



IT'S NEVER TOO EARLY TO BOOGIE TO THE BEAT

by

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Things to remember when doing movement with infants and toddlers:

1. Movement and rhythm is something that is familiar to the infant; the first stimulus the fetus feels is the mother's heartbeat and her movement.
2. Use many types of music.
3. Keep the beat by tapping on various parts of the infant's or toddler's body.
4. Be aware of the difference between the melody and the beat.
5. Dance/movement/music can be used to change the mood of the group or a particular child.
6. Use music to excite, calm, celebrate, or reassure.
7. Movement is a learning modality.
8. Dance and movement affect the whole being--physically, emotionally, and intellectually.
9. Be animated and energetic--you'll see and feel the difference.
10. HAVE FUN!

Why should movement, music, dancing & singing be used with infants/toddlers?

- | | | |
|--|-------------------------|----------------------------------|
| ♥ builds self esteem | ♥ improves balance | ♥ improves body awareness |
| ♥ develops rhythm | ♥ improves strength | ♥ improves spatial awareness |
| ♥ practices eye tracking | ♥ improves agility | ♥ improves hand/eye coordination |
| ♥ practices motor skills | ♥ improves flexibility | ♥ improves foot/eye coordination |
| ♥ provides opportunities for socialization | ♥ improves coordination | ♥ to have fun!!! |

Props that are helpful:

- | | | | |
|-------------|--------------|-----------------|-----------------|
| • Scarves | • Hats | • Hula hoops | • Sheets/Towels |
| • Streamers | • Sunglasses | • Bean bags | • Instruments |
| • Bubbles | • Puppets | • Paint Brushes | • Mini Maracas |

Something to think about:

When one sits quietly for over twenty minutes, their heart goes into resting rate and the brain receives messages to slow down. When you get your students up and moving energetically, it sends blood and oxygen to the brain. If you do movement activities for short periods throughout the day, it will help keep your student's brains (and **YOUR** brain, too)

RECEPTIVE and ALIVE!

Songs that Help Develop Self-esteem and Rhythm:

NAME GAME (Tap to the beat.)

"Sarah Sarah bo bara banana fana fo farah me my mo marah. Sarah!"

THE SILLY SONG (Use sounds that the infants or toddlers are making. Ex: "da")

"I know a silly song with just one word, it just goes da da da.

It's the silliest song that you ever heard, it just goes da da da.

Da da.

Variations include using words they say, words of new things, words in a different language, or their name!

WILLOBY WALLABY (Use a stuffed animal or a puppet to tap the beat.)

"Willoby Wallaby Wax. An elephant sat on Max.

Willoby Wallaby Warry. An elephant kissed on Harry."

(Sing about the animal/puppet you are using.)

"Willoby Wallaby Wanie. A turtle danced on Janie.

Willoby Wallaby Whomas. A buffalo hugged on Thomas."

WHO'S THAT UNDERNEATH THAT HAT? (to the tune of "Head Shoulders Knees and Toes")

"Who's that underneath that hat, that hat? Who's that underneath that hat, that hat?

"I see Cleo underneath that hat. Cleo is underneath that hat, that hat!

Variation: Instead of singing the last "that hat," sing the type of hat it is.

Ex: the cowgirl hat, the fire fighter hat, etc.

THE LITTLE RED BOX SONG

"Oh! I wish I had a little red box to put my (child's name) in. (Show box and sway to the rhythm.)

I'd take her/him out and "Smooch! Smooch! Smooch!" (Open box, "Take child out of box.' Give 3 kisses.)

Then put her/him back again!" (Put child back in box.)

IF YOU'RE HAPPY AND YOU KNOW IT

"If you're Wendy and you know it, clap your hands!

If you're Wendy and you know it, clap your hands!

If you're Wendy and you know it, then your hands will really show it

If you're Wendy and you know it, clap your hands!"

Variations can be – "stomp feet," "blow a kiss," "give a hug," "reach up high," etc.

MARY HAS A BIG BROWN DOG (to the tune of "Mary has a Little Lamb")

"Mary has a big brown dog, big brown dog, big brown dog

Mary has a big brown dog in ARTSALIVE! today. Yay!"

Or

"Joshua's wearing green socks, green socks, green socks

Joshua's wearing green socks in our class today."

Bouncing Baby Rides:

(Place baby sitting on your thighs. These are easier done on the floor with legs outstretched.)

THE BOUNCING SONG (to the tune of “This Old Man”)

“We go up. We go down. We go bouncing all around.
To the left and the right and the left and the right.
Bounce bounce bounce all day and night.”

