

## Incredible Years Dina Dinosaur Songs

### Dinosaur Circle Time Songs (for opening, closing and breaks)

#### **Everybody Sit Down**

Everybody sit down, sit down, sit down.  
Everybody sit down, on the floor.  
Everybody sit down, sit down, sit down.  
Everybody sit down, on the floor.  
Not on the ceiling,  
Not on the door.  
Everybody sit down on the floor.  
(sung to the tune of Mama's little baby loves shortening bread)

#### **Shake Hands with a Friend**

Shake Hand with f friend  
And say hello,  
Shake hands with a friend  
And say hello,  
Shake hands with a friend  
And say hello,  
It's dinosaur school today  
You know.  
(repeat with different words for hello such as 'bonjour')

#### **Dina Wake Up**

Dina wake up,  
Dina wake up.  
Dina wake up, wake up, wake up.  
Dina wake up,  
Dina wake up.  
Dina wake up for us.

#### **Dina Stomp "Cha, Cha, Cha"** written by Kristen Peterson

Who's that stompin' around the bend?  
Well it's Dina Dinosaur and she's bringing some friends  
She's got a lot of lessons that are really cool  
She's the principal of Dinosaur School

Ooh ah cha cha cha  
Ooh ah cha cha cha  
Ooh ah cha cha cha  
Ooh ah cha cha cha

We're talking about feelings like happy and sad  
And lots of things we can do when we're mad

Solving problems, making friends and more  
With our fun new friends and Dina Dinosaur!

Ooh ah cha cha cha  
Ooh ah cha cha cha  
Ooh ah cha cha cha  
Ooh ah cha cha cha

**Wiggle Giggle Groove** written by Kristen Peterson

Sometimes when I've been sitting  
And my ears they have been listening  
My body gets a sudden urge to move

So I slowly start to stand  
And I stretch my legs and hands  
Getting ready for the wiggle giggle groove

I wiggle really fast  
I wiggle side to side  
And then I try to wiggle really slow

I wiggle way up high  
As I reach up for the sky  
Then I slowly start to wiggle way down low

Now sometimes when I wiggle  
I get the urge to giggle  
And a little laugh comes bubbling from my lips

So I wiggle and I giggle  
Up and down and all around  
And I STOP and feeling better now I sit

**I'm going to shake my sillies out**

I'm gonna shake, shake, shake my sillies out.  
Shake, shake, shake, my sillies out.  
Shake, shake, shake, my sillies out.  
Wiggle my waggles away.

I'm gonna jump, jump, jump my jiggles out....

I'm gonna stretch, stretch, stretch, my sleepies out....

**Way Down In Dina's House** written by Gail Joseph

Way down in Dina's house where she belongs.

When she's alone, she sings this song:  
She says, ooh, ooh, aah, aah, aah,  
She says, ooh, ooh, aah, aah, aah,  
She says, ooh, ooh, aah, aah, aah.  
And that's the song Dina sings when she's alone

### **Good-bye Dina**

Good bye Dina,  
Good bye Dina.  
Good bye Dina,  
We're glad you came to school.

## **Rules Apatosaurus Unit Songs**

### **Ten Horses Galloped into Town**

10 horses galloped into town.  
Five were black and five were brown.  
They galloped up.  
They galloped down.  
And then they galloped out of town.

### **Show Me Five Rap**

Come on everybody get the beat  
Clap your hands, stomp your feet  
Here's a song about how it's cool  
To "Show Me Five" in Dinosaur School!

Put your hands up in the air  
Wave them here, wave them there.  
The first rule of show me five  
"Hands to my self" and that's no jive!

Now open wide those great big eyes  
Look down low and look up high  
Oh can you guess where those eyes should go?  
"Eyes are on the teacher" yeah, you know.

Your feet can skip, jump or run  
You dance and hop, have lots of fun  
But when you are inside your school  
"Walking feet" are the dinosaur rule!

There are many ways for us to use our voices  
We can talk, sing and make funny noises  
Put your thinking caps on because I bet you know

An "Inside voice" is the way to go!

(In a whisper)

Okay kids there's one last rule  
It shows respect and it's pretty cool  
The best way that you can hear  
Is to "put on those listening ears"!

So now you know how to be cool  
By learning Dina's basic rules  
You've got the beat, you've got the jive  
Now let's see if you can "Show me five"!

### **Feelings Triceratops Unit Songs**

**Rainbow of Feelings** written by Kristen Peterson

I have a rainbow of feelings and they are all okay,  
I can feel a lot of them on any given day.  
Feelings come and feelings go, they're all inside of me  
Everyone has feelings that's the way that it should be.

