SOFTWARE & TECH

There Were 10 In The Bed

PUBLISHED
November 25, 2026

REFERENCE
#1795582574983818

The Enduring Charm of "There Were 10 In The Bed": A Nursery Rhyme for Generations

For parents and educators seeking a playful yet educational bedtime song, the classic nursery rhyme "There Were 10 In The Bed" has stood the test of time. This simple counting song, often accompanied by hand gestures or puppet play, is more than just a way to tire out little ones before sleep. It is a cultural touchstone that teaches subtraction, fosters family togetherness, and introduces the gentle lesson of sharing space. But what is the story behind this beloved ditty, and why does it continue to resonate with children around the world? In this comprehensive article, we explore the origins, educational value, and modern adaptations of the rhyme "There Were 10 In The Bed," revealing the magic that keeps it rolling over into new generations.

The History and Origins of "There Were 10 In The Bed"

Like many traditional nursery rhymes, "There Were 10 In The Bed" has somewhat murky origins. It is widely considered a folk song that originated in the early 20th century, though some variations date back even further. The earliest known printed version appears in the 1912 collection "The Nursery Rhyme Book" by Andrew Lang, though the rhyme itself likely existed in oral tradition long before. The melody is simple and repetitive, making it easy for children to remember and sing along.

Traditional Folk Roots

The song's structure—a repeated stanza with a diminishing number of characters—is a classic folk motif found in many cultures. For instance, "There Were 10 In The Bed" shares DNA with the German folk song "Zehn kleine Zappelmänner" (Ten Little Fidgeting Men) and the English counting rhyme "Ten Little Fingers." These songs use the power of repetition and subtraction to help young children grasp basic arithmetic. Over time, the rhyme has evolved to include playful actions like "roll over," "fall out," and "bump my head," adding a physical comedy that appeals to toddlers and preschoolers.

Modern Author and Variations

The version most commonly sung today—featuring the lines "There were ten in the bed and the little one said, 'Roll over! Roll over!'"—was popularized in the mid-20th century by musicians like Ella Jenkins and Raffi. Many picture books have been published with the title "There Were 10 In The Bed," often with accompanying illustrations of adorable animals or children. Some versions change the number from ten to five or even twenty, allowing for a longer or shorter counting exercise. The core remains the same: a comedic chain of events that ends with the little one sleeping peacefully alone.

Lyrics of the Classic "There Were 10 In The Bed"

Before diving into its educational and psychological benefits, here are the standard lyrics of the song, as most

English-speaking families know them:

**There were ten in the bed
**
**And the little one said,
**
**"Roll over! Roll over!"
**
**So they all rolled over and one fell out.
**
There were nine in the bed...

The song continues, counting down from ten to one, with each verse featuring the same interaction. The final verse typically concludes:

**There was one in the bed
**
**And the little one said,
**
"Good night!"

Some versions add a final line such as "I'm tired! I'm going to sleep now!" reinforcing the bedtime theme. The simplicity of the lyrics makes it an ideal first song for language development.

Educational and Developmental Benefits of the Rhyme

Parents and early childhood educators often turn to "There Were 10 In The Bed" because it seamlessly blends fun with fundamental learning. The rhyme is a powerhouse of early development skills.

Math and Counting Skills

The most obvious benefit is the introduction of subtraction. Each verse reduces the number of characters by one, giving children a concrete example of "one less." By physically rolling over or using fingers, children internalize the concept of counting backwards from ten down to one. This is a precursor to understanding more complex mathematical operations. The repetitive structure also reinforces number recognition and sequence.

Language and Vocabulary Development

The rhyme exposes children to new vocabulary: "rolled over," "fell out," "bumped," and "said." It also teaches the concept of dialogue through the "little one" speaking. The rhythmic, sing-song nature of the song helps with phonemic awareness, which is a strong predictor of reading success. Children also learn the social language of persuasion ("Roll over!") and compromise (everyone rolls over).

Social and Emotional Learning

At its heart, "There Were 10 In The Bed" is a story about sharing space. The little one wants more room, so everyone rolls over, resulting in one falling out. Eventually, only the little one remains—and then they go to sleep. This narrative teaches a gentle lesson about personal space, boundaries, and the consequences of demanding too much. It also shows that it's okay to want to be alone sometimes, but that companionship is also valuable. The final "Good night" provides a comforting closure, signaling that bedtime is a safe, peaceful time.

Motor Skills and Physical Activity

Many parents and teachers incorporate hand motions or full-body movements with the song. Children can pretend to "roll over" on a mat or simply wave their fingers. These actions develop gross and fine motor coordination, body awareness, and the ability to follow instructions. The "fall out" motion can be done gently with a soft cushion, turning the song into a playful game.

Modern Adaptations and Cultural Impact

Over the decades, "There Were 10 In The Bed" has been adapted into countless picture books, TV show

episodes, and digital apps. Its enduring appeal lies in its simplicity, but also in its flexibility. Authors and illustrators have reimagined the characters as everything from teddy bears to monsters to baby animals.

