



Are you Sleeping?



By Frère Jacques

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Are you Sleeping?

Are you sleeping, Are you sleeping?

Brother John, Brother John?

Morning bells are ringing,

Morning bells are ringing,

Ding Dang Dong



Ding Dang Dong

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More about 'Are You Sleeping?'

Are You Sleeping? (the song can also be referred to as Frere Jacques) is a sweet nursery rhyme and round. It tells of a monk who sleeps late and he needs to be capable of waking up so that he can ring the morning bells. It is often sung in circles, in which groups start singing in different ways thus creating a melodic effect. This helps the children in the developing of rhythm, listening and coordination. The rhyme is playfully applied to inject an element of daily routine, responsibility and time conscious. It also exposes children to multilingualism as it is sung in English, French and a host of other languages. Are You Sleeping? is easy, musical and calming enough and can be played anywhere, anywhere at any time even bedtime.

FAQs with Answers

1. What is Are You Sleeping?

How sleepe the monke, which waketh rose, And calls To wake! and cleare The bells.

2. Why is it popular with kids?

It is light and melodious in its uncomplicated melody and circular form.

3. What can children learn?

Time conscious, day to day patterns, rhythm, and coordination.

4. What age group enjoys it most?

Ages 2-6.

5. Is it educational too?

It does, it teaches the ways of music and responsible by playing.