

"What we have to learn to do, we learn by doing." Aristotle
WHEN I PLAY AND DANCE AND SING... I CAN DO ANYTHING!
(Empowering Children Through Playful Musical Activities)
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Book Titles courtesy of Kathy Klatt

- I. Warm up - **Je Je Coule - Hunk-Ta-Bunk-Ta CHANTS** - all ages
- A. Chants are SUPER "Building Blocks"
 - 1. Easy to say, learn, sing and add movements to.
 - 2. Reach and teach on many levels
 - a) Memory/imagination/emotion/curriculum ties
 - b) Phonemic and phonological awareness
 - c) Cultural Awareness
 - 3. Call and response
 - a) Promotes cooperation, leadership, confidence, self expression
 - b) Creates playful combinations of "nonsensical" words, rhythm, music
 - B. FOCZ. Find (your) Own Comfort Zone.
 - 1. Don't be afraid to adapt ANY activity. Be a risk taker and explore what is the right way for YOU in a NEW way.
 - C. Adding Movement. Crossing mid lines/mind/body connection and movement.
 - 1. Opens the mind to non-representative forms of expression
 - 2. Oxygenates, energizes, transitions, and relaxes... prepares children
 - a) Promotes fun and divergent thinking.

*Literacy Link: Somewhere in the World Right Now - Stacey Schuett

II. **Mashed Potatoes - Hunk-Ta-Bunk-Ta CHANTS** - all ages

- A. Sequencing
- B. Narrative skills
- C. Children can extend by telling family story or drawing a picture.

*Literacy Link: The Enormous Potato - Retold by Aubrey Davis, Based on a Russian Tale

III. Play with the simple power of your voice to obtain control.

- A. **Dark Dark Night - Hunk-Ta-Bunk-Ta SPOOKY** - ages 6 and up
 - 1. Pitch
 - 2. Tempo
 - 3. Texture of the human voice
 - 3. Common denominators in this case "Fears" (night/dark/haunted house/etc.).

*Literacy Link: There's a Nightmare in My Closet - Mercer Mayer

IV. Play in its PUREST Form is POWERFUL!

- A. Encourages individual creativity and forms of self-expression
- B. Requires limited or NO materials
- C. Helps keep children focused "in the moment"
- D. Is nonjudgmental and subjective, so that children are free to choose
- E. Empowers and allows children to feel competent.
 - 1. When children play on own terms, they learn best!
 - 2. Activities that combine and utilize the five senses, promotes learning that sticks. Music can incorporate listening, movement, touch, observation, sound awareness, etc.
- F. Play is direct learning, because it demands active participation.
- G. Children acquire, practice and master skills through play.

V. **Beach Ball Baby - Hunk-Ta-Bunk-Ta FUNsies 1** 4 Months-4 years+

- A. Repetition - the letter "B"
- B. Creative visualization - (the beach)
- C. Drama (what would you take with you?)
- D. Bouncing

Literacy Link: [Beach Day](#) - Karen Roosa

VI. **Goose bumps - Hunk-Ta-Bunk-Ta BOO** - Ages 3 and up

- A. Fun compound word with historical "pizzaz!"
- B. Instant literature ties and simple activities
 - 1. Story starters
 - 2. Goose bumps Grab Box
 - 3. Math counting cards
- C. Fun to sing about them
- D. Children can come up with their own movements

Literacy Link: [Shivers and Goose bumps: How We Keep Warm](#) - Franlyn M Branley

VII. **Muscle and Bone - Hunk-Ta-Bunk-Ta BOO-2** - All ages

- A. Instant science and math connections
- B. Small OR gross movement activities
- C. Critical thinking
- D. Cause and effect

Literacy Link: [Bend and Stretch - Learning About Your Bones and Muscles](#) - Pamela Hill Nettleton

VIII. **Oodles and Oodles of Noodles - Hunk-Ta-Bunk-Ta GNU** - Ages 5 and up

- A. Use simple props to encourage children to play, dance and sing along
 - 1) Noodle spoons
- B. Introduce Sign Language through letter spelling
- C. Encourage body language and gesturing during songs.
- D. Phonemic and phonological awareness
- E. Spelling

Literacy Link: [Stega Nona](#) Tomie DePaola

IX. **Sheet Shakin' Bed Quakin' Belly Achin' ... Hunk-Ta-Bunk-Ta BED** All ages

- A. Family
- B. Singing, dancing, playing
- C. FUN
- D. Teddy Bear Sleepover

Literacy Link: [Where the Wild Things Are](#) - Maurice Sendak

X. **Wings - Hunk-Ta-Bunk-Ta FUNsies 2** - Ages 4 months - 4 years

- A. Use music to soothe, quiet or transition children, or end your day together.

Literacy Link: [Waiting For Wings](#) - Lois Ehlert