

Rainy Day Dances, Rainy Day Songs

by Patty Zeitlin and Marcia Berman
with Anne Lief Barlin



Songs by Patty Zeitlin and Marcia Berman

*Story "Rainy Day Dance"
by Patty Zeitlin and Anne Lief Barlin*



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About The Authors

Patty Zeitlin is a composer, author, teacher, and music consultant. She conducts music workshops and has performed on both radio and television.

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SONG 1

I DON'T CARE IF THE RAIN COMES DOWN

©1975 Patty Zeitlin and Marcia Berman

- (1) *I don't care if the rain comes down,
I'm gonna dance all day.
I don't care if the rain comes down,
I'm gonna dance all day.*

*Chorus: Hey, hey, carry me away,
I'm gonna dance all day,
Hey, hey, carry me away,
I'm gonna dance all day.*

- (2) *I'm gonna swing my arms around,
I'm gonna dance all day.
I'm gonna swing my arms around,
I'm gonna dance all day.*

*Chorus: Hey, hey, carry me away,
I'm gonna dance all day,
Hey, hey, carry me away,
I'm gonna dance all day.*

- (3) *I'm gonna jump right up and down.*
(4) *I'm gonna walk without a sound.*
(5) *I'm gonna move along the ground.*
(6) *I'm gonna see you upside down.*
(7) *I don't care if the rain comes down.*

SONG 2

HELLO RAIN

©1975 Marcia Berman

*It's raining today
It's raining today
Hello rain, hello rain.*

*We want to play outside today
We want to play outside
Hello rain, hello rain.*

*Raindrops fall, raindrops falling down,
Everywhere, all around me.
Raindrops fall, raindrops falling down,
Everywhere, all around.*

*It's raining today
It's raining today
Hello rain, hello rain.
We want to play outside today
We want to play outside.
Hello rain, hello rain.
Hello rain, hello rain.*

SONG 3

IT'S A RAINY DAY

©1975 Patty Zeitlin

*The rain will get the trees wet
The trees wet, the trees wet.
The rain will get the trees wet,
'Cause it's a rainy day.*

*The rain will get the birds wet
The birds wet, the birds wet.
The rain will get the birds wet,
'Cause it's a rainy day.*

(Teachers can let the children make up their own verses to this song.)

SONG 4

Over The Waterfall (Instrumental)

SONG 5

WINDY DAY

©1975 Patty Zeitlin

*A windy, windy windy day, this is a windy day today.
A windy, windy, windy day, this is a windy day today.
Tumble over, tumble over, papers blowing all around.
Tumble over, tumble over,
Leaves are blowing down, and down,
And down, and down, and down.
This is a windy day today,
This is a windy day. Wheeee!*

(Entire verse is repeated)

SONG 6

WHY CAN'T I PLAY IN THE RAIN

©1975 Patty Zeitlin

*Couldn't anybody tell me what is wrong?
I want to go on singing all day long.
I don't want to sing behind a window pane, no,
I want to sing in the rain.
Tell me why can't I sing in the rain, in the rain,
Why can't I sing in the rain?
Do the birds an hide, do they have to fly inside?
Or can they stay and sing in the rain?
Couldn't anybody tell me what is wrong?
I want to go on dancing all day long.
I don't want to dance behind a window pane, no,
I want to dance in the rain.
Tell me why can't I dance in the rain, in the rain,
Why can't I dance in the rain?
Do the trees all hide, do they have to go inside?
Or can they stay and dance in the rain?
Couldn't anybody tell me what is wrong?
I want to go on playing all day long.
I don't want to play behind a window pane, no,
I want to play in the rain.
Tell me why can't I play in the rain, in the rain,
Why can't I dance in the rain?
Do the flowers close, the violet and rose?
Or can they stay to play in the rain?*

*La la la la la la la la, la la la
La la la la la la la la, la la
I don't want to sing behind a window pane, no
I want to sing in the rain,
I want to sing in the rain,
I want to sing in the rain,*

Description of Contents

This is a story (with a rainy day as the background), told in dance and song, in which each child can dramatize his or her own story of growth from infancy into a more independent and imaginative person.

The activities and songs begin with very simple actions involving large muscle movements and proceed to more complex ones. The sequence generally is the same as a child actually follows; being rocked as an infant, crawling, rolling, standing and falling; then walking, jumping, hopping, galloping, swinging arms, and turning. After that, the movements involve small muscle activities rather than large (as development normally proceeds), and body part identification ("Picture of Me in the Puddle" song).

The Rainy Day Dance also moves sequentially in terms of psychological development, from dependence to independence. The dependent baby becomes a child with ideas of its own—not always compliant with the wishes of adults. The child realizes that while you still cannot do just whatever you want to (i.e. play out in the rain), you can complain, and you can pretend to do anything you want to (pretend to go out in the rain in your bathing suit, or to be an umbrella, the wind, or thunder).

Falling down while learning to walk or stand is another upsetting experience that children need to play out in order to work through fear. Getting up, and then falling down to music allows a child to be in charge of falling. Usually, this brings laughter, which relieves some of the distress associated with previous falls they have taken when they were not in control. For that reason, most children want to repeat this activity of standing or moving and then falling, over and over again. (That is why the sequence is repeated in the "Rainy Day Dance".)

