

# Healthy Music

## For A Child's Heart, Body & Mind!

### Let's Rock, Move and Make Learning Fun and Exciting!

"Tell me and I'll forget;  
show me and I may remember,  
involve me and I'll understand."

This Chinese proverb is  
the means to all learning  
and teaching at its  
very finest!



## TRAINING HANDOUT & ACTIVITY SHEET



Music activities included in this presentation  
will specifically emphasize and promote learning in the following areas:

- Literacy Awareness through the implementation of songs that correlate to Caldecott Award (American Library Association [www.ala.org](http://www.ala.org) <<http://www.ala.org/>>) winning children's literature.
- Promoting physical fitness, large muscle development and health through action-based movement songs and dance activities.
- Cultural respect, dignity and awareness demonstrated through a global mix of music, lyrics, rhymes and movement activities.
- Behavior management strategies with songs and rhymes that employ techniques that aid in attention, following directions and promote positive behavior.
- Social awareness through the assimilation of songs and activities that invite children to interact, communicate and work together.
- Creative free expression; offering ample opportunities for children to freely express and share their thoughts, ideas and feelings through theatrical music, rhymes, dance and child-directed activities.
- Language is both receptive and expressive. Songs will be introduced that allow children to exercise three of the essential skills primary for language development; listening, receiving accurately and processing effectively what they hear.

## Create an Enriching Musical and Cultural Experience

Your children's creative imagination will be enthused when you jazz up their world with a diverse array of music styles such as classical, rock, reggae, country, folk, funk, cultural, big band, opera or Broadway.

Here are some suggestions on how you can enhance your classroom's total music experience:

Each week introduce a new music style to your class. You can sample CD's from your local library. They have a great selection to choose from and they don't cost any money.

Discuss the music's origin, instruments and cool facts. A visit to Wikipedia and you'll have an abundance of knowledge to share. For example, did you know that Mozart was five years old when he wrote his first piece?


Print out and display pictures of the musical instruments, bands, performers or orchestras.

Display some real instruments for children to gently play. Check with your local music stores or thrift shops for cheaper or free instruments.

Invite a musician to your program to perform. Call your local music or piano store and inquire about a visit to your class from one of their music teachers or students. Put out a request to parents to come in and showcase their musical talents. Contact area elementary, junior or high schools to schedule a band, choir or string performance. Schedule a visit from your area's barbershop quartets or Sweet Adeline's organizations.

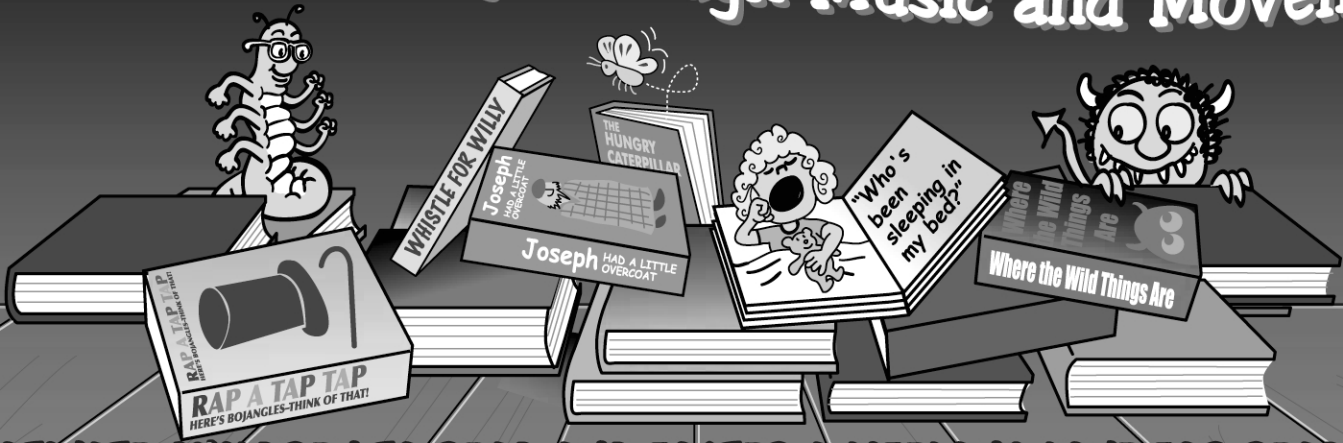
Field trips could include music stores, a children's concert, performing arts centers or a dance studio.

**VISIT AND TRAVELING TIPS:** Always call ahead before going on a field trip. Explain the age of the children and suggest keeping demonstrations simple and limited to a few minutes. If you are visiting a music store inquire if they have instruments the children can play. If not, explain to the children before departing that during this trip we will be using ONLY our eyes and ears to learn.

