



Kids' Express Train, LLC  
P.O. Box 1462  
Maple Grove, MN 55311  
[www.expresstrain.org](http://www.expresstrain.org)  
[kids@expresstrain.org](mailto:kids@expresstrain.org)  
Toll free – 877-876-3050  
Fax – 763-391-3020

## Music & Autism: Connections in a Disconnected World

Hello from Rachel Arntson – the creator of all songs and materials at Kids' Express Train.

As you work with these songs, please note that many of them are already recorded and available from our website at: <http://expresstrain.org/products.htm>

There, you will find our award-winning CD as KET SETS (KET SET 1, 2, 3, and 4) or as individual CDs: 1, 2, 3, 4, 5, and 6.

Please enjoy them and share your feedback and stories with us.

*Rachel*

### Attention and Engagement

**I Am Swinging**, © Rachel Arntson and Chez Raginiak, 2005

I am swinging, swinging, swinging. I am swinging. Ooo whee!

**Row, Row, Row Your Boat** ® Rachel Arntson and Chez Raginiak, 2005

Row, row, row your boat. Fishie swim. Row, row, row your boat. We fall in.

**Tickle Bug**, © Rachel Arntson and Chez Raginiak, 2009

Tickle, tickle, tickle bug. Tickle, tickle. Now a hug!

**Here Comes the Mousie**, © Rachel Arntson and Chez Raginiak, 2007

Here comes the mousie living in a housie. Is he there? Is he there? No, he's there!

**Bouncy**, ® Rachel Arntson and Chez Raginiak, 2007

Bouncy, bouncy, bouncy. Bouncy, bouncy, bouncy.

Bouncy, bouncy, bouncy. Now we stop. Wait! Wait! Ready, set, go!

**Horsie Go to Town**, Author unknown

Horsie, horsie go to town. Horsie, horsie don't fall down!

## Social Skills

### Hi ® Rachel Arntson and Chez Raginiak, 2004

Hi, Hi, Hi (your turn) Hi, Hi, Hi  
Hi, Hi, Hi (your turn) Hi, Hi, Hi  
Hi puppy, Hi puppy. Hi shoe, Hi shoe  
Hi kitty, Hi kitty. Hi to you. Hi to you.  
Hi baby, Hi baby. Hi bee, Hi bee  
Hi apple, Hi apple. Hi tree, Hi tree

### Bye Bye ® Rachel Arntson and Chez Raginiak, 2003

Good bye friends. I had fun singing songs and talking a ton.  
But now it's time to say bye bye. Bye, bye, bye.  
Bye baby. Bye ball. Bye bubble. Bye doll.  
Bye monkey. Bye car. Bye table. Bye star.  
Bye puppy. Bye boat. Bye bottle. Bye coat.  
Bye, bye, bye, bye. Bye, bye, bye, bye. Bye, bye, bye, bye. Bye, bye, bye.

### Someone's Here Today, Author unknown

\_\_\_\_\_ 's here today. \_\_\_\_\_ 's here today. Yeah \_\_\_\_\_ !

### Who's in the window, © Rachel Arntson and Chez Raginiak, 2006

Who's in the window. Who says, "Hi."  
Jacob, Jacob, Jacob's saying "Hi." Hi, Hi, Hi, Hi, Hi, Hi.

### In, Out, Up Down, ® Rachel Arntson and Chez Raginiak, 2007

In, out, up, down. In, out, up, down.  
Over, under, all around. Over, under, all around.  
Put your puppy in. Puppy in. In, in. In, in.  
Take your puppy out. Puppy out. Out, out. Out, out.

### Monkey Song, ® Rachel Arntson and Chez Raginiak, 2003

Monkey, monkey swinging in a tree. Monkey, monkey he's talking to me.  
Oo oo oo oo ee ee. Oo oo oo oo ee ee. Oo oo oo oo ee ee. Oo oo oo oo ee ee.  
Monkey, monkey, monkey he's swinging in a tree.

### 5 Little Monkeys, Author Unknown

5 little monkeys jumping on the bed. One fell off and bumped his head.  
Mommy called the doctor, and the doctor said, "No more monkeys jumping on the bed."

## Motor Imitation Drills

### **Roly Poly, Author Unknown**

Roly poly, roly poly. Clap, clap, clap. Clap, clap, clap.

Roly poly, roly poly. Up, up, up. Up, up, up.

Roly poly, roly poly. Down, down, down. Down, down, down.

Roly poly, roly poly. Clap, clap, clap. Clap, clap, clap.

### **5 Elephants, Author Unknown**

5 elephants went out to play out on a spider's web one day.

They had such enormous fun, that they called for another elephant to come.

