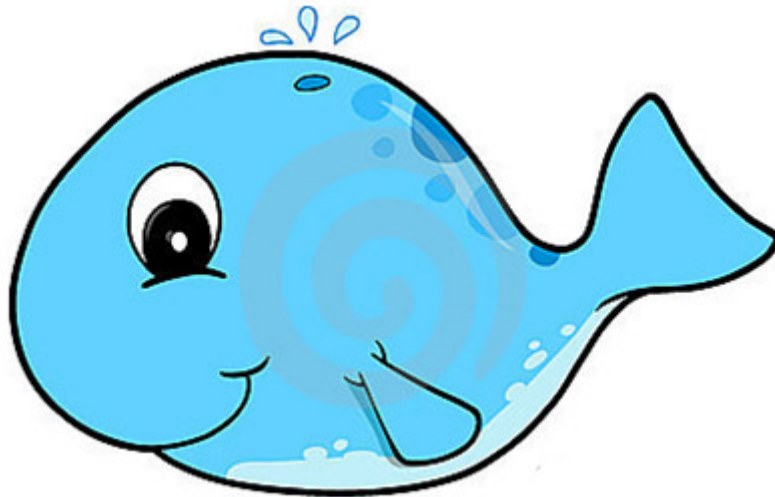


The Jonah Rap

By Alison Hedger AHCM 333

Take time to practise this rhythm as used in the traditional nursery rhyme "Once I caught a fish alive"

1, 2, 3, 4, 5. slow, slow, quick-quick, slow.
One, two, three-four, five.



Jonah was swallowed by a great big fish
fish, fish, fish, fish, fish *All say in rhythm counting off digits*
Which swam through the sea with a splash and a swish
swish, swish, swish, swish, swish
The fish took Jonah and dumped him on the shore
shore, shore, shore, shore, shore
Jonah lived to serve the Lord once more
more, more, more, more, more

Have fun making the responses either quiet, loud or getting softer or louder. You could introduce some percussion to accompany the responses. Keep a steady beat going at all times!