Children are much more sense-oriented than adults, and learn best by using their senses directly. They have a great desire to touch, drink, move and dance in the rain.

Many adults (especially in Southern California) are quick to rush children out of a little bit of rain, and do not allow them to experience any of the delight of it. The "Rainy Day Dance" allows children to express the joy they feel about having direct contact with nature.

Parents and teachers often think of rain as being dreary or disappointing. In The "Rainy Day Dance" they may re-experience rain, from a child's viewpoint, as something exciting and beautiful.

Suggested Preparatory Experiences for Rainy Day Dance

Before using this side of the recording at school, listen to it carefully by yourself several times and move with it.

Following are activities that the children will experience as part of the story. It would be valuable to provide prior experiences with these movements before using the story with a group.

ROCKING (Using a simple drum-beat as accompaniment) Explore the variety of ways one can rock (sitting position, side to side, forward and back, on the knees, on all fours, and standing).

CRAWLING Children can explore crawling forward and backward.

ROLLING Roll with body stretched out, or all curled up.

STANDING AND FALLING Teacher can play a song on the xylophone or piano and make a clear signal (such as coming down from treble to bass with fingers across all the keys) for the falling part.

WALKING AND FALLING Take one step and fall, two steps and fall, etc. (Use drum accompaniment.)

HOPPING On one foot then the other. (For five year olds—hop backwards and around in a circle.)

GALLOPING At the pre-school level, some children can gallop, but others are still learning; leave this activity relaxed and free.

For "Picture of Me in the Puddle," teachers can suggest that looking in a puddle is like looking into a mirror. One child can do a movement and the other children can act as "reflections," repeating the first child's movement.

Because of the short attention span of younger children, teachers may find it best to end the story after "Picture of Me in the Puddle." The following part of the story, beginning with "I'll Pretend to Be an Old Umbrella," may be added as the children get older.

"I'LL PRETEND TO BE AN OLD UMBRELLA Allow children to explore opening and closing movements with all parts of their bodies: hands, arms, torsos, mouth, eyes, legs.

"BOATS ON THE RIVER" Explore (to drum beats) pushing and pulling movements with arms, legs, head, forward and backward.

"THUNDER, THUNDER" Talk with the children about how thunder looks, sounds, and feels. Then have children express in movement what they have talked about. You may use cymbals and other percussive instruments. Some people can play while others move.

SONG 7

RAINY DAY DANCE

Story by Patty Zeitlin and Anne Lief Barlin © 1975 • Songs, lyrics (and music) by Patty Zeitlin © 1975

*Did you know that everybody was a baby
once? When I was a baby, I didn't know
how to walk I had to stay in my cradle and
just rock and rock. Then, I learned to crawl
and to stand up. I learned to walk, and at
last, I ran out to play in the rain.*

*I'm going to sing and dance a story about
that. Can you do it with me?*

All right sit on the floor and rock with me.

*Rock and rock, and rock and rock,
Baby's rocking in the cradle.*

*Rock and rock and rock and rock,
The rain is raining down.*

*Safe and warm, from the storm.
Rainy day, but you will stay
Safe and warm.*

*I'm still a baby and I can't talk yet, so I
stay in my cradle and cry. Sometimes, I*

*laugh, and shake and shake my legs. Now
I am olden and I know how to crawl*

*So I go crawling around,
On the floor
I don't have to lie down in bed
anymore.*

*I can go crawling around on the floor,
There's so much more to do and see.*

*Table legs that are bumpy.
The rug's so soft on my nose.
Then, I touch something lumpy.
(I think they call those "toes.")*

*And I go rolling around,
On the floor.
I don't have to lie down in bed
anymore.*

*I can go rolling around on the floor,
There's so much more to do and see.*

*I hear a sound outside. I wonder what it is.
I stand up and look out. Oh it's raining,
but I fall down. I stand up again, but I fall
down again. This time I can stand up with-
out falling.*

I take one step.

I take two steps.

I take three, and four.

*Then I tumble down, tumble,
tumble down*

Oops! I'm on the floor.

But I get up again, and I walk again.

I get up again, and I go, go, go.

I get up again, and I walk again.

Though I fall again,

Still I grow, grow, grow, grow, grow!

Now I am old enough to go out in the rain
and somebody says,

1. Open your umbrella,
Put on your raincoat too.
Pull your boots on over your shoes,
I'll take a walk with you.
And if you feel like hopping,
Go ahead and hop.
La la la la la la
Now stop.
2. And if you want to gallop
If that's the thing for you,
Gallop and gallop and gallop
And gallop. Please do.
3. And if you want to stamp your feet,
If that's the thing for you.
Stamp and stamp and stamp them.
Please do.
4. And if you want to swing your arms,
If that's the thing for you.
Swing and swing and swing them.
Please do.
5. And if you want to clap your hands,
If that's the thing for you.
Clap and clap and clap them.
Please do.

Now I hear a loud boom. Oh, the thunder
is crashing! I cover my ears, and curl up in a
little ball I'm scared.