Hey elephant. (slap your legs)

### **Hippo Song, Author Unknown**

A hip, a hip, a hippopotamus. He climbed. He climbed. He climbed into the bus.

And all the people on the bus said, "You're squishing me."

### **Shake and Wave, © Rachel Arntson and Chez Raginiak, 2005**

Shake, shake, shake your scarf. Shake, shake, shake your scarf.

Shake it in the sky. High, high, high, high, really high

Shake it down low. Low, low, low, low, really low

Shake it to the side. Side, side, side, side, side, side

Shake it on the other side. Side, side STOP!

(Recite the second verse with "wave your scarf.")

### **I Am Walking Slowly (Pop Goes the Weasel) © Rachel Arntson and Chez Raginiak, 2007 (Use a scarf.)**

I am walking slowly. You are walking, too.

We are walking slowing. Ah ah choo! (throw your scarf in the air.)

Motor and Speech Imitation Drills

### **Noisy, Noisy, Noisy © Rachel Arntson and Chez Raginiak, 2002**

Noisy, noisy, noisy. Someone's being noisy. Is it you?

Noisy, noisy, noisy. Someone's being noisy. Is it you?

Someone's sneezing. Is it you? (ahchoo)

Coughing

Kissing

Blowing

Yawning

Sleepy, sleepy, sleepy. Someone's sleepy. Is it you?

Hungry, hungry, hungry. Someone's hungry. Is it you?

### **I Say Whee! © Rachel Arntson and Chez Raginiak, 2009**

I say whee! I say boo! I say oh oh and ah ah choo!

### **Baby Blowing Bubbles © Rachel Arntson and Chez Raginiak, 2003**

Baby blowing bubbles, bubbles, bubbles. Baby blowing bubbles, up, up, up. (repeat)

Baby blowing bubbles on her nose. Baby blowing bubbles on her toes.

Baby blowing bubbles in her hair. Baby blowing bubbles everywhere.

Baby (baby) Bubbles (bubbles). Up, up, up (up, up, up).

**My Eyes, Eyes, Eyes, Tune of the Mexican Hat Dance © Rachel Arntson and Chez Raginiak, 2008**

My eyes, eyes, eyes. My nose, nose, nose. My mouth, mouth, mouth. My toes, toes, toes.  
My eyes, eyes, eyes. My nose, nose, nose. My mouth, mouth, mouth. My toes, toes, toes.  
Na, na, na, na, na, na, na. Na, na, na, na, na, na.  
Na, na, na, na, na, na, na. Na, na, na, na, na, na.

## Follow Directions, Answer and Ask

**I Hear (Bad Moon Rising, John C. Fogerty) Lyrics © Rachel Arntson and Chez Raginiak, 2003**

I hear noises all around me. Some are soft and some are loud.  
Listen and you can hear the noises. Tell me the name of the sound.  
Noises all around, and sometimes they're too loud. Tell me the name of the sound.

OK, here's your first one. We hear.

*Sound of a car horn honking.*

You're right. It's a car horn.

I hear the car horn honking. I hear it honking really loud.

I hear the car horn honking. I hear it honking really loud.

Honking really loud. (Car honk), honking really loud.

Now that's a really loud sound.

**Who is the Bear Today (Tune of 99 Bottles of Pop) © Rachel Arntson and Chez Raginiak, 2007**

Who is the bear today? Who is the bear? Jacob, Jacob, Jacob is the bear.

**I'm Going to a Party, (Tune of BINGO) © Rachel Arntson and Chez Raginiak, 2009**

I'm going to a party with lots of food and fun.

I'm going to a party. I'll stay until it's done.

Who's bringing pizza? (I'm bringing pizza.)

Juice, cake, ice cream, bubbles, balls, party hats, etc.

## Vocabulary

**Milk and Juice © Rachel Arntson and Chez Raginiak, 2007**

Do you want MMMilk (your turn) MMMilk

Or how about juice, juice, juice (your turn) juice, juice, juice

Well, let's see... milk in a cup, juice with a straw.

Drink it, drink it, slurp, ahh (repeat)

**Cookie Tune of Tiny Tim the Turtle © Rachel Arntson and Chez Raginiak, 2009**

Cookie, cookie, cookie. Cookie, cookie, cookie.

Cookie, cookie, cookie. Yummy, yummy, yummy.

**Owie** © Rachel Arntson and Chez Raginiak, 2003

Owie, owie day. Owie go away.  
A hug, a kiss, a band-aid on. Owie, owie all gone.

