

Dancing Feet!

WHY

- Fact: 90% of the brain is used when a child actively participates in music
- Fact: We retain 50% more when a movement component is added
- Fact: Children need experience with pattern and sequence – pre-literacy skills.

HOW

Sequence of Dance Formations for young children:

1. Dancing as individuals within a group
2. Circle dancing
3. Partner dancing
4. Dancing with props and manipulatives.

WHO

About the Presenter: Carole Stephens grew up in a house with a pre-school attached! She graduated from Northwestern University with a BS in musical theater, acting in shows in Chicago and New York City (even a stint on All My Children!) before going afloat as a cruise director in the Caribbean. Back on land again, she hosted the nightly TV show “PM MAGAZINE” before settling down to “mommy.” She created music classes to meet the needs of her 2 children, who are now young twenty-somethings! As MACARONI SOUP, she has been providing musical entertainment and education for children 1 – 10 years old since 1989. Carole’s CDs have won the Parents’ Choice, NAPPA, I-Parenting Media, Mom’s Choice and Children’s Music Web Awards.

Carole is available for Kid Classes or Concerts, Teacher Workshops, and Family Night Concerts.

WHAT

Carole’s Recordings: “Sticky Bubble Gum...and Other Tasty Tunes” SBG
“H.U.M. – Highly Usable Music – All Year Long!” HUM
“Tiny Tunes” TT
“Stinky Cake” SC
“Dancing Feet!” DF
“BALONEY!” B
... and new: **“SEASON SINGS!”** SS

“Teach with enthusiasm, they will learn with enthusiasm!”

“Miss Carole”

**VISIT ME at the PRESENTER
MKTPLACE, Tables 8/9 for 1 hour after
the workshop, or Friday 11:45 - 12:45!**

Everything in this workshop is on my cd,
"Dancing Feet" unless noted otherwise. See
the Key Code on the front page.

SOTM means it has been a Song of the
Month on my website – hear it, read it, learn
it there!

Dancing with young children helps
organize the brain – it emphasizes
sequence and pattern, both skills needed
for early literacy. It also encourages good
social skills, co-operative behavior, and
physical exercise.

Are we raising a generation of couch
potatoes? NO! Children should be moving
to music on a daily basis, and these simple
dances can make it as fun as it is easy!
HOW? Talk through the dance first when
teaching it. THEN you can add the music.

Fire up the body AND brain!

**Group 1: Dancing as an individual
It's a Beautiful Day! B SOTM 9/10**

By Kathy Ried-Naiman

It's a beautiful day, it's a beautiful day

It's a beautiful day for singing!

It's a beautiful day, it's a beautiful day

It's a beautiful day for singing!

Singing, singing, it's a beautiful day for singing!

2. Dancing 3. Jumping

4. Twirling 5. Singing!

I use the ASL sign for singing or music: outstretched left
arm, right hand sweeping back and forth above the elbow.

For the other verses – do it!

For ASL signs, go to the American Sign Language Browser
at <http://commtechlab.msu.edu/sites/aslweb/browser.htm>

One Finger, One Thumb SOTM 9/09

One finger, one thumb keep moving

Keep moving, keep moving

One finger, one thumb keep moving

And chase the flies away!

(keep adding a movement with each repetition: 2 fingers/
2 thumbs, your feet, your arms, sit down/stand up! Let the
kids suggest what to do as they get to know the song)

The Little Fish by Laurissa Anne Berkner **SC**

You'll need the cd for this one – but it's worth it!
This is a favorite for any child 2 – 6 years old! Have
them lay down on the floor – on their "rock".
Pantomime all the fishy's antics! "Wait a minute –
We're FISH!"

The Pumpkin Pokey! SBC

(just like the Hokey – but fun for Fall!)

You put your hand in, you put your hand out

You put your hand in and you shake it all about

You do the Pumpkin Pokey and you turn yourself around

Little monsters all shout BOO!

