



Nursery Rhyme Activity Cards

Fun, screen-free activity cards for toddlers, preschoolers, and early learners

2:3 Portrait Printable

10 playful rhyme-inspired cards

No copied lyrics - just original learning activities



Kids Songs Learning Hub

How to Use These Cards

Simple ideas for music, movement, language, and bonding.

1. Choose one card

Pick a rhyme your child already knows or choose a new one for the day.

2. Keep it short

Five to ten minutes is enough. Young children learn best through warm, playful repetition.

3. Add movement

Use clapping, tapping, finger play, scarves, cushions, or toy animals to make the activity active.

4. Talk after play

Use the question prompts to build vocabulary and encourage your child to explain ideas.

5. Repeat favourites

Children often love doing the same card again. Repetition builds confidence and memory.



Activity Card 1

Twinkle Star Listening Game

Inspired by a starry bedtime rhyme

Listening, calm movement, vocabulary

You will need

A scarf, soft toy, or paper star

Activity

Invite your child to hold the star prop. Each time they hear a star word, they lift it high, wave it gently, then place it over their heart. Keep the pace slow and cosy.

Talk together

What do we see in the sky at night? What helps you feel calm before bed?

Try next

Make a paper star and decorate it with sleepy colours.



Activity Card 2

Spider Climb Finger Trail

Inspired by a spider climbing rhyme

Fine motor, sequencing, weather words

You will need

Paper, crayon, cotton wool or tissue

Activity

Draw a simple drainpipe or climbing line. Your child walks two fingers up the line, slides them down for rain, then climbs again when the sun comes out.

Talk together

What happened first, next, and last? How does the spider keep trying?

Try next

Add raindrops and sunshine to the page.



Activity Card 3

Rowing Boat Teamwork

Inspired by a gentle rowing rhyme

Rhythm, teamwork, core movement

You will need

A blanket or cushion boat

Activity

Sit facing your child and gently rock forward and back like rowing. Try slow rowing, quick rowing, sleepy rowing, and silly rowing while keeping it safe and controlled.

Talk together

Where is our boat going today? What animals might we see?

Try next

Draw a map of your pretend river journey.



Activity Card 4

Humpty Balance Builder

Inspired by a wall and egg character rhyme

Balance, problem solving, gentle role play

You will need

Blocks, a soft ball, or plastic egg

Activity

Build a low wall with blocks. Place the soft egg on top, then test what helps it stay balanced. Keep the play gentle and focus on rebuilding, helping, and trying again.

Talk together

What made it wobble? How can we make the wall stronger?

Try next

Create a little repair team using toy people or animals.



Activity Card 5

Little Lamb Follow Me

Inspired by a friendly lamb rhyme

Imitation, social play, animal vocabulary

You will need

Soft toy lamb or any cuddly animal

Activity

One person leads and the other follows. Try tiny steps, tiptoe steps, claps, turns, and freeze poses. Then swap roles so the child becomes the leader.

Talk together

How do we care for animals? What makes a good friend?

Try next

Make a small pretend school or farm for the lamb.



Activity Card 6

Jack and Jill Hill Walk

Inspired by an up-the-hill rhyme

Gross motor, direction words, safety talk

You will need

Cushions, a scarf path, or paper stepping stones

Activity

Create a safe pretend hill path on the floor. Walk up, down, around, and across. Add a pause at the top to collect an imaginary bucket of water.

Talk together

What does up mean? What does down mean? How can we move safely?

Try next

Use blocks to build a tiny hill village.



Activity Card 7

Old MacDonald Animal Sounds

Inspired by a farm animal rhyme

Animal sounds, turn taking, memory

You will need

Toy animals, pictures, or hand-drawn cards

Activity

Place animal cards face down. Pick one, make the sound, move like the animal, then let your child choose the next animal. Keep it playful and child-led.

Talk together

Which animal is loud? Which animal is quiet? Which one is your favourite?

Try next

Sort animals by big, small, fast, slow, loud, and quiet.



Activity Card 8

Baa Baa Counting Wool

Inspired by a sheep and wool rhyme

Counting, sharing language, early maths

You will need

Cotton balls, pom-poms, or paper circles

Activity

Pretend the cotton balls are wool. Count them into small piles, share them between toy friends, and practise words like more, less, same, full, and empty.

Talk together

Who has more? How can we share fairly?

Try next

Glue cotton onto a sheep outline.



Activity Card 9

Hickory Clock Tapping

Inspired by a mouse and clock rhyme

Beat, counting, time words

You will need

Paper clock, spoon tapper, or clapping hands

Activity

Tap a steady tick-tock beat. Move a paper mouse up and down beside the clock. Count taps together and try quiet ticks, loud ticks, slow ticks, and quick ticks.

Talk together

What do clocks help us know? What do we do in the morning and at bedtime?

Try next

Draw a clock face and decorate the numbers.



Activity Card 10

Ring Around Movement Circle

Inspired by a circle movement rhyme

Group movement, coordination, turn taking

You will need

Open floor space and optional scarves

Activity

Stand in a small circle, hold hands if comfortable, and move safely around. Add actions such as clap, spin slowly, wave, stretch tall, crouch low, and freeze.

Talk together

How do we make space for everyone? What movement should we choose next?

Try next

Let each child invent one new circle action.

Parent Routine Ideas

Use the cards in small moments across the day.

Morning starter

Choose one movement card to help your child wake up and practise listening.

After nursery or school

Pick a calm card, sit together, and let your child lead the actions.

Rainy-day play

Place three cards on the floor and let your child choose the order.

Bedtime wind-down

Choose a gentle card, lower your voice, and keep movements slow.

Family rhyme basket

Keep scarves, pom-poms, cotton balls, animal toys, and crayons in a small basket for quick setup.

Favourite Rhyme Tracker

Tick the cards your child enjoys most.

Activity card	Tried	Loved it
1. Twinkle Star Listening Game	☐	☐
2. Spider Climb Finger Trail	☐	☐
3. Rowing Boat Teamwork	☐	☐
4. Humpty Balance Builder	☐	☐
5. Little Lamb Follow Me	☐	☐
6. Jack and Jill Hill Walk	☐	☐
7. Old MacDonald Animal Sounds	☐	☐
8. Baa Baa Counting Wool	☐	☐

Notes



Certificate

This celebrates

Child name

For joining in with nursery rhyme activities, moving, listening, counting, imagining, and learning through play.

Date

Grown-up signature

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