

Sing Through the Seasons!

Fall / Winter/ Spring / Summer

Macaroni Soup!
Active Music for Kids

Miss Carole

www.macaronisoup.com

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WHY

Fact: 90% of the brain is used when a child actively participates in music

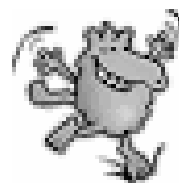
Fact: We retain 50% more when a movement component is added

Fact: We are born with pitch and rhythm

Fred Rogers

6 Terrific Techniques for Teaching Active Music:

1. Eye Contact
2. Encouraging nods and smiles
3. EXPLAIN: Give clear instructions BEFORE activity begins, AND as it ends! Demonstrate the moves!
4. Tempo – slow the song down to teach it – turn off the boombox whenever possible.
5. Be prepared! Have all materials ready / tapes cued
6. Use props, visuals and manipulatives



HOW

WHO

About the Presenter: Carole Stephens grew up in a house with a pre-school attached! A Northwestern University grad (BS – musical theater), she acted 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 twenty-somethings! As MACARONI SOUP, Carole has been providing musical entertainment and education for children 1 – 10 years old since 1989. Carole’s CDs have won Parents’ Choice, NAPPA, Mom’s Choice, I-Parenting Media, Creative Child and Children’s Music Web Awards.

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

WHAT

Carole’s Recordings: “Sticky Bubble Gum”

“Tiny Tunes”

“H.U.M. – Highly Usable Music!”

“Stinky Cake”

“Dancing Feet!”

“BALONEY!”

And the newest: “Season Sings” – 30 songs for all year long!

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

“Miss Carole”

Come see me at Table 8/9 for one hour after the workshop!

Everybody Have a Seat! SS

Tune: "Shortnin' Bread" (start out patting floor/knees)
Everybody have a seat, have a seat, have a
Everybody come and have a seat on the floor (repeat)

V1 Not on the ceiling, not on the door,
Everybody come and have a seat on the floor (repeat)
V2 Not on your elbows, Not on your knees
Sit on your bottom: Please please please
V3 Not on your head, Not upside down
Sit on your bottom And turn around.
V5 Not on your nose, Not on your chin
Sit on your bottom, And let's begin.

ABOUT ZIPPER SONGS: *These are great for EC, because you just repeat the verse over and over, "zipping" in a new body part or movement – as in "Old MacDonald". Children can join in quickly or suggest the next movement!*

The Apple Tree HUM SOTM 9/04

(best with a felt board – paint a tree on flannel attached to a bulletin board or foamcore board, make felt apples w/ 2 smiling apples! Invite children to put apples of different colors on the board, sneaking the two smiling apples on as they finish. Before starting, ask if they think there could be a happy apple on the board – find it – is it high or low? Sing!)
Way up high in the apple tree
One little apple smiled at me
I shook that tree as hard as I could
Down came the apple, mmm it sure looks good!

(repeat with another smiling apple, then do next verse)
Two little apples under the tree, one for you and one for me!
Two little apples, crunch crunch crunch!
Two little apples, let's eat them for our lunch, YUM!

Leaves Are Falling

Tune: Jingle Bells
Leaves are falling, leaves are falling, falling on my nose!
Leaves are falling, leaves are falling, falling on my toes.
On my head, on my ears, even my elbows!
Leaves are falling, leaves are falling
When the brisk wind blows, Whoosshhh!
(repeat, going faster each time!)

Bats Are Sleeping tune: Frere Jacques

Bats are sleeping, bats are sleeping
Upside down! Upside down!
Waiting for the night time, waiting for the night time...
Then they fly around. Then they fly around.

Have children fold themselves over at the waist, hands dangling toward the floor for the first 3 lines. Pause after "night time", then turn the lights off and let them fly around, catching bugs. When you turn the lights back on – they fold over and go back to sleep. Repeat several times!

BATTY BOOK BUDDY: [There Was an Old Lady Who Swallowed a Bat](#) By Lucille Collandro

SONG BUDDY: BLACK BAT FARM – HUM SOTM 10/04

BAT FACT RESOURCE: www.bats4kids.org

I Shut the Door by Debbie Carroll

I shut the door *clap hands together, fingers up*
I locked it tight *interlace fingers*
I put the key.... *Stick up one pointer finger*
...way out of sight *hide pointer behind back*
I found the key to open the door *bring out pointer*
And I turned and I turned and I turned some more
Turn pointer on other flat hand (door)
Then I opened the door....creak...!
clap hands back together, then open wide!

HAT & JACKET, PANTS & BOOTS!