(repeat with leg, head, backside, whole self, then do the
Pumpkin Pokey! This can be done either in a circle, or with
everyone facing the same direction.)

Defining Pattern and Sequence

Pattern: in a dance, first you do A, then you do B.

"A" may be as simple as "walk". "B" may be "clap your
hands", as in "Muffin Man Dance".

Sequence: To put the dance together, you may
repeat the pattern, A, then B, then A again, then B
again. AB AB AB is the sequence.

Some songs have long sequences, such as "Singing
in the Rain." The pattern is Chorus/ List + 1 new
move, The sequence is the repetition of the pattern.
Make sense? We do this naturally, but for kids, it may
be a new concept.

Group 2: Circle Dancing

The Mulberry Bush verses by Carole Peterson

SOTM 7/09 (can be done holding hands or not)

Here we go 'round the mulberry bush

The mulberry bush, the mulberry bush

Here we go 'round the mulberry bush

So early in the morning!

V. 1 This is the way we wash our hands

V. 2 This is the way we brush our teeth

Chorus

V. 3 This is the way we put on our clothes

V. 4 This is the way we walk outside

Chorus

Looby Loo TT SOTM 6/07

Here we go looby loo, here we go looby lie

Here we go looby loo, all on a Saturday night!

I put my hand in, I put my hand out

I give my hand a shake shake shake

And turn myself about, OHHHHH....

(Hold hands and walk in a circle for the chorus, stop to put
the various parts of the body in. Teach now, the Pumpkin
Pokey will follow nicely in a week or two!)

Sally Go 'Round the Sunshine

SOTM 6/10 A circle dance that reverses direction!

Sally go 'round the sunshine

Sally go 'round the moon

Sally go 'round the sunshine

All in an afternoon, HUNH!

NOTE: Start out slow, increasing speed on successive verses as the children are ready!

You can also add counting in another language at the end of each verse, as demonstrated. Good for experienced kids!

Bluebird, Bluebird SOTM 4/10

To start, make a large hold-hands circle, hands raised.

Choose one child to be the bluebird, and he/she weaves in and out the circle while all sing:

Bluebird, bluebird in and out my windows

Bluebird, bluebird in and out my windows

Bluebird, bluebird in and out my windows

Oh, Johnny I'm so tired.

The "bluebird" stops behind the nearest child and taps their shoulder while the children in the circle clap and sing:

Take a friend and tap them on the shoulder (3x)

Oh, Johnny I'm so tired.

(Keep repeating verse, chorus as the line behind the bluebird grows. If you have a VERY large class, once the children have seen how it goes, choose 2 bluebirds to start on either side of the circle. When you get to the last 2 children, they can become the "bridge" for London Bridge.)

Group 3: Partner Dancing

The Muffin Man Dance SBC SOTM 5/11

Do you know the Muffin Man, the Muffin Man, the M. Man

Oh do you know the Muffin Man, Who lives in Drury Lane?

(walk holding hands in partners, then clap patty cake style with partner for next part)

Yes I know the M.M., the M.M, The M.M. etc.

Jump Jim Joe! SOTM 3/09

Jump! Jump! Jump Jim Joe!

Nod your head, and shake your head

And tap your toe

Round and round and round you'll go

Then you find another partner

And you Jump Jim Joe!

(this is the easiest of changing partner style dances – even older 3's can do it! But slow it down, and don't start singing the next verse until everyone has a partner.)

Ach Ja! (German for Oh, yes!) SOTM 5/10

Oh my mother and my father took a journey to the fair,

Ach Ja, Ach Ja!

They hadn't any money, but they didn't seem to care

Ach Ja, Ach Ja!

Tra la la.....

The Dance: walk holding hands with a partner, all couples going in the same direction. Each time you say "ach ja", turn to face partner and bow. During the tra la la's, do a

lively 2-hand swing with your partner, ending with bows, then find a new partner!

