

Healthy Music For A Child's Heart, Body & Mind! I Can't Sing or Dance!

Training Handout & Activity Sheet

Leaving your comfort zone may not be easy. We like to stay in that place where we feel safe and void of embarrassment. Many people tell us they feel self-conscious singing or dancing in front of others - even small children. Some have shared with us that it's because they never did this themselves as children, and others because they don't feel they have the skills. Whatever the reason, your concerns are real and should be addressed.

Remember children don't care if you can dance like the stars and they won't be judging your performance for the next American Idol. They will however, idolize you for creating a special bond, complete with lasting musical memories. Let's begin with baby stepping through some activities that require just a sprinkle of singing, a splash of rhythm, a big dash of chanting and equal amounts of foot tapping and stamping.

Getting Started with Simple Music and Movement

Finger plays, rhymes, Scout or campfire songs require minimal singing. Check out these links to songs and lyrics galore: As you chant the words, clap the rhythms to these songs and rhymes.

Checkout These FUN Links!

<http://www.scoutsongs.com/categories>

<http://www.preschoolrainbow.org/preschool-rhymes.htm>

http://members.tripod.com/Patricia_F/learning.html

"Stomp and Clap" from the CD, Physical Ed

"Alright, this song is called 'Stomp and Clap'. And that's exactly what we're going to do. But first we're going to try it so follow me. Here we go!"

Stomp, stomp, clap. Stomp, stomp, clap. Stomp, clap. stomp, clap.
Stomp, stomp, clap. Stomp, stomp, clap. Stomp, clap. stomp, clap.

Mary, Mary, quite contrary. (Mary, Mary, quite contrary.)
How does your garden grow? (How does your garden grow?)
With silver bells and cockle shells. (With silver bells and cockle shells.)
And all pretty maids in a row. (And all pretty maids in a row.)

Chorus:

Put your hands down by your side and rest your feet.
(Rest your feet. You know you're going to rest your feet.)
Listen careful for the slide then start the beat, (start the beat), with your feet
Stomp, stomp, clap. Stomp, stomp, clap. Stomp, clap. stomp, clap.
Stomp, stomp, clap. Stomp, stomp, clap. Stomp, clap. stomp, clap.

Eeney, meeney, miney moe. (Eeney, meeney, miney moe.)
Catch a tiger by the toe. (Catch a tiger by the toe.)
If he hollers let him go. (If he hollers let him go.)
Eeney, meeney, miney moe. (Eeney, meeney, miney moe.)

Repeat chorus

Follow the directions. Stomp and clap to the beat and repeat the nursery rhymes in unison.



Jack and Jill went up the hill. (Jack and Jill went up the hill.)
To fetch a pail of water. (To fetch a pail of water.)
Jack fell down and broke his crown. (Jack fell down and broke his crown.)
And Jill came tumbling after. (And Jill came tumbling after.)

Repeat chorus

Mary had a little lamb. (Mary had a little lamb.)
It's fleece was white as snow. (It's fleece was white as snow.)
And everywhere that Mary went (And everywhere that Mary went)
The lamb was sure to go. (The lamb was sure to go.)

Repeat chorus (2x)

inspirational
Quote:



There is a Zimbabwean proverb,

"If you can walk you can dance: If you can talk you can sing."



INTRODUCING RHYTHM TO YOUNG CHILDREN



Why is it important to introduce rhythm to young children?

The rhythm or beat is the most important element of music. Simple or complicated, it's the vehicle that controls the speed and direction of the song. Opening music's door to young children with even the simplest rhythms, can be the beginning for a child to stake claim to a talent awaiting to be born, bloom and grow.

Can introducing rhythm and music actually make children smarter?

There is an avalanche of exciting information, research and studies staking claim to the astounding effects music has on overall development for both children and adults. Steadfast researchers continue to explore and reveal their discoveries of music and brain development. From our over 3 decades in child development and music, here are our definitive findings: unquestionably music brings a smile to a child's face; when a child smiles, they are happy; when a child is happy, they are content; when a child is content, they are enjoying life; when a child is enjoying life, their universe is filled with a healthy, joyful state-of-mind, and good things emerge from this cheerful, positive place. And the bottom line, we ALL want to be HAPPY and enjoy life whenever possible!