SITTIN’ IN MY HIGHCHAIR (to the tune of “Shortenin’ Bread”)

“Sittin’ in my highchair my chair, highchair. Sittin’ in my high chair bangin’ my spoon.
Sittin’ in my highchair my chair, highchair. Sittin’ in my high chair bangin’ my spoon.
Bring on the jelly. Bring on the bread. Somebody get this baby fed.
Bring on the carrots. Bring on the peas. Somebody feed this baby please.”
Repeat entire song but end with “somebody give this baby a squeeze” instead of “feed this baby please.”

OUR ARMS GO HIGH (to the tune of “Here We Go ‘Round the Mulberry Bush”)

“Our arms go high. Our arms go low. We roll around and then we go
Way up high and way down low and rock from side to side.
Our arms go out. Our arms go in. We roll around and we begin
To stretch up high and down again and rock from side to side.”

Flying Baby Rides:

(Lay down with knees by chest. Place child tummy down on your shins.)

LET’S GO FLY A KITE (from Mary Poppins)

“Let’s go fly a kite. Up to the highest height. Let’s go fly a kite and we’ll send it soaring.
Up through the atmosphere. Up where the air is clear. Let’s all go fly a kite.”

THE AIRPLANE SONG (to the tune of “Row Row Row Your Boat”)

“Fly fly fly your plane. Fly your plane up high. Soaring soaring soaring soaring gently through the sky.

Old Favorites with New Twists:

TWINKLE TWINKLE / THE ABC SONG/MARY HAD A LITTLE LAMB

Sing these songs one after other.
Notice they have the same melody!!!
Tap to the beat.

YOU ARE MY SUNSHINE

Baby is in your lap either facing away from you or towards you.

Words

You are my sunshine. My only sunshine.
You make me happy when skies are gray.
You’ll never know dear,
how much I love you!
I love you more and more every day!*

* Last line is Tina’s version of this traditional song.

Actions

Rock with baby sitting in your lap.
Stretch baby’s arms up high!
Cross baby’s right arm over chest. Keep there.
Cross baby’s left arm over chest.
While arms are crossed, hug and rock baby.

OLD MACDONALD (Tap to the beat.)

Use child’s name instead of “Donald”
“Old Mac Julia had a farm.” etc.

THE WHEELS ON THE BUS

Do the motions with hands or feet. Concentrate on the sounds and really “color” each one.
Make the song have a flow - - a beginning, middle and end - - by singing the verses in a logical order.
Ex: wheels, horn, rain, wipers, doors, money, driver, seat belts, and people
(Notice that the “traditional” shushing of the baby is missing. Why reinforce telling babies to be quiet when crying is a natural process?)

ROW ROW ROW YOUR BOAT

Place child on your lap facing out.
Row forwards and backwards as s/he grasps onto your thumbs or as you hold onto her/his hands.
Other verses can be added. Replace “row” with rock, bounce, twist, wave, hug, or kiss.

ITSY BITSY SPIDER

Instead of doing the movements the “traditional way” with fingers, do the movements with the infant’s hands - - then again with the feet.

KOOKABURRA (variation)

“Kookaburra sits in the (name a food) tree. Eating all the (name the food again) s/he can see.
Stop kookaburra! Stop kookaburra! Save some (name that food again) for me - - and (baby’s name.)
This is a great song when introducing new foods or just to sing about your baby’s favorites. Here are some of the fun possibilities: squash, bananas, apple juice, yams, green beans, cheerios, etc.

HEAD SHOULDERS KNEES AND TOES

Even though this song is traditionally done with older children, infants and toddlers can learn from it while enjoying the simple movements.

DID YOU EVER SEE MY BABY? (to the tune of “Did You Ever See A Lassie?”)

“Did you ever see my baby, (or say name) my baby, my baby?
Did you ever see my baby go this way and that?
Go this way and that way and this way and that way?
Did you ever see my baby go this way and that?”

I’M A LITTLE BABY (to the tune of “I’m a Little Teapot”)

“I’m a little baby cute and sweet
With itty bitty hands and itty bitty feet.
When I get all steamed up, here’s what you do,
Just give me a hug and say ‘I love you.’”

ROCK-A-BYE BABY

The following is a more gentle, less violent version I created.
“Rock-a-bye baby on the tree top.
When the wind blows the cradle will rock.
When the bough (or tree) sways the baby will rest.
Just like a birdie in its nest.”

**To include Arts Alive! classes at your school,
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