(Chorus)

I have a rainbow of feelings  
A rainbow of feelings  
I have a rainbow of feelings everyday.

I might feel happy it's my birthday  
Then sad when it's done  
Tired running in a race  
Excited when I've won

I might feel frustrated  
when I just can't get it right  
Or lonely when I wake up  
in the middle of the night  
(chorus)

**If You're Happy and You Know It**

If you're proud and you know it, say "I did it!  
If you're angry and you know it, take a deep breath.  
If you're frustrated and you know it, try again.  
If you're lonely and you know it, find a friend.  
If you're excited and you know it, say hooray!  
If you're sad and you know it, think a happy thought.  
Etc....

### **How Are You Feeling?**

How are you feeling, how are you feeling,  
Marsha and Sue, Marsha and Sue.  
Show us how you're feeling, show us how you're feeling,  
Today at school, today at school.  
(Sung to Frere Jaques).

### **Problem Solving Stegosaurus Unit Songs**

#### **How Do You Know You Have a Problem?** written by Kristen Peterson

How do you know you have a problem?  
Pay close attention to how you feel.  
If you're angry, frustrated or sad,  
That could be a problem that is real

(Chorus)

Finding solutions to your problems  
Finding solutions you and me  
We'll feel better once we solve them  
Finding solutions is the key.

Once you know you have a problem,  
Then you can think of some ideas.  
To help you with your situation  
And change the bad way that you feel.

Talking:

Now if one solution doesn't work, don't worry.  
Think of more solutions, try again.  
You'll find one that leads to good feelings  
You can do it, just keep trying, my friend.

#### **Wally Had a Problem**

Wally had a problem that he couldn't fix  
So he looked inside the solution kit.  
He picked a solution and he pulled it out,  
And he looked at the picture to figure it out!

#### **I Have a Problem:** sung by Kristen Peterson and written by Lori Hoffman

I have a problem, a real big problem  
I need my friends here to help me out  
Turn on your lightbulbs  
Think of solutions  
That will help work my big problem out  
(Tune – You are My Sunshine)

**My Wally**

My Wally's a Real Problem Solver

My Wally's a good friend indeed

My Wally really helps me

But I wonder where Wally could be?

I wonder where, I wonder where, I wonder where Wally could be/ (repeat two times)

(Tune – My Bonny Lies Over the Ocean)

**Anger Tyrannosaurus Unit Songs****I'm a Little Feeling** written by Lori Hoffman

I'm a little feeling stuck inside

Sometimes you see me, sometimes I hide

When I get all tensed up, I might blow out

So stop your train and check me out.

(Tune – I'm a Little Teapot)

**Tiny Turtle** written by Kristen Peterson

Our friend Tiny Turtle helps us to get through

Those times when we feel angry don't know what to do

If we follow these steps and know just what to say

It can help us to feel better, make the anger go away.

First you stop and you think then you go into your shell

You take 3 deep breaths until you're feeling well

You tell yourself "I can calm down"

I have the power, down dooby down

There will be those times when you are feeling mad

Maybe someone hurt you made you feel real bad

It's okay if you feel angry, it's a feeling we feel

But it helps to work through it, here's the secret, here's the deal

First you stop and you think then you go into your shell

You take 3 deep breaths until you're feeling well

You tell yourself "I can calm down"

I have the power, down dooby down

**Friendship Allosaurus and Brachiosaurus Unit Songs****Compliment Song** written by Kristen Peterson

I have a long word

That you may not have heard

And it always makes you feel good.

It's a c-o-m-p l-i m-e-n-t  
It's a compliment  
It's a compliment

It's when you say something nice  
That makes someone smile  
It's a compliment - you try!

### **Compliment a Friend and We'll Clap for You**

**There Are Many Ways to Be Friendly** written by Kristen Peterson

There are many ways to be friendly  
Try it and you will see  
Friendly ways make for sunny days  
It's the best way you can be.

If you see someone who looks lonely  
You can ask if they want to play  
Or say hello make a new friend  
It will brighten up their day.

When you have toys you can share them  
Or take turns with a friend  
If you see someone having trouble  
You can lend a helping hand.

### **I have a Friend at School\***

I have a friend at school.  
I have a friend at school.  
His/her name is *child's name*  
I have a friend at school.  
(Farmer in the Dell Tune)

## More Incredible Years Dina Dinosaur Songs

### Calming Turtle Cheer

We're the Calm Down Turtle and we're here to say:

You can calm down, just watch this way...

*(leaders squat like a turtle and demonstrate)*

3 deep breaths and say " I can calm down"

*(3 times)*

*(leaders stand up)*

Doing our best and we're in our vest.

*Credit to Leanna Scott and Katrina Coffelt of Kentucky*