




The Learning Station

Healthy Music
For A Child's Heart, Body & Mind!

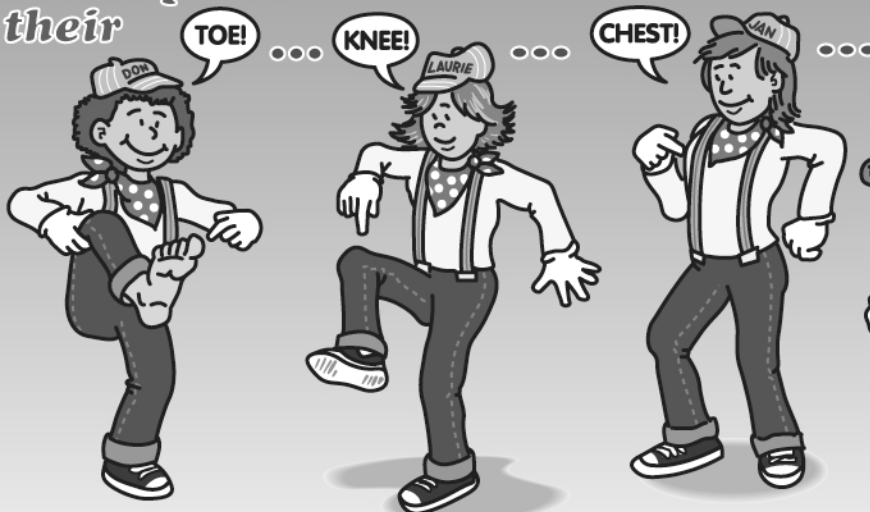
TONY CHESTNUT TRAINING HANDOUT

Do you  the song Tony Chestnut?
Tony Chestnut has become an international
HIT, SENSATION staking its claim to fame from
the US to South Africa, and everywhere inbetween.


*It's a simple tune with silly movements
so inviting it is sung at preschool graduations, family nights,
weddings, anniversaries and business meetings. It has even
been performed by marching bands! One thing is certain,
everywhere it's performed laughter abounds both by
those in observance and everyone participating.*

**This song starts out slowly and then becomes more
challenging as the speed picks up.**

*Children point
to their*



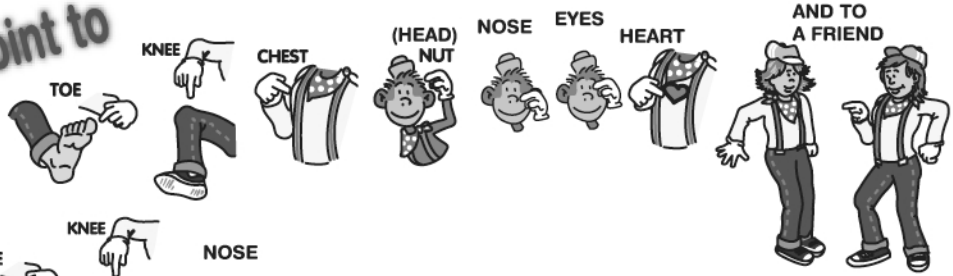
NUT! (head), nose and
eyes. Then they
cross their hands
over their hearts
and point to
a friend



Suggested Movements to Tony Chestnut

Tony Chestnut knows I love you.

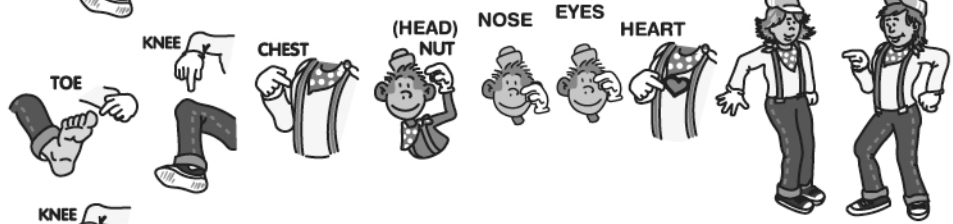
Point to



Tony knows. (Tony knows.)



