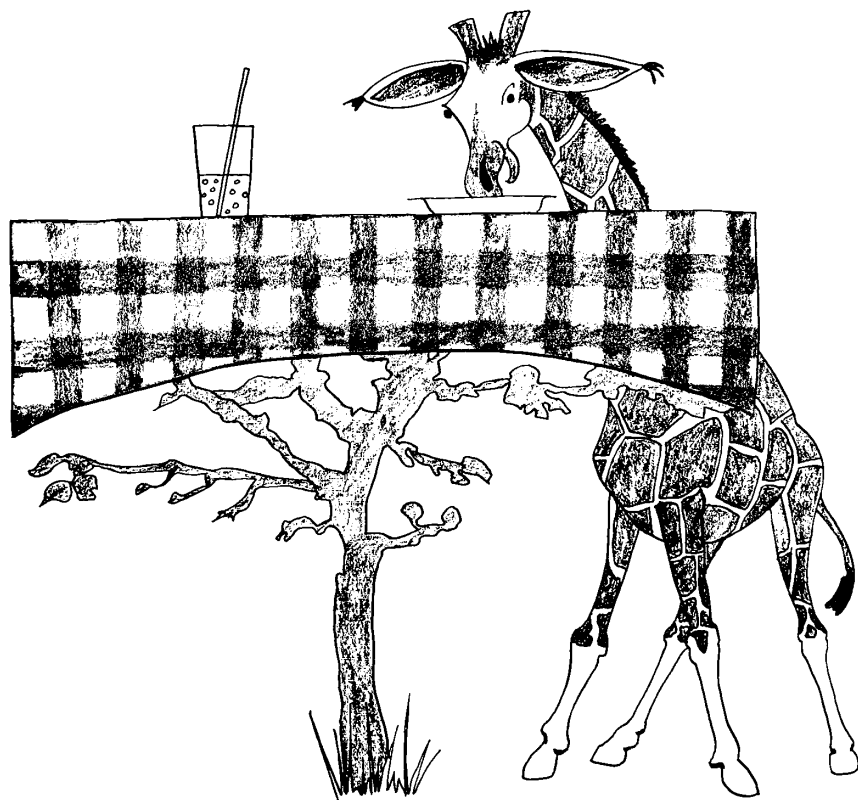
Emin Emin Emin A7

can't do much a bout it I hope you all a gree that my

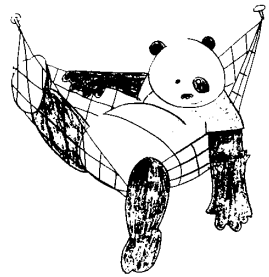
DMAJ DMAJ DMAJ B7

legs are love ly and the neck's just me

Emin Emin DMAJ A7 DMAJ

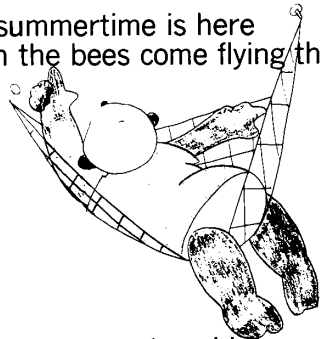


if I COULD FLY

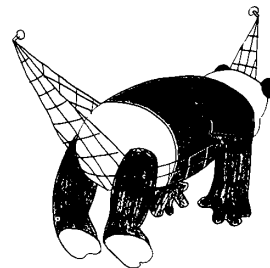


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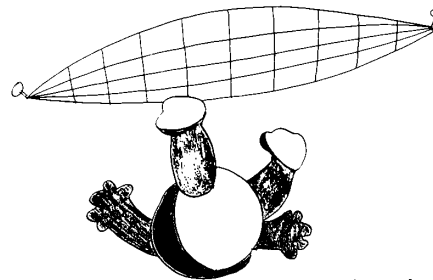
now summertime is here
watch the bees come flying through the air



how I wish that I could fly so high
making lazy circles in the sky



if I was like a bee
landing on a flower or a tree



making lazy circles in the sky
oh if I could fly
if I could fly

LEISURELY

now sum mer time is here watch the bees come fly ing through the air how I wish that