  
**The Learning Station**

Words of Wisdom:  
"Music gives a soul to the universe,  
wings to the mind,  
flight to the imagination,  
and life to everything."  
~Plato~

# Promoting Literacy Through Music and Movement



## MOTIVATE CHILDREN TO READ AND FOSTER A LIFELONG LOVE FOR READING: Creating a Comprehensive Learning and Literary Experience

Instead of simply reading a popular children's book like Maurice Sendak's "Where the Wild Things Are", make the story and its characters come to life by creating a total sensory experience in sight, sound, touch, smell and taste.

### LANGUAGE ARTS:

After reading the book ask thought provoking questions that encourage the children to interpret the story. For example, Why was Max sent to his room? How do you think Max felt when he was sent to his room? How would you feel? Could a forest really grow in your room? How long would it take for a forest to grow? Tell me about the wild things? Is this a real or pretend story?

### SCIENCE and MATH:

Talk about the forest that grew in Max's room. Discuss where trees and plants come from and how they grow. Do you think you can grow a forest as fast as Max? Introduce different seeds to the children that vary in size and shape. Let the children sort together the matching seeds. Plant the seeds, label, water and monitor how long it takes for them to grow.

### ART:

#### Wild Smelly Things

Have children create their own interpretation of a mythical Wild Thing creature at the easel, using scented paint (easily created by adding a few drops of extracts such as vanilla, licorice, peppermint or coconut to the paints).



"Every child is an artist. The problem is how to remain an artist once we grow up."

- Pablo Picasso

#### Group Collage

Talk about how illustrators of children's books use all different kinds of art media to make their characters come to life. Then have everyone create a group collage mural of the stories main characters using fabric, colored sand, feathers, scraps of paper, ribbon, bric-a-brac, some thingamabobs, whatchamacallits and whatchahooies.

#### BRAINY QUOTE:

We shouldn't teach great books; we should teach a love of reading. - B.F. Skinner

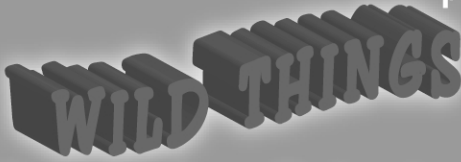


  
The Learning Station



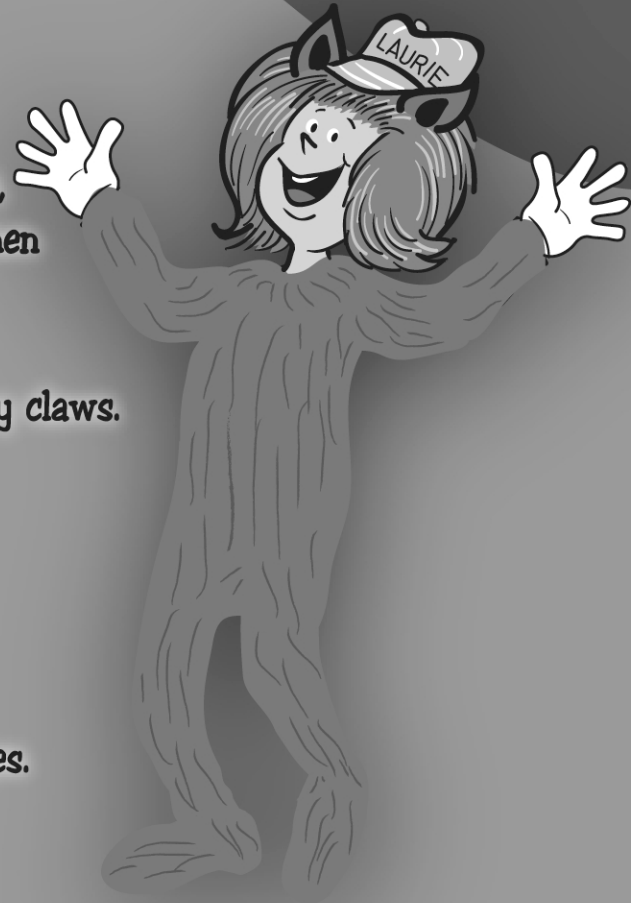
## DRAMATIC PLAY:

Have the children dress up in wild n' silly clothes and perform the **Wild Things** dance from The Learning Station's CD, **Literacy in Motion**. Video their performance and share it with other classes or during family night.



from the CD, *Literacy in Motion*

Pretend to be a silly imaginary monster. Stand or crawl, holding up your hands like monster claws. Stomp your feet, dance and act out the motions described in each verse. When the song directs you to "BE STILL" - FREEZE in place.



I'm wild, when I gnash my teeth, I'm wild, when I show my claws.

