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Music and Movement from Birth to 3
Out of Music Comes Movement, Out of Movement Comes Music

HELLO SONG

Good Morning to you (shake RH), good morning to you (shake LH),
I'm so glad to see you (trade places), good morning to you (turn around).
*Can sing A Good Day

HELLO SONG

Good Afternoon to you (clap clap) x2
I'm so glad to see you, I'm so glad you're here.
Good Afternoon to you (clap clap) x2
(Also works with Good Morning)

FINE MOTOR: Wiggle Fingers Song

One Little Owl went whoo whoo, 2 little owls, 3 little owls
One Little Squirrel went squit, squit, squit, etc...
One Little Crow went caw, caw, caw, etc...
OR One baby birdy went tweet tweet tweet etc...
One Little Kitty went meow, meow, meow etc...

GROSS MOTOR:

Head Shoulders Baby
Hey Mr. Knickerbocker

MOVEMENT:

HICKETY PICKETY BUMBLE BEE

Hickety Pickety Bumble Bee, everyone move your body with me, Ba da ba, ba da ba, ba da ba bah, ba da ba, ba da ba, ba da ba bah!

Brain Dance Tactile activity: <https://www.creativedance.org/>

Hickety Pickety Bumble Bee, everyone *tickle* your body with me

The series is: Tickle, Pat, Squeeze, Brush, Then...

Tap toes, stamp feet, wiggle legs, clap hands, wiggle fingers, wave arms, elbows, shoulders, stand up, jump, wiggle, twist, spin, when you're finished,

Hickety Pickety Bumble Bee, everyone take a deep breath with me,

Hickety Pickety Bumble Bee, everyone sit back down with me.

*The ba da ba is taken from Gordon Early Childhood Music Learning Theory: It's the idea that babies/toddlers/kids learn music as they do language.

1. Absorb
2. Imitate
3. Improvise

Singing music with and without words, chanting rhythmically with and without words allows the kids a chance to hear the elemental simplicity of the language of music.

PITTER PATTER

Pitter Patter Pitter Patter, Listen to the rain
Pitter Patter, Pitter Patter, on my windowpane
Tapping in the rain
Squeezing in the rain
Brushing in the rain

HICKORY DICKORY DOCK

Hickory Dickory Dock
The mouse ran up the clock
The clock struck one the mouse ran down
Hickory Dickory Dock
Tapped up the clock
Squeezed up the clock
Brushed up the clock

Book: The Completed Hickory Dickory Dock by Jim Aylesworth
Warm up: poem on body with tapping, patting, tickling and brushing
Extension: poem with sticks

RHYTHM SHAKERS

Explore Shake & Stop
Explore Slow vs. Fast
Shake your sillies out w/ variations: Clap crazies out, Jump jiggles out, Yawn sleepies out

Sing ABC 3x: 1. Very Slowly 2. A little faster 3. Very Fast!
Read Chicka Chicka Boom Boom accompanied by Johnson Rag by Glenn Miller Band

Book: Growing Vegetable Soup by Lois Ehlert
Read the book and chant without words on each page.
Extension: give out scarves and plant vegetable soup by re-enacting the book.
Extension: Make soup for Shabbat

Book: Peekaboo Morning by Rachel Isadora
Sing the book: Peek a peek a peek a boo! I see...
Chant rhythmically when you see the puppy, bunny, train and butterfly.
Extension: Ask the kids what the child saw in the book and move around while chanting.
Give out scarves and play peek-a-boo! Can play recording: Peek-a-boo by Kira Rappaport.
Available on Spotify/iTunes/Apple/Amazon from the album Sing Together.

SCARF PLAY: Rhythmic chanting with scarves. Grow flowers while singing a melody without words.

CLOSING SONG

Let Music surround You
Let it warm your heart
Those who sing in harmony
Never grow apart