Then thunder comes with its drums
Why does it have to be so loud?
Thunder booms
Through the rooms
Cloud bumps cloud.

Listen, the thunder stopped. Look! The
clouds are floating away.

Then the sun shines again, oh the sun,
Warm on my hands and face.
I take off my raincoat and put my
umbrella down,
And dance all around this place.
Run in the sun, run children run,
Run in the sun again oh.
Run in the sun, run children run.
Run in the sun, no rain, oh.
Run in the sun, run children run,
Run in the sun again, oh.
Run in the sun, run children run.
Run in the sun, no rain, oh.

I've been running very fast, but then, I
stop. I hold out my hand and feel a little
raindrop. One little drop of rain, and then
another. I hear someone calling. It's my
mother.

But I don't want to go in,
I just want to play out
Clap my hands and stamp my feet
And see what the rain's about
No, I don't want to go in.
I just want to play out.
Jump around all over the ground,
And see what the rain's about.
But I have got to go in,
So slowly, slowly I go,
I walk inside with my head way down,
Slow, slow, slow.

Oh, I wish I didn't have to go in. I know

what I'll do. I'll pretend to put on my
bathing suit and go out. I'll turn myself
around and around in the rain.

You've heard of getting water
From a drinking fountain
You've heard of getting water
From a river on the mountain.
But oh, my friends, is it allowed,
To get a drink of water from a cloud?
First you open your mouth (repeat)
And let the rain fall in. (repeat)
Then you close your mouth (repeat)
And you turn and spin. (repeat)
Then you turn the other way
(repeat)
Around and around. (repeat)
You let the rain fall in
And swallow it down.
You've tried to catch a ball
If somebody throws it,
Tried to catch a bubble
If somebody blows it,
But oh, my friends, is it allowed,
To try to catch a, try to catch a cloud?
First you reach real high with your
hands up (hands up)
Jump real high with your head up
(head up)
Some will say you'll never catch
'em that way,
'Cause clouds are much too high
But go ahead and tell them that
it's still lots of fun
To just pretend and try!

Then I get down on my hands and knees
and look into a puddle. I see myself there.
It's just like a mirror.

There's a picture of me in the puddle,
And the sky makes a mirror of blue.
There's a picture of me in the puddle,
So here's what I can do.
I can stick out my tongue (repeat)
And the picture does too. (repeat)
Pull my ears (repeat)
And the picture does too. (repeat)
I can push in my nose (repeat)
And the picture does too. (repeat)
Then I say "Boo, boo, boo,
boo, boo"
And the picture does too.
There's a picture of me in the puddle,
And the sky makes a mirror of blue.
There's a picture of me in the puddle,
So here's what I can do.
I can shake out my hands (repeat)
And the picture does too. (repeat)
I can make a funny face (repeat)
And the picture does too. (repeat)
I can get up and down (repeat)
And the picture does too. (repeat)
Wave goodbye, I've got to fly,
And the picture does, picture
does too.
There's a picture of me in the puddle,
And the sky makes a mirror of blue.
So next time you see a puddle,
Look for a picture of you!

When I was a baby, I didn't know how to
pretend to be things. Now that I am older,

I can pretend to be all kinds of things. I
think I'll be an umbrella.

I'll pretend to be an old umbrella,
I will close myself up tight.
Just when you think you've got me
open,
I will shut, and you'll say "That isn't
right!"
You will open me up.
And I'll snap shut.
You will open me up.
And I'll snap shut
You will open me up.
And I'll shut real tight.
Then when you say "I give up"
and walk away,
I'll open just right!

It's kinda fun to be an old umbrella
Now the wind is blowing me up high.
I go up above the house and the
treetops,
Floating past the clouds into the sky.

The wind is so strong that it almost blows
me away. But, I am strong too. I can be the
wind! I'll just push those big boats way
down the river. I'll just push them along. I
am so strong.

Boats on the river, roll by.
I am the wind, yes I am.
Boats on the river, I push you along.
I am the wind, I'm strong.
I can push and push and lift.
I am strong and I am swift.
Boats on the river move on.
I am the wind, I'm strong.

I am so strong I can even pull the boats
backward.

I can pull and pull and lift
I am strong and I am swift.
Boats on the river move on.
I am the wind, I'm strong.

Now, I'll pretend to be the thunder and
lightning. I come crashing down from the
sky, and make the rain fall harder and
harder.

Thunder, thunder lightning flashes,
Thunder thunder cloud crashes,
Thunder, thunder, lightning flashes,
Rain, rain, rain, rain!

Then I make the rain fall lighter and
lighter. I can be a raindrop falling gently,
softly, quietly, quietly down, down to the
ground. Now, I'll be me again. I can see
myself in the puddle again. I watch myself
wave my arms, smile and dance.

There's a picture of me in the puddle,
And the sky makes a mirror of blue.
So I smile at me in the puddle
And here's what I can do.

I can wave my arms, (repeat)
And the picture does too. (repeat)
Turn all around (repeat)
And the picture does too. (repeat)
I can shake out my feet, (repeat)
And the picture does too. (repeat)
Now here's my chance to do a
rainy day dance,
And so can you.