ACTIVITY

Reinforcing Positive Behavior with Percussion Instruments & Chants

Using simple instruments in an activity, gains children's attention while introducing basic rhythm patterns and beats.

Proudly singing a child's name in a song creates a personal experience that encourages a positive self-image.

You will need: A Tambourine or Bongo Drum - A tambourine and bongo drum are instruments that anyone can play and are easy to make.

Bongo drum:

You can easily make your own simple bongo drum by turning a large popcorn can upside down and using a wooden spoon as your drumstick.



Tambourine:

You will need two aluminum pie tins or plastic plates. Using a standard hole puncher, punch holes, 1" apart from each other through the rims of one of the plates. Put the plates together and mark your holes on the 2nd plate. Punch holes on the 2nd plate where marked. For noise, place popcorn kernels, small pebbles, dry macaroni, rice or beans on a plate and lace both plates together with a long, brightly colored ribbon. If you wish, decorate the outside with bright paint, shiny sequins or glitter

Building Self-Esteem Activities and Chants

By adding a simple rhyme, following directions, even cleaning can become a fun activity for all.

Transition children from one activity to the next by calling out their name as you tap on your instrument. A slow, gentle tap signifies walking safely from one activity to the next. To commend an individual child, let your instrument sing their praise by playing it louder as you raise it up high.

WALKING SAFELY (To the tune of Frère Jacques)

Let's all stand up, let's all stand up. Proud and tall, proud and tall.
Walk to the table, safely to the table and sit down. Please sit down.

Variation with a Child's Name. Susie stand up, Susie stand up. Proud and tall, proud and tall. Walk to the table, safely to the table and sit down. Please sit down.

- Repeat verse until all of the children are seated at the table.

Other Suggestions: Add some variety by changing "walk" to tiptoe, crawl, hop, clap or march.

TIPS: Other instruments you can use are maracas, a bell, a triangle or rhythm sticks. Have the children make their own percussion instruments and join in or take turns leading the group with a song, nursery rhyme or chant.

CLEAN UP TIME (To the tune of Frère Jacques)

Let's all cleanup, let's all cleanup. It's cleanup time, cleanup time. I'm so proud of Joey. I'm so proud of Susie for cleaning their space, cleaning their space. **Variations:** Sing about a specific task such as, cleaning the blocks, washing the table or folding the smocks.

• Repeat this song as you walk around the room and sing the praises to all the children participating in cleaning. Make sure to keep a steady beat with your instrument and raise it up and make lots of noise when praising children.

Cleanup Time With A Fun Lyrical Twist (To the tune of Jingle Bells)

Cleanup time, cleanup time, cleanup all the way. Oh what fun it is to clean on this ____ day.

Fill in the blank with the weather (sunny, windy, cloudy, snowy, rainy, chilly), season, day of the week or month. Repeat this simple verse until cleanup is complete.



The Learning Station

Music and dance inspires creativity and free expression. It can unite cultures and generations as it inspires your spirit and soul. It helps us release built up anxiety, even anger. While we are dancing we feel joyful and happy. On a physical level, dance is a great workout too!

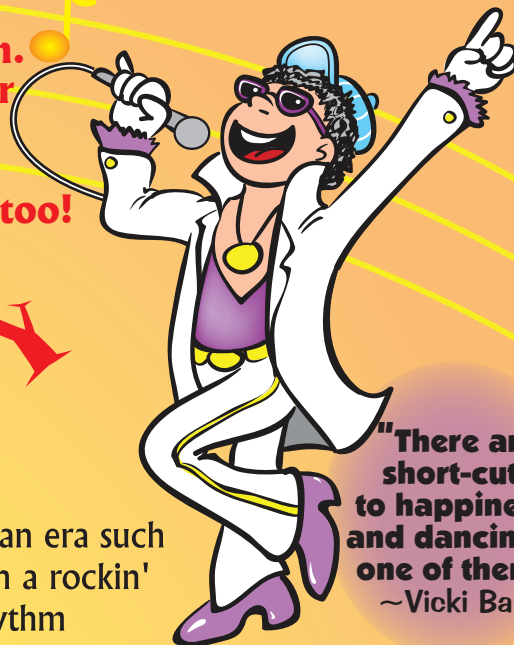
ACTIVITY DANCE PARTY

DANCE MUSIC

Get them swinging and boogying to the beat by using songs from an era such as the 60's flower power, disco 70's or go for an 80's theme with a rockin' dance party. Add some fun props like hula hoops, scarves and rhythm instruments. Learning Station dance CD's include:

Rock n' Roll Songs That Teach • **Get Funky and Musical Fun** • **You Can Dance!**

La Di Da, La Di Di Dance with Me • **Children Love to Sing and Dance** • **Kid's Country Song & Dance**



"There are short-cuts to happiness, and dancing is one of them."
~Vicki Baum

INVITATIONS

Invite families or another classroom to join in on the party fun with handmade invitations.