Yes – you know it as "Head & Shoulders" – but this is great for Winter! Make a poster of each item so that children can "read" along!
Hat and jacket, pants and boots, pants and boots
Hat and jacket, pants and boots, pants and boots
When it's cold, and we go outside to play, we wear
Hat and jacket, pants and boots
Pants and boots!

Each Mitten Has a Mate

Lyrics by Carole Stephens © 2011
(tune: If You're Happy and Know It)
PROP: flannelboard, felt mitten pairs in various colors.

Each mitten has a mate, has a mate
Each mitten has a mate, has a mate
It's part of our game
Find the one that looks the same
Each mitten has a mate, has a mate.

On a flannelboard, place one mitten of each pair, each pair a different color or pattern.
Pass out mates to children to match up on the board as you sing.

Snowflake, Snowflake HUM SOTM 1/08

Tune: Twinkle, Twinkle Little Star
Snowflake, snowflake dance around
Snowflake, snowflake touch the ground
Snowflake landing on my nose
Snowflake landing on my toes
Snowflake, snowflake dance around
Snowflake, snowflake touch the ground

I use tulle circles – find in the Wedding Dept of a craft store such as Michaels or Walmart. Try blue or purple – white is hard to find on many floors.

Drop them from above your head and watch them float. Repeat. Touch it to your nose, toes, then drop. During the instrumental verse, blow the snowflakes into the air. Then repeat the song.

Jingle Bells and Stop! SS

We'll jingle bells and jingle bells and jingle bells and STOP!
We'll jingle bells and jingle bells and jingle bells and STOP!

Additional verses: jingle slow, jingle fast, jingle high, jingle low – add your own!

Rain, Rain Go Away SS spoken chant

Rain, rain, go away
Come again another day
Little children want to play
Rain, rain, go away.

Verse 2: pat legs

Verse 3: clap hands

Verse 4: tap shoulders

Verse 5: tap head

Verse 6: audiate – think the words in rhythm

The Raindrops are Falling SS (spoken

while walking to the beat – steady, fast, one step per plop!)

The raindrops are falling, Pitter patter pitter patter

Raindrops are falling, Pitter patter pitter patter

Plop! Plop! Plop! Plop!

(repeat whole sequence several times – steady beat
steps first, quick steps, then single stomps)

FLOWERS SS by Carole Stephens ©.2009

A flower has petals, a stem and some roots
With water and sun, from the ground it shoots
Flowers are red, as red as can be
Bring your red flowers to the flower-y sea.

V. 2 Yellow

V. 3 Purple

V. 4 Pink

V. 5 White

Gifts for Mommy SBG SOTM 5/07

I'm bringing home a baby bumblebee

Won't my Mommy be so proud of me

Oh I'm bringing home a baby bumblebee

Buzz buzz buzz buzz buzz!

2. dinosaur – mommy hide behind the door

3. crocodile – mommy wear a gr. Big smile

4. grizzly bear – mommy tear out all her hair!

5. pot of love, so much bigger than the sky above

Going Places by Jean Young c.2007 SS

Going places, doot do doot do do

See new faces, doot do doot do do

Check your laces, doot do doot do do

But if I had my way I'd like to walk! (clap clap)

Chorus:

Do do do do, doot do doot do do

Do do do do, doot do doot do do

Do do do do, doot do doot do do

But if I had my way I'd like to walk! (clap clap)

But if it's really far, perhaps we'll drive a car

And if we need to float, perhaps we'll take a boat

Or if I make a fuss, perhaps we'll take a bus,

But if I had my way I'd like to walk!

Too long on the computer? Go out and ride your ____

If flakes are falling now, go hop in your snow ____

If you legs are draggin', get a ride in a little red ____

But if I had my way I'd like to walk!

5 Little Hotdogs SS

5 Little hotdogs frying in the pan

The grease got hot and one went BAM!

4 little hotdogs frying in the pan

The grease got hot and one went BAM!

Keep subtracting – 3, 2, 1...

No little hotdogs frying in the pan

The grease got hot and the pan went BAM!!!

(One hand is the hotdogs, the other is the pan!)

What Shall We Do on a Summer Day? SS

What shall we do on a summer day

A summer day, a summer day?

What shall we do on a summer day

When we go out to play?

V. 2 Let's take a walk on a summer day

V. 3 Let's swing on the swings on a summer day

V. 4 Let's run around on a summer day

V. 5 Let's swim in water on a summer day

V. 6 Instrumental verse – you choose activity!

LOOK LOOK!!!

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,
freebies – 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!**

SONG OF THE MONTH: on my

website, please click on the SOTM for the current
selection, but 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 information!

Though I took most of 2012/13 off – go to the
archived songs for 7 years of great songs.

LIKE MACARONI SOUP with MISS CAROLE on FB, PLEASE!

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!

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