CMAJ Amin Dmin GMAJ

I could fly so high ma king la zy cir cles in the sky if

CMAJ Amin D' GMAJ G7

I was like a bee land ing on a flow er or a tree ma king la zy

CMAJ Amin Dmin GMAJ

cir cles in the sky oh if I could fly if I could fly

CMAJ Amin FMAJ G7 CMAJ

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CHORD CHART

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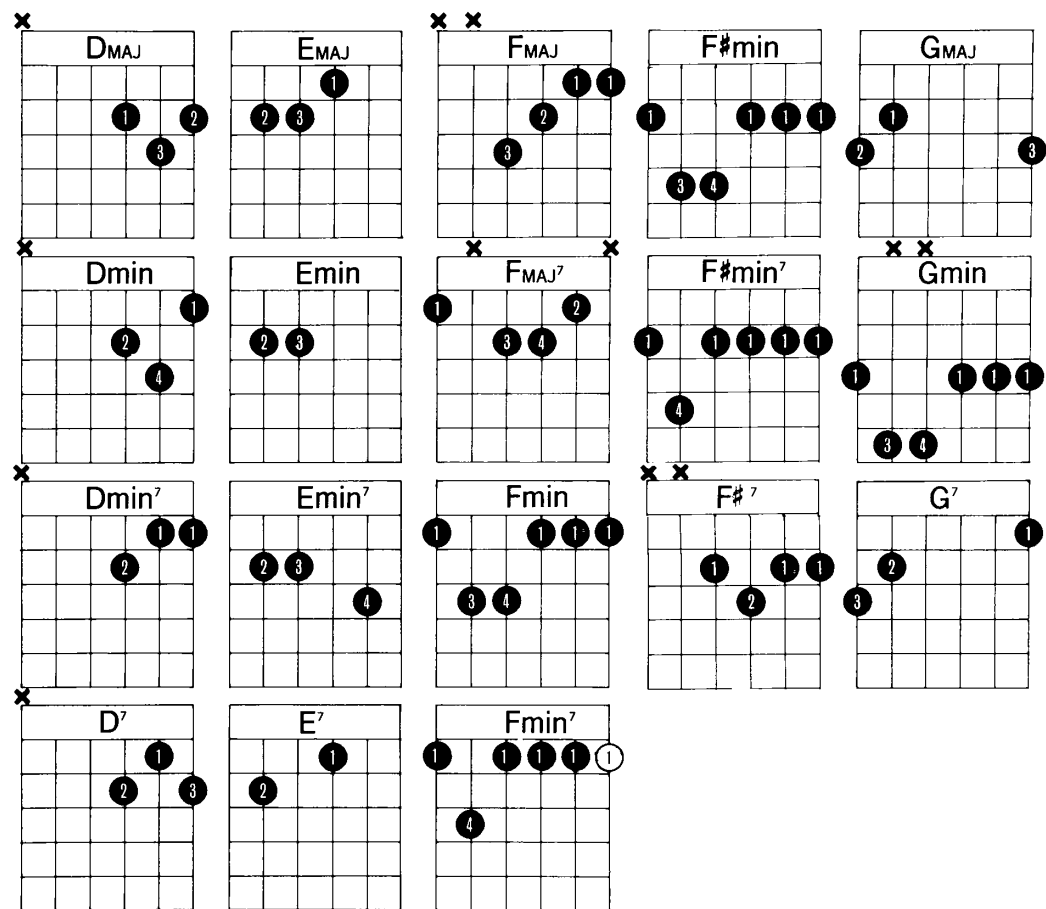


Your finger numbers



Do not play this string

A_{MAJ} 	B_{min} 	C_{MAJ} 	C_{#min}
A_{min} 	B_{min}⁷ 	C_{min} 	C⁷
A⁷ 	B⁷ 	C_{MAJ}⁷ 	
	B^b 		



KI

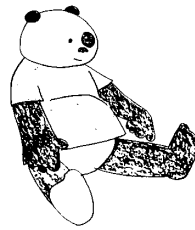
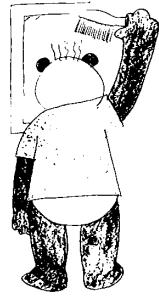
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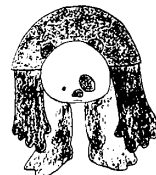
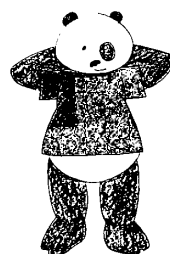
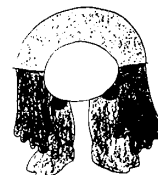
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C





JUST ME – a songbook for children

Songs by Jean Turnbull
Illustrations by Steve Storr

Jean Turnbull's 24 songs are recommended for handicapped children and for pre-school children in nurseries and playgroups. The songs help to develop body awareness and to overcome perceptual difficulties. Miss Turnbull teaches music to handicapped children and young people in Waltham Forest. Her songs were composed in consultation with the occupational therapists and physiotherapists who share lessons with her. All the music is original and is set out for piano and guitar.

Steve Storr's panda, Butterworth, and his friends show the actions to go with the words.

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