DECORATIONS

Hang streamers made from colorful construction paper chains. Make a disco ball by covering a large styrofoam ball with aluminum foil. Insert an open hanger so the hook is facing up and hang it in the center of the room.



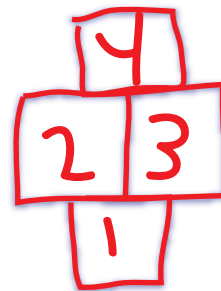
CRAFT YOUR GROOVY ATTIRE

Make simple tie dye shirts using 100% cotton, white t-shirts and Tulip One Step Dye Kits, which can be found at most craft stores. Kits contain everything needed to create several shirts. You simply water down your t-shirt, add cold water to the dye bottle and decorate. The kits come in a variety of vibrant colors. This is permanent dye so use all necessary precautions to protect the space, surface and children from possible spills and splashes. Accessories can include colorful bandanas, funky glasses and groovy beads.



Entertainment

Group Games



Play Twister, Hopscotch, Telephone and Red Light/Green Light.

Here are the links containing instructions:

<http://wondertime.go.com/create-and-play/article/hopscotch.html>

<http://wondertime.go.com/create-and-play/article/telephone-game.html>

<http://wondertime.go.com/create-and-play/article/red-light-green-light.html>

Group Dance

Singing In The Rain

(from the CD, **Rock n' Roll Songs that Teach**)

Directions: Have the children perform the movements described in each verse.

Singing in the rain. We're singing in the rain. What a wonderful feeling. We're thumbs up...

Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.

Thumbs up, shoulders back...

Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.

Thumbs up, shoulders back, knees together...

Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.

Thumbs up, shoulders back, knees together, bottoms out...

Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.

Thumbs up, shoulders back, knees together, bottoms out, tongues out...

Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.

Thumbs up, shoulders back, knees together, bottoms out, tongues out, eyes closed.

Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.

Party Snack Recipes

Healthy Elvis Sandwiches

Ingredients:

- 2 Slices Wholegrain Bread
- Peanut Butter
- Banana Slices
- Honey

Directions: Spread the peanut butter on one side of one slice of bread. Top with sliced banana, then drizzle with honey. Cover with the other slice of bread and cut into 4 equal pieces.

Display the sandwiches on a platter and serve with a simple punch made with a variety of your favorite fruit juices. Chill with ice cubes made from one of the juices.



Sushi Dessert Treats

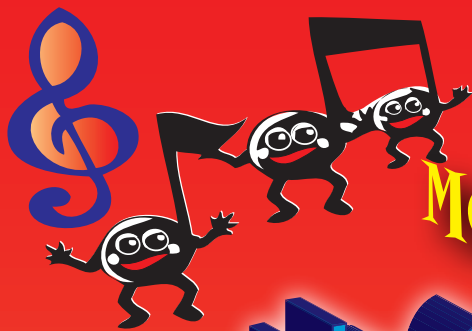
Ingredients:

- 1 to 2 boxes of dried fruit strips or Fruit Roll-Ups (Variety of flavors & colors)
- 4 Cups of Crisped Rice Cereal
- 1 Large Whipped Cream Cheese
- 1 Tablespoon of Honey
- Dried Apricots, Pineapple, Mango or Raisins



Directions: Gradually add whipped cream cheese to rice cereal until it's evenly coated. Stir in honey. Unroll a fruit strip and cut lengthwise in half. Spread a thin layer of the mixture on top, distributing it evenly. Add a row of fruit, 1 inch in, in a horizontal line. Gently roll the lower edge over the fruit and continue to the end. Cut each roll in half to create two sushi pieces and trim ends if needed. Makes approximately 4 dozen.
Dipping Sauce: Mix strawberry jam with a splash of pineapple fruit juice





Education-Friendly and Fun, Movement-Oriented Activity Songs

Alice the Camel

from the CD, All-Time Childrens' Favorites

Number Recognition

Directions: Form a circle; wrap your arms around both your neighbors' waists. Every time you sing a number bend your knees down. When you sing, "boom, boom, boom" sway your hips side to side, gently tapping both of your neighbors hips.