**Puppy, Puppy, Puppy** © Rachel Arntson and Chez Raginiak, 2003

Woof woof woof (your turn) woof woof woof  
Woof woof woof (your turn) woof woof woof  
Puppy, puppy, puppy. Puppy won't you play with me.  
Puppy, puppy, puppy. I love my puppy.  
Oh he can jump (your turn) jump. And he can roll (your turn) roll.  
And he can run (your turn) run. Have lots of fun. (repeat)

## Daily Tasks

**Wash Your Hands (Shortnin' Bread)** © Rachel Arntson and Chez Raginiak, 2005

Wash your hands now. Wash, wash, now.  
Wash your hands now. This is how.

Turn the water on like this.  
Get some soap now. Just one push.  
Rub your hands and get them wet.  
Rub, rub, rub, rub, rub! That's it!  
Rinse the soap off. Grab a towel.  
Dry your hands now. Yes! That's all!

**It's Time to Get Dressed (Farmer in the Dell)** © Rachel Arntson and Chez Raginiak, 2006

It's time to get dressed. It's time to get dressed.  
Shirt, pants, socks, shoes, and all of the rest.

I put on my shirt. I put on my shirt.  
I put it on my head and PULL. I put on my shirt.  
Pants, I put them on my legs and PULL  
Socks, I put them on my feet and PULL  
Shoes, I put them on my feet and PULL

**I Can Put My Jacket On (Camptown Races)** © Rachel Arntson and Chez Raginiak, 2006

I can put my jacket on. Jacket. Jacket.  
I can put my jacket on. Hey! Hey! Hey!  
Put my arm in here. Other arm in there.  
I can put my jacket on. Hey! Hey! Hey!

I can zip my jacket up. Zip it. Zip it.  
I can zip my jacket up. Hey! Hey! Hey!  
Grab the little tag. Put up to the top.  
I can zip my jacket up. Hey! Hey! Hey!

**I Brush My Teeth (Tune- BINGO) © Rachel Arntson and Chez Raginiak, 2006**

I brush my teeth in the morning. I brush my teeth at night.  
I brush them with my toothbrush. I keep them clean and white.

I go ch, ch, ch, ch, ch, ch, ch, ch, ch, ch, ch, ch,

I brush my teeth from front to back. My mommy helps me, too.  
I won't be scared to brush my teeth. 'Cuz I'll be all done soon.

**Dentist Day © Rachel Arntson and Chez Raginiak, 2005**  
(Rockin' Robin)

I'm going to the dentist with a great big chair.  
It goes up and down, but I won't be scared.  
I'll open my mouth so the dentist can see,  
Lots and lots of teeth in me.

Ch, ch, time to polish my teeth.  
Ch, ch, this polish tastes so sweet.  
Ch, ch, It's a dentist day.  
Ch, ch, I'll be OK.

**Haircut Day © Rachel Arntson and Chez Raginiak, 2005**  
(Shortnin' Bread)

I'm gonna get a haircut in a great big chair.  
It goes up and down, but I won't be scared.  
I'll sit real still so the lady can cut,  
With scissors or clippers.. Cut, cut, cut.

Cut, cut. I'll see my hair on the floor.  
Cut, cut Now she'll cut some more.  
Cut, cut, I will be OK.  
Cut, cut, It's a haircut day.

**Fire Drill (Ring Around the Rosie) © Rachel Arntson and Chez Raginiak, 2006**

Fire drill, fire drill, really loud fire drill  
Take a breath, oooo ahhh. Time to get in line.

Stand in line with your friends. Walk out the door  
Take a breath, oooo ahhh. Walk some more

Fire drill, fire drill. Walk, walk, walk, walk  
Take a breath, oooo ahhh. Soon the noise will stop.

**Scrambled Eggs (Conversation Station) © Rachel Arntson, 2005**

Scrambled eggs in the microwave (4 times)  
Break the egg (break the egg)  
Stir it up (stir it up)  
Cook it for a minute (cook it for a minute)  
Eat it up (eat it up)

**Big Bear Breathing** © Rachel Arntson and Chez Raginiak, 2005  
(Shortnin' Bread)

Big bear breathing, breathing, breathing. Big bear breathing, (breathe in, exhale)  
(repeat)

Breathe in slowly through your nose. Watch your tummy as it grows.  
Fill it like a big ballon. Let the air out pretty soon.

Now you open up your mouth. Slowly let the air come out.  
Feel your tummy. It goes down. Make your mouth do a gentle yawn.

Breathe in (inhale loudly) Put your hands by your tummy to watch it grow.  
Breathe out – Ahhh, Put hands by your tummy to watch it go in.  
Breathe in (inhale loudly) Breathe out – Ahhh.

**All Done** © Rachel Arntson and Chez Raginiak, 2005

All done. All done. All done playing. All done. All done toys.  
All done. All done. All done working. All done. All done.

Clean up. Clean up. Toys in a box. Clean up. Toys on a shelf.  
Clean up. Clean up. All done playing. Clean up. Let's all help.