



Peanut Butter and Jelly

If you want to accompany, just stay on an E chord for the whole song

This is a great song for getting the wiggles out and for building rhythm skills

Instructions: Stand up, and on the “peanut butter,” stretch arms up high while leaning slightly to one side and wiggle fingers. On “jelly,” bend down to other side as close to floor as you can, and wiggle fingers.

Chorus:

Peanut, peanut butter.....jelly!

Peanut, peanut butter..... jelly!

First you take the nuts and you crush them, you crush them

(pound one fist on open hand in rhythm to “crush” nuts)

First you take the nuts and you crush them, you crush them (chorus)

Then you take the grapes and you smoosh them, you smoosh them

(flat hands together, in squishing movement)

Then you take the grapes and you smoosh them, you smoosh them (chorus)

Then you take a knife and you spread it, you spread it

(pretend to hold knife, and spread)

Then you take a knife and you spread it, you spread it (chorus)

Then you pick it up and you eat it, you eat it

(pretend to hold sandwich and take a bite)

Then you pick it up and you eat it, you eat it (chorus)

*Last chorus, hum melody with mouth closed as if teeth stuck together with peanut butter!