

英汉对照(儿歌大意)

英语儿歌⑧

脑袋、肩膀、膝盖和脚趾

有关运动的儿歌

[英] 福兰·撒切尔 绘

梁 弢 译

内蒙古人民出版社



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HEADS SHOULDERS

KNEES AND TOES

AND OTHER ACTION RHYMES

脑袋、肩膀、膝盖和脚趾

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英 语 儿 歌

- 1 嘿，叮咚叮咚 2 A 是苹果派
3 蓝色薰衣草 4 采呀采呀采玫瑰
5 小星星，亮晶晶 6 我有一棵小果树
7 唱一首六便士硬币的歌
8 脑袋、肩膀、膝盖和脚趾

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你能踮着脚尖走路吗？

你能踮着脚尖走路吗。
就像小猫一样无声响？(1)
你会踩着脚跟走路吗。
蹦，蹦，就好像这样？(2)

CAN YOU WALK ON TIPTOE?

Can you walk on tiptoe,
As softly as a cat?(1)
And can you stamp along the road,
Stamp, stamp, just like that?(2)

Can you take some great big strides,
Like a giant can?(3)
Or walk along so slowly,
Like a poor, bent old man?(4)

你会迈着大步向前走吗，
就像身材高大的人那样？(3)
你能慢悠悠地走路吗，
就像佝偻的老人那个样？(4)

- (1)用脚尖走
- (2)踩着步子绕圈
- (3)迈着大步朝前赶
- (4)躬着身子慢步挪

- (1)Walk on tiptoe
- (2)Stamp around
- (3)Take huge strides
- (4)Bend over and walk slowly



STEPPING STONES

Stepping over stepping stones,
One, two, three,
Stepping over stepping stones,
Come with me:
The river's fast,
And the river's very wide,
And we'll step across on stepping stones
To reach the other side.

Mime hopping from one stepping stone to the other,
to cross the river

踩着石头过河

踩着石头过河，
一，二，三，
踩着石头过河，
跟着我一块儿过
河水湍急，河面宽阔，
大伙全都踩着石头过了河，
安全地到达彼岸多快活！

模拟从一块儿石头跳到另一
块石头过河的动作



IF I WERE A LITTLE BIRD

If I were a little bird,
High in the sky,
I'd flap my wings
And fly, fly, fly.

If I were a tall giraffe,
Living in a zoo,
This is how I'd bend my neck
And look at you.



假如我是一只小鸟

假如我是一只小鸟，
高高地在空中翱翔，
扇动我的翅膀，
在空中飞翔，飞翔，飞翔。

假如我是一只长颈鹿，
住在动物园里，
我会弯下脖子，
好奇地看着你。



If I were a friendly dog,
Going for a run,
This is how I'd wag my tail
When having fun.

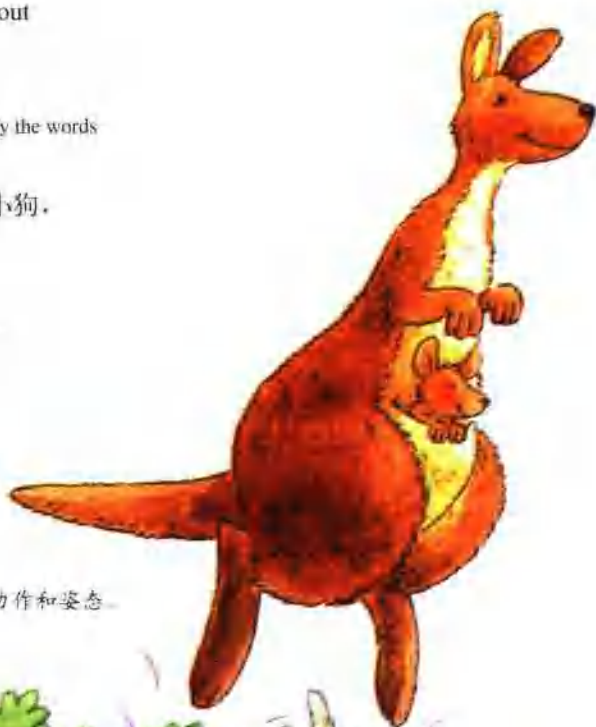
If I were a kangaroo,
I'd leap and bound.
This is how I'd jump about
And hop around.