BE STILL - Now gnash your teeth

BE STILL - Now show your claws.

I'm wild, I'm wild, I'm so wild!

I'm king of the wild things, that's my part

Listen to me. Let the rumpus start!

I'm wild, when I roar my roar. I'm wild when I roll my eyes.

BE STILL - Now roar your roar.

BE STILL - Now roll your eyes.

I'm wild, I'm wild, I'm so wild!

I'm king of the wild things, loved by all

Listen to me. We'll have a ball!

I'm wild, when I gnash my teeth, and I show my claws

I'm wild, when I roar my roar, and I roll my eyes.

BE STILL - Now gnash your teeth and show your claws.

BE STILL - Now roar your roar and roll your eyes.

I'm wild, I'm wild, I'm so wild! (Repeat)



**FUN FACT:**  
Did you know that the book by Maurice Sendak, "Where the Wild Things Are" is just 10 sentences long?

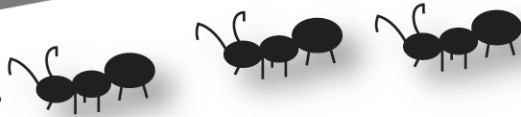
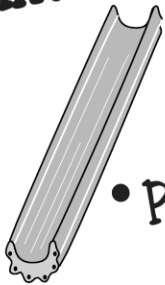


The Learning Station



# Simple Healthy WILD THINGS Snacks

## Activity #1 Ants On A Log



### You will need:

- peanut butter • cream cheese
- celery sticks • raisins

Child safe knives for spreading ingredients

If you were a  
**WILD THING**  
what would you eat?

Have children create wild n' crazy snacks like "ANTS ON A LOG". Simply stuff peanut butter or cream cheese into celery sticks and garnish with raisins.

## Activity #2

### Wild Thing Munch n' Crunch



### You will need:

- granola • variety of dry cereals
  - variety of nuts • dried fruits
- small lunch bags (1 for each child)

Or chomp on some "WILD THING MUNCH n' CRUNCH" by letting children choose from a variety of dry ingredients like granola, dry cereals, nuts and dried fruits. Then shake them together in a small brown bag and enjoy.





## A POSITIVE APPROACH TO CALMING THOSE LITTLE WILD THINGS:

When Max wanted to tame the wild monsters in the book, "Where the Wild Things Are", he raised up his arms and motioned, "Be still." Did you ever feel like your children sometimes become little wild things? Fret not, here is an activity that will regain order without saying a word.

Young children naturally love performing movements and actions. We already know songs combined with movements aid children with memory and recall. In addition, the more senses involved in a learning process then the greater the memory retention will be. Learning sign language (ASL) is an optimum way to combine hand movements with words and contains a plethora of positive development benefits. First of all, when children learn words combined with signs they are processing language using both sides of their brains. The left side of their brain processes the verbal sounds and the signed images are processed on the right side of the brain. When both sides of the brain are enthused the child has developed two language recall locations. Foremost, learning sign language exercises the essential skills necessary for language development; listening, receiving accurately and processing what they had heard.

### Practice Note:

Teach each sign by verbally saying the word as you sign it.

*"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."*  
Helen Keller

**STOP:** Hold your left hand, palm up flat in front of you. Hold your right hand sideways with your palm facing you. Sharply bring your right hand down to your left hand.

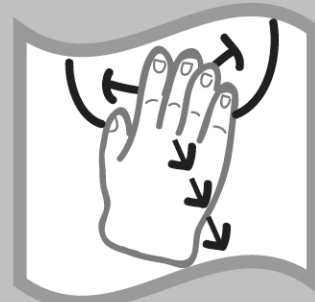
**QUIET:** Hold your index finger up to your lips. This sign can be used in combination with "STOP" to get the children to focus on you.

**PLEASE:** Place your flat right hand over the center of your chest. Move your hand in a circular clockwise motion.

**COME JOIN ME:** Hold out your hands and point both index fingers toward each other. Then rotate both fingers around one another as you move them towards yourself.

**GO:** Hold out your hands and point both index fingers toward each other. Then rotate both fingers around one another as you move them away from yourself. This sign can be used to direct children to resume or continue with their activity.

Learning sign language is great for learning. It's easy and fun-even for infants! To learn more and see a FREE ASL dictionary with video demonstrations visit:  
[www.babies-and-sign-language.com/glossary-photos.html](http://www.babies-and-sign-language.com/glossary-photos.html)



## THANK YOU:

Begin with the fingers of your dominant hand near your lips. Keep your hand flat. Smile as you move your hand forward and down in the direction of the person you are thanking. Like blowing a kiss!  
**VERY THANKFUL:** Use both hands with this sign.



