

Heidi

For ages 7+



Heidi, Heidi, heidi-le dee dee heidi – heidi heido

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Cup Game

You will need two cups placed in front of you side by side.

Line one

- Beat one: Tap one cup then the other
- Beat two: Click fingers of one hand then fingers of the other
- Beat three: Tap one shoulder then the other
- Beat four: Click fingers of one hand then fingers of the other
- Beat five: Tap one cup then the other
- Beat six: Clap hands
- Beat seven: Pick up cups
- Beat eight: Change them over and place them on the floor

Repeat for line two

Line three

- Beat one: With left hand pick up one of the cups / tap the open end of the cup with right hand and keep hold of the cup With right hand
- Beat two: With cup in right hand place it back on the floor turning so that open end is up/with left hand pick up the other cup
- Beat three: Tap the open end of the cup with left hand and keep hold of the cup with left hand/ place back down on the floor
- Beat four: Pick up both cups the tap open ends together
- Beat five: Place cups back on the floor one by one with open end down
- Beat six: Clap hands
- Beat seven: Pick up cups and change them over to the other side
- Beat eight: Place them on the floor

This song works really well in canon – the second voice starts when the first voice gets to line three.

Heidi is taken from [Singing Games and Rhymes for Middle Years 2](#)