Mime the actions suggested by the words

假如我是一只友善的小狗，
活蹦乱跳到处奔走，
我会冲你摇尾巴，
心情快乐，意气风发。

假如我是一只袋鼠，
我喜欢蹦蹦跳，
跳啊，跳啊，跳，
绕着圈圈跑。

做诗歌中提到的动物的动作和姿态。



I'M A LITTLE TEAPOT

I'm a little teapot, short and stout,

Here's my handle. (1)

Here's my spout. (2)

When I see the teacups, hear me shout.

"Tip me up and pour me out." (3)

(1) Put one hand on hip as handle

(2) Bend other arm and hand as spout

(3) Bend body over to one side, miming
teapot being poured

我是一把小茶壶

我是一把小茶壶，短小又粗壮：

这是我的把手，(1)

这是我的口径。(2)

当我看到小茶杯，听我嚷：

“快快闪开，水很烫！”(3)

(1)(2) 把一只手支在腰臀部做壶把手，
弯起另一只手臂和胳膊做壶嘴。

(3) 弯起身子往一边倾倒，模仿茶
壶倒水时的姿势。





WITH MY LITTLE BROOM

With my little broom I sweep, sweep,
sweep;
On my little toes I creep, creep, creep.
With my little eyes I peep, peep, peep;
On my little bed I sleep, sleep, sleep.

Mime the actions suggested by the words

拿着我的小扫帚

拿着我的小手扫帚，我扫啊，扫啊，扫；
踮着脚尖悄声跳，我跳啊，跳啊，跳；
睁大眼睛努力瞧，我瞧啊，瞧啊，瞧；
倒在小床上睡大觉，睡呀睡大觉。



IF YOU'RE HAPPY AND YOU KNOW IT

If you're happy and you know it,
clap your hands.

If you're happy and you know it,
clap your hands.

If you're happy and you know it,
and you really want to show it,

If you're happy and you know it,
clap your hands.

If you're happy and you know it,
stamp your feet...

假如你快乐

假如快乐的话，
就请拍拍手，
假如快乐的话，
就请拍拍手，
假如快乐的话，
你又想笑出来，
假如快乐的话，
那就请你拍拍手。

假如快乐的话，
就请跺跺脚……



If you're happy and you know it,
nod your head...

If you're happy and you know it,
shout "Hooray!" ...

If you're happy and you know it,
do all four...

Do the actions and make the sounds
suggested by the words

假如快乐的话，
就请点点头……

假如快乐的话，
就请大声地喊“好哇！”……

假如快乐的话，
就请拍拍手，跺跺脚，点点头，喊“好哇！”……

按照诗歌所说做动作，发声响。



I HAVE TEN LITTLE FINGERS

I have ten little fingers
And they all belong to me.
I can make them do things.
Would you like to see?
I can shut them up tight
Or open them wide.
I can put them together
Or make them all hide.
I can make them jump high.
I can make them jump low.
I can fold them quietly
And hold them just so.

Mime the actions suggested by the words

我有十个手指头

我有十个手指头，
步调一致齐步走，
它们全都听号令，
不信你就来瞅瞅！
你瞧，交叉并拢绕指柔，
伸展张开多自由，
双手合十默念咒，
无影无踪藏在袖，
窜高可以举过头，
蹦低可触脚指头，
折叠收拢静待命，
互相紧握两只手。

模仿诗歌中所提到的手指关节的动作



TWO FAT GENTLEMEN

Two fat gentlemen met in a lane, (1)
Bowed most politely, bowed
once again, (2)
How do you do? How do you do? (3)
And how do you do again?

Two thin ladies met in a lane, etc. (4)
Two tall policemen met in a lane, etc. (5)
Two little schoolboys met in a lane, etc. (6)
Two little babies met in a lane, etc. (7)

- (1) Hold out fists, thumbs raised
- (2) Bend one thumb forward, then the other
- (3) Waggle each thumb in turn
- (4) Repeat actions for other fingers
(two thin ladies = index fingers)
- (5) Middle fingers
- (6) Fourth fingers
- (7) Little fingers

两位胖绅士

两位胖绅士相逢在小路, (1)
俩人寒暄又客套,
弯腰鞠躬九十度, (2)
朋友, 你好吗? (3)
接着还是 How do you do?
两位苗条的女士相逢在小路, …… (4)
两位高个子的警察相逢在小路, …… (5)
两个小学生相逢在小路, …… (6)
两个顽皮的小孩童相逢在小路, …… (7)

- (1) 双手握拳, 伸出大拇指
- (2) 向前弯一个大拇指, 接着弯另一个
- (3) 轮流上下摇摆两个大拇指
- (4) 每对手指头都重复上述动作
(两位苗条的女士 = 食指)
- (5) 中指
- (6) 无名指
- (7) 小拇指

