Jump, Thump, Pump! Poem

Whenever you jump, jump, jump,
Hear your heart go thump, thump, thump!
That's because a jump, jump, jump
Speeds up your heart's pump, pump, pump!

Jump, jump, jump!
Thump, thump, thump!
Pump, pump, pump!

Write the rhyme on the chalkboard and read it aloud to children. Repeat the rhyme several times until children are familiar with it. Then ask them to name the rhyming words (jump, thump, pump). Explain to children that there is something they can do for each of those three words. Then demonstrate jumping up and down in place for the word jump, patting the chest over the heart with an open hand for the word thump, and straightening and bending the arms out from the shoulders and back for the word pump. Once children know the motions, tell them that when you say the rhyme, they should do the appropriate motion each time they hear the words jump, thump and pump. Say the rhyme together, using the motions with the appropriate words.