Picture Books and Story Time Favorites

Notable editions include the board book by Penny Dale, which features adorable animals in a cozy bed, and the pop-up version by Derek Matthews. Many libraries host story time sessions where the librarian leads children in a sing-along of "There Were 10 In The Bed," often using a large felt board with removable characters. This interactive element strengthens engagement and makes the learning memorable.

Animated and Digital Versions

On YouTube, animated videos of the rhyme have amassed millions of views. Channels like **Super Simple Songs** and **Little Baby Bum**produce colorful, high-quality animations that teach counting, colors, and social skills. These digital versions often extend the song with additional verses or introduce new themes like bedtime routines. The sing-along format also helps non-native English speakers learn the language in a fun, low-pressure setting.

Educational Software and Apps

Developers have created interactive apps that allow children to tap on the characters to make them "roll over" or "fall out," reinforcing the counting lesson. These apps often include narration, karaoke-style lyrics, and parent dashboards to track learning progress. The core of the experience remains grounded in the traditional rhyme, proving that old songs can thrive in new media.

Comparing "There Were 10 In The Bed" to Other Counting Rhymes

"There Were 10 In The Bed" is not the only counting rhyme in the nursery canon, but it has several unique features that set it apart. Compare it to "Five Little Monkeys Jumping on the Bed," which also uses subtraction and mayhem. However, in the monkey rhyme, the characters are injured (bumping heads) and the mother calls the doctor. "There Were 10 In The Bed" is gentler—the "one fell out" is not depicted as painful or dangerous; it is simply a comedic consequence. This makes it more suitable for very young children who might be frightened by the idea of injury.

Another similar rhyme is "Ten Little Fingers," which counts body parts rather than children. While that song teaches anatomy, "There Were 10 In The Bed" teaches social dynamics. It also has a stronger narrative arc: the quest for personal space leading to a peaceful conclusion. The theme of "the little one" having a voice and making a request is empowering for small children who often feel powerless in a world of bigger people.

The Science of Repetition and Rhythm in Early Learning

Why is a simple, repetitive song like "There Were 10 In The Bed" so effective for learning? Cognitive science explains that children's brains are wired to detect patterns. Repetition helps solidify neural connections, making it easier for the brain to recall information. The rhyme's predictable structure gives children a sense of security and mastery—they know what comes next, and they can participate with confidence. The rhythm and melody also activate multiple areas of the brain simultaneously, enhancing memory. When children sing along, they are practicing motor planning (mouth movements), auditory processing, and social bonding all at once.

Parent-Child Bonding Through Song

Singing a nursery rhyme like "There Were 10 In The Bed" is a powerful bonding activity. The shared eye contact, physical closeness, and mirrored emotions release oxytocin, the "love hormone." This strengthens the parent-child attachment and creates positive associations with learning and bedtime. Many adults have fond childhood memories of hearing this rhyme, and they pass it on to their own children, creating a multi-

generational tradition.

Practical Tips for Using "There Were 10 In The Bed" at Home or in the Classroom

If you are a parent, teacher, or caregiver looking to maximize the educational value of this rhyme, consider the following activities:

- Use props: Gather ten small stuffed animals or toys. Have children count them before each verse. As you sing, physically remove one toy after the "fell out" line. This visual subtraction is powerful.
- Incorporate movement: Have children line up or sit in a row. When you sing "roll over," everyone rolls on the floor (supervised on a mat). The "one fell out" can be a gentle flop.
- Create a felt board: Make or buy felt cutouts of the characters. Let children move them as you sing. This develops fine motor skills and narrative understanding.
- Change the characters: Substitute "children" with animals, dinosaurs, or shapes. For example, "There were ten little frogs in the pond..." This adapts the learning to different themes.
- Extend the math: After singing, ask "How many were left?" or play a counting game using the same numbers. Use the rhyme to introduce the concept of "zero" (when none are left).
- Talk about emotions: Discuss how the "little one" might have felt—crowded, sleepy, happy. Ask children how they feel when sharing a bed or room. This builds empathy.

Conclusion: Why "There Were 10 In The Bed" Will Never Grow Old

In a world of flashy tablets and endless screen time, the simple charm of a nursery rhyme remains a cornerstone of early childhood development. "There Were 10 In The Bed" offers a perfect blend of counting practice, language acquisition, social learning, and physical activity—all wrapped in a cheerful, repeatable melody. Its humble story of ten crowded bedfellows who eventually find peaceful solitude mirrors the universal human need for both connection and personal space. As long as parents tuck their children in at night, the little one's call to "Roll over!" will echo through bedrooms and classrooms, reminding us that learning can be as effortless as a song. So the next time you hear this classic tune, join in—and maybe even add a gentle roll of your own.

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