Alice the camel has 10 humps; Alice the camel has 10 humps. Alice the camel has 10 humps. Go Alice go! Boom, boom, boom!

Repeat this verse counting down with 9, 8, 7, 6, 5, 4, 3, 2 and 1.

Final verse: Alice the camel has no humps; Alice the camel has no humps. Alice the camel has no humps. Cause Alice was a horse! Boom, boom, boom, b-o-o-o-o-m!



Hokey Pokey

from the CD, All-Time Childrens' Favorites

Left/Right Discrimination & Body Identification

Directions: Form a circle and when directed bring the requested body part towards the center of the circle and then behind you. Then quickly shake it back, forth, up and down. Hokey Pokey dance by pointing your thumbs up, as you move them up and down sway your hips back and forth.

Verse: You put your right foot in, you take your right foot out, you put your right foot in and you shake it all about. You do the Hokey Pokey and you turn yourself around, that's what it's all about.

Repeat this verse using the following: Left Foot * Right Arm * Left Arm * Head * Knees * Shoulders * Elbows * Bottom * Quiet Voice * Loud Voice * Tummy * Nose * Whole Self

What Color Is This?

from the CD, Singing, Moving and Fun

Color Identification

Directions: This is by far, our favorite color song because you choose the colors and objects. You can introduce a few basic colors and progressively add more. You can either gather specific colored objects and hold them up or have the children join you on a 'color adventure walk' as you point to colored objects all around the room.

Objects: Any colored objects such as flashcards, blocks, clothing, or items around the room.

Verse: What color is this ____? What color is this ____? What color is this ____?
What color is this ____? I use my eyes to see, the colors in the world all around me.

Repeat verse.



YELLOW

BLUE

RED



The Learning Station

"If you never did, you should.

These things are fun,
and fun is good."

~Dr. Seuss



**MULTI AWARD
WINNING!**

**Fun! Interactive!
Educational!**

Music is one of the simple joys of life - **The Learning Station's** award winning music makes it easy to set the scene for an exciting learning atmosphere that is bubbling with creative imagination, jam-packed with active participation and bursting with a blast of learning fun!

The Learning Station songs shared during this presentation may include:



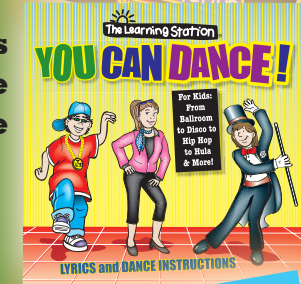
**What Color Is This?
Body Bop
Say No To Strangers**

**Singin' In the Rain
Read A Book
Button Factory**



**Hokey Pokey
Alice the Camel
Medley**

**Doo Wop Dancing Voices
You Can Dance
Jump Jive Recipe**

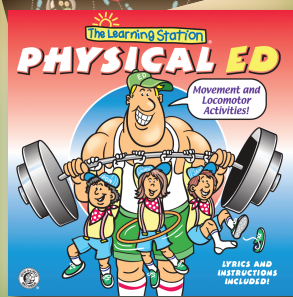


**One, Two, Buckle My Shoe
Five Little Monkeys
Spirit Song
Swimming Song
I Like Friends**

**Now We're Dancing
Move With Me
Special Friends**

**Head, Shoulders, Knees and Toes
The Bear Hunt
Here We Go Loopty Loo**

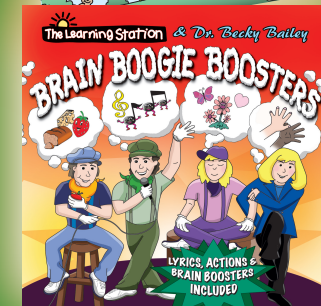
**Six On The Bed
Head, Shoulders, Knees and Toes
The Bear Hunt
Here We Go Loopty Loo**



**Stomp and Clap
Side Slide
Monkey In The Middle**



**Wadlee Atcha
Boogie Rock
I Gotta Go
Itsy Ditsy Spider**



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