

Fèis time

ACTIVITY SHEET

Can ye sew cushions

Lyrics

O can ye sew cushions and can ye sew sheets
And can ye sing baliloo when the bairn greets
And hee and baw birdie and hee and baw lamb
And hee and baw birdie my bonnie we lamb

Hee o wee o what'll I dae wi ye
Black's the life that I lead wi you
Mony o ye little for tae gie ye
Hie o wee o what'll I dae wi you

I'll place my cradle on yon holly top
and aye as the wind blows the cradle will rock
And hee and baw birdie and balilaeloo
And he and baw birdie my bonnie wee doo

Hee o wee o what'll I dae wi ye
Black's the life that I lead wi you
Mony o ye little for tae gie ye
Hie o wee o what'll I dae wi you

O can ye sew cushions and can ye sew sheets
And can ye sing baliloo when the bairn greets

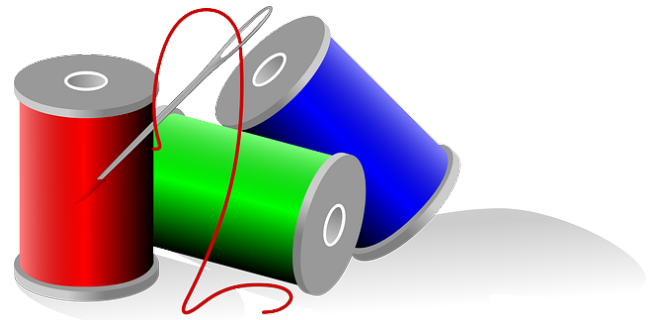
Activity 1

If you have an instrument at home, try playing along to part two of this song with Irene.



Activity 2

Lullabies are often used to help sooth or put babies and children to sleep. Do you know any other lullabies and can you sing them?



Activity 3

Write down a list of things that help make you feel calm and relaxed.



Activity 4

Using some of the things in your list, can you write your own lullaby? Think about the types of sounds which make you feel calm and use these as a starting point for your lullaby.