I don't do this dance with 3's – but it's a favorite with 4's and 5's. Talk about vocabulary: journey, fair, having no \$!

HOLA / ADIOS! learned from Kathy Birk SS

A partner dance to the Hat Dance tune!

Hola! Hola! Da da dad a dad a da

Adios! Adios! Dad a dad a dad a da (repeat 2 lines)

Na na na na na na na na na na..... (change partners while walking around, hands waving in the air! Try slow motion, fast, loud, soft, etc)

Group 4: Dancing with props

10 Little Goblins SS by Kimbo Educational

Ok – for this one you'll need the cd! But it's another great song for transparent scarves. Put the scarf over your head, and follow the song's verses: dance in a ring (**tiptoe**), float (**flap your wings**) and spin (**turn slowly - first one way, then reverse**). Finally **place scarf on the floor and curl up on it** – until you say BOO!

Blow The Wind SS (with scarves or

streamers – or just your arms – big circles!)

Blow the wind, blow the wind

Blow the wind 'round

Blow the wind, blow the wind

Down to the ground.

Blow the wind blow the wind

Blow the wind high.

Blow the wind. Blow the wind,

Let your scarf fly! Whee! (toss it high)

Apples, Peaches, Pumpkin Pie B

SOTM 10/10

Apples, peaches, pumpkin pie

If you hear me, just say HI!

(you may use scarves, or just cover your eyes with your hands, peek-a-boo style. If doing this at the end of the day, say "Bye!" instead of "Hi!")

The Shaker Hop SOTM 2/12

Put your shaker in, put your shaker out

Do the Shaker Hop, hop hop hop!

Put your shaker in, put your shaker out

Do the Shaker Hop, hop hop hop!

Put your shaker in, put your shaker out

Do the Shaker Hop, hop hop hop!

(march or dance in a circle while shaking, then repeat the shaker verse. I use egg shakers or bottle shakers – for very young toddlers, put your shaker high and low instead of in and out – it's easier for them!)

Spoken rhyme for putting away shakers:

Shake your shaker slowly, as slowly as can be
Now shake your shaker quickly, do it just like me.
Shake your shaker high
Shake your shaker low
One last shake ... and away it goes!

Snowball Freeze Fight SOTM 1/10

Use energetic music you can stop and start.
Collect 2 – 3 net bath puffs per child, explain rules:

1. no throwing at someone's face
2. you may not hold more than 2 at a time, or you're a snowball PIGGY!
3. Explain FREEZE!

RESOURCES:

I am now one of over 25 diverse authors on **PreKandKsharing.blogspot.com**. Check us out for great articles on nutrition, music, discipline, art projects – and more! I post my blog on the 16th of each month. **Please leave a comment at the end of my blog when you visit!**

For scarves, claves, egg shakers, bells – I go to either of these vendors:
Rhythm Band – rhythmband.com
West Music – westmusic.com

SONG OF THE MONTH: on my website, please click on the SOTM bubble, then click on the more songs of the month link at the bottom of the page for 7 YEARS worth of songs. Hear it, see what to do, see a picture, a prop – lots of useful info! I hope to start posting new SOTM's soon...check back now and again!

Mesh Poufs for Snowballs –

best deal I've found is
www.bathessential.com for .53 ea.

PLEASE!

LIKE me on Facebook! Go to Macaroni Soup with Miss Carole for all the latest news about what's cooking – classes, workshops, concerts. I post events here, too – or go to the Events Calendar on my website.

Think about these questions:

1. WHEN can I use music?
2. HOW will I use more music?
3. WHY is music and movement important?
4. WHAT do I need to make music?
5. What stops me from doing music?
6. Can I start tomorrow?

REMEMBER – USE IT OR LOSE IT!

Take something you learned today back to your classroom tomorrow, and then repeat it the next day! If you have questions, I'm just an email or phone call away! Have fun!

Yours for a Song!

Miss Carole

www.macaronisoup.com