Tony Chestnut knows I love you.



That's what Tony knows.



And Eileen loves Neil and Neil loves Pat,



but Pat still loves Bob.

Pat your shoulders



and wiggle your head up and down

Stand up straight



Wiggle your legs



and skip in place



And there's Russell and Skip.

This song is silly, but it's hip.



Make a silly face



Stick out your right hip and point to it

How it ends, just one man knows.



Turn and point to your bottom

And guess what, (what) it's Tony Chestnut.

Point to



During the talk that directs the music to play faster. Cup your hands and pretend you are stirring the musical pot that is controlling the speed of the music. Stir faster and faster... repeat...

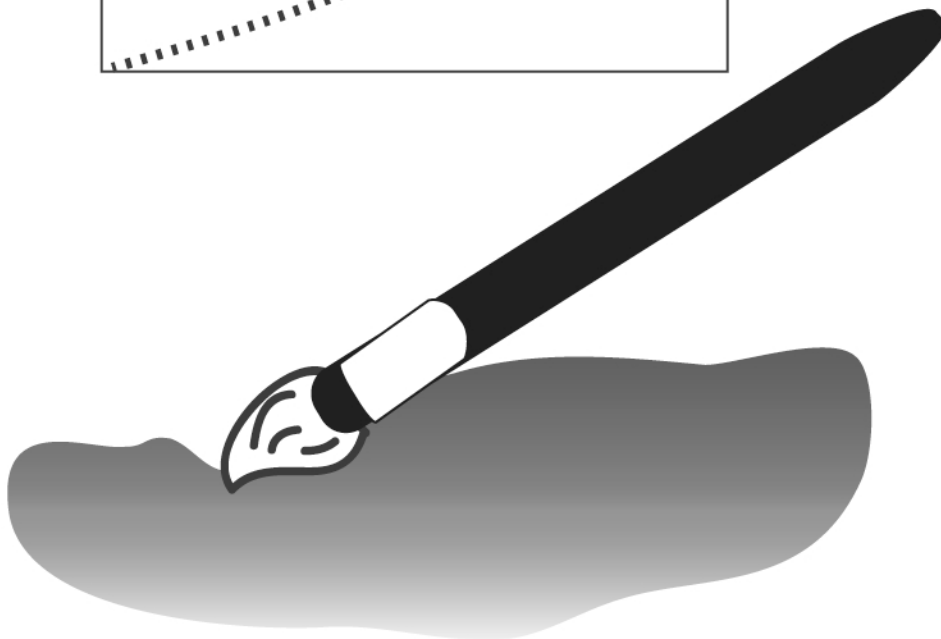
OTHER ACTIVITIES

ART CORNER



FOLDED
EDGE

Cut easel paper
in the shape of a
heart - Simply fold
in half and do one
outside cut, have
the children
paint or draw
pictures
of who they
love inside.

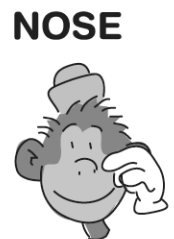
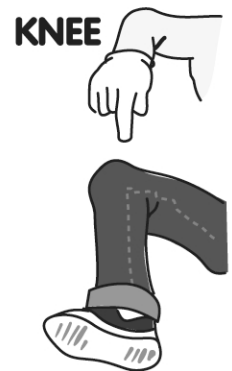


OTHER ACTIVITIES

Science/Body Parts

Play "Simon Says Go Faster"

Introduce the game by pointing to body parts such as those named in the song. Then each time you say, "Simon says go faster" point to those body parts a little faster. The faster you go, the sillier the game becomes. Make it more challenging by adding additional body parts such as thighs, calves or ankles. Remember, in this version of Simon Says children **DO NOT** go out. They just go **FASTER!**



FUN FACT: Did you know that laughing lowers levels of stress hormones and strengthens the immune system. Six year olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day!



The Learning Station

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Music and Lyrics by the Learning Station

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