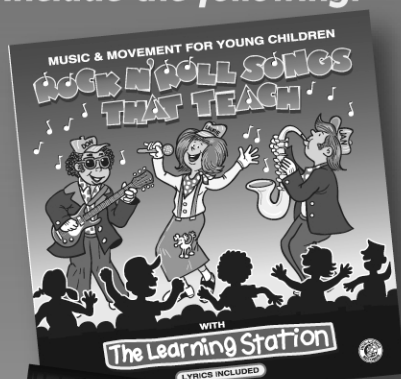
The Learning Station

# The Magic of Music

There's no disputing the many values of children's music. Research has proven the positive effects music has on brain development and how music increases primary areas of a child's intellectual growth: boosting vocabulary, language, memory, literacy, awareness, math comprehension and much more. Music inspires inventiveness as it encourages a child's imagination and creative free expression. Interactive songs invite children to participate and communicate socially. And as uplifting tunes elevate a child's self awareness, multicultural songs also inspire cultural unity and advocate respect for others.

Plus - the physical benefits of music combined with movement and dance are just AMAZING!

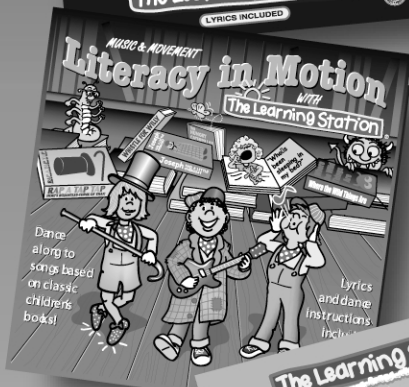
Foremost, music speaks to children and it is a beautiful, universal language that is well understood. Children naturally love to move, and music transcends them to a 'happy place' filled with rhythms, dancing, moving, clapping and singing fun. So keep those little bodies in motion and minds in action with movement songs that enrich, enthuse and educationally enhance their lives. The Learning Station songs shared during this presentation may include the following:



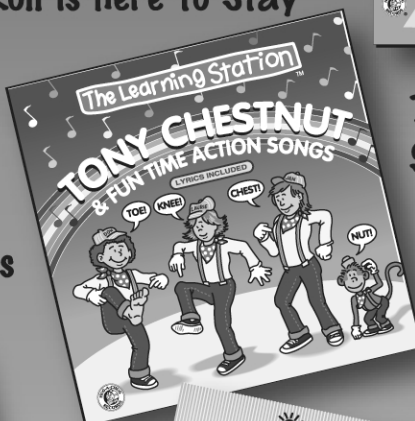
Green Eggs and Ham  
Read a Book  
This is How We Rock  
Button Factory  
Rock n' Roll Journey  
Rock n' Roll is Here to Stay



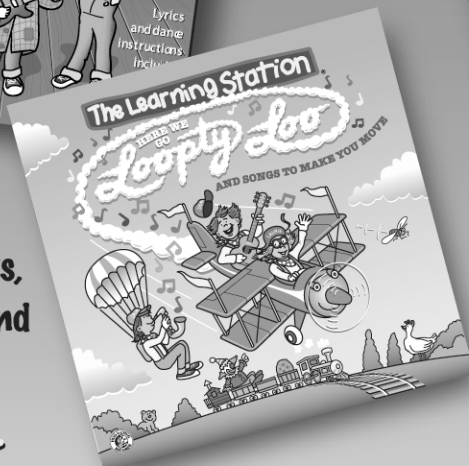
Get Funky  
Body Boogie



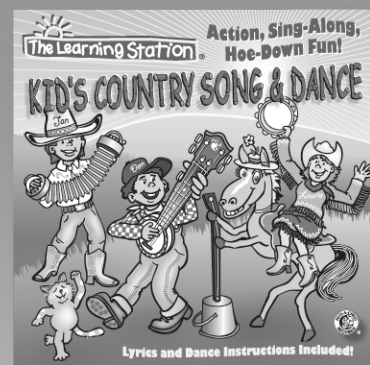
Wild Things



Tony Chestnut  
Shiny Clean Dance



Head,  
Shoulders,  
Knees and  
Toes



Square Dance Cadence

Doo Wop Dancing Voices  
You Can Dance

**The Learning Station**

**3950 Bristol Court  
Melbourne, FL 32904**

**TheLearningStation@cfl.rr.com**

**Fax: (321) 722-9121**

**1.800.789.9990**

**[www.learningstationmusic.com](http://www.learningstationmusic.com)**

Music and Lyrics by the Learning Station

© Monopoli/The Learning Station 1997-2009

It is unlawful to copy and paste these lyrics without written permission from The Learning Station.