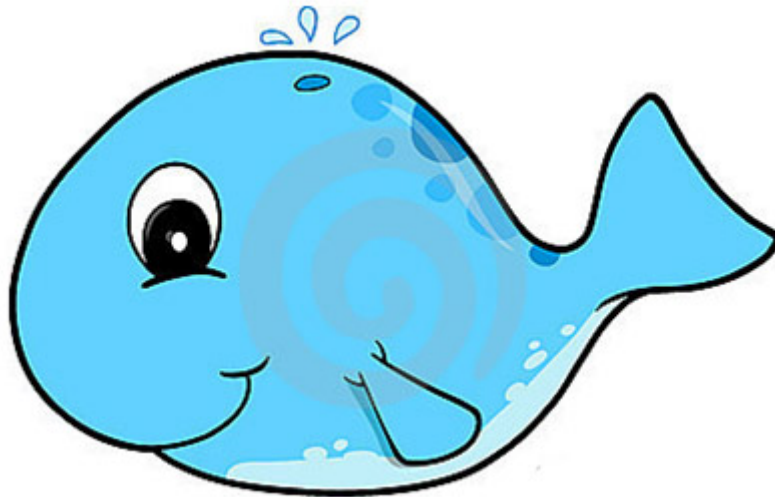


# The Jonah Rap

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!*