

GET UP, GET MOVING

**I'm Alive (slap knees),
Awake (clap hands),
Alert (snap fingers),
Enthusiastic (wave hands)!**

**I'm Alive (slap knees),
Awake (clap hands),
Alert (snap fingers),
Enthusiastic (wave hands)!**

**I'm Alert (snap fingers),
Awake (clap hands),
Alive (slap knees),**

**I'm Alert (snap fingers),
Awake (clap hands),
Alive (slap knees),
Enthusiastic (wave hands)!**

Yeah!

Oh my aunt came back
from Timbuctoo,
and she brought with her
a wooden shoe.

Oh my aunt came back
from old Japan,
and she brought with her
a painted fan.

Oh my aunt came back
from old Algiers,
and she brought with her
a pair of shears.

Oh my aunt came back
from the county fair,
and she brought with her,
a rocking chair.

Oh my aunt came back
from Guadalupe,
and she brought with her
a hula hoop.

Oh my aunt came back
from Kalamazoo,
and she brought with her
a nut like you!

4/8 Count

Begin with left arm (they do right arm)

- 1. hand to shoulder**
- 2. hand above head**
- 3. hand back to shoulder**
- 4. hand back down**

Switch sides and repeat

- 1. hand to shoulder**
- 2. hand out to side**
- 3. hand back to shoulder**
- 4. hand above head**
- 5. hand back down to shoulder**
- 6. hand out to side**
- 7. hand back to shoulder**
- 8. hand back down**

Switch sides and repeat

**Now do 4 on one side and 8 on the other
(be sure to practice before showing it!!)**

1881

Students follow your lead, mirroring you with opposite arm:

Right hand out in front, arm horizontal to ground.

Move it back and forth making a 1

Switch arms.

Right hand out front, make a horizontal 8.

Now together, making an 18.

Switch, making an 81.

C'mon everybody clap your hands
C'mon everybody clap your hands,
C'mon everybody cause we're gonna have a party,
C'mon everybody clap your hands.

C'mon everybody slap your knees
(and clap your hands)

C'mon everybody stomp your feet
(and slap your knees, and clap your hands)

C'mon everybody snap your fingers
(and stomp your feet, and clap your knees, and
clap your hands)

C'mon everybody click your tongue

C'mon everybody blink your eyes

C'mon everybody shout hoo-ray

Source: Frank Leto, <http://www.frankleto.com/>

ECHO

shhh shhh shhh, (echo)
shhh shhh shhh, (echo)

everything I say, (echo)
repeat after me, (echo)
be my echo, (echo)
tee tee tee (echo)
tee tee tee (echo)

toe toe toe, (echo)
toe toe toe (echo)

ticky ticky tee toe, (echo)
ticky ticky tee toe (echo)

tac tac tac (echo)
tac tac tac (echo)

[two measures together]
ta ta ta ta
ta ta ta (echo)

tac ticky tee toe,
tok tok tok

These are all done in a three count measure (4/4 time), making it easy to follow.
Two measures together preserves the pause or rest.

Source: Frank Leto, <http://www.frankleto.com/>

Lyrics can become directions for the action:

I say them, you do them.

"Clap," "Clap," "Clap"
Clap, Clap, Clap

"Slap," "Slap," "Slap"
Slap, Slap, Slap

Or, the opposite: *I do them and you say them.*

Clap, Clap, Clap
"Clap," "Clap," "Clap"

**Next step is to go to the rhythm instruments,
where I say a sound and they echo:**

"Ding, ding, ding"
Ding, ding, ding

"Tap, tap, tap,"
Tap, tap, tap

"Boom, boom, boom"
Boom, boom, boom

Source: Frank Leto, <http://www.frankleto.com/>

SNAP-CLAP-SLAP

In this rhythm, the left and right hands are denoted in two columns. The middle section (SLAP and CLAP) are accentuated. The rhythm falls into measures. For example, Measure A would be a right finger snap, a left finger snap, and a CLAP. A SLAP is to the chest (all SLAPS are with the right hand). Follow the numbers.

Left _____ Right

Measure A

- | | |
|----------------|----------------------------------|
| | <i>1. snap</i> |
| <i>2. snap</i> | |
| | <i>3. SLAP (chest, rt. hand)</i> |
| <i>4. snap</i> | |
| | <i>5. snap</i> |
| <i>6. snap</i> | |
| | <i>7. CLAP</i> |

Measure B

- | | |
|-----------------|-----------------|
| <i>8. snap</i> | |
| | <i>9. SLAP</i> |
| <i>10. snap</i> | |
| | <i>11. SLAP</i> |
| <i>12. snap</i> | |
| | <i>13. CLAP</i> |

Can Rhythm

This simple rhythm works best with empty cans. It's best done as a class, or group, activity. The can should be placed a little to the right, as it will be passed to the person on the right, once the rhythm is mastered.

Clap Clap Tap Tap Clap Grasp** Hit.*

*Clap Grasp*** Slap**** Hit Clap Grasp***** Hit*

Notes:

**tap the top of the can with the right hand.*

***grasping the can as it is lifted creates a sound which becomes part of the rhythm. The Hit also makes a sound when the can returns to, or hits, the desk (this hit sound is not louder than the rest).*

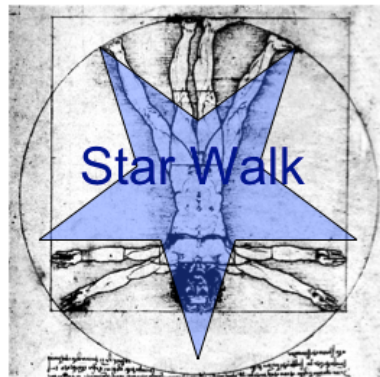
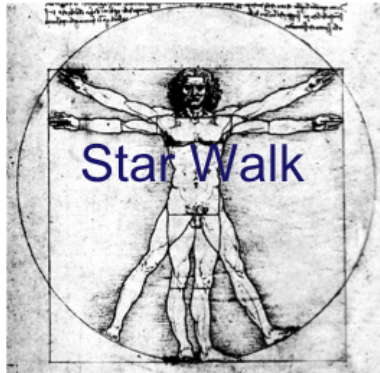
**** on this Grasp, the right hand is upside down (thumb towards desk).*

***** Slap the can into the left palm.*

****** on this Grasp, the right hand or thumb is up for the lift.*

Once the rhythm is mastered the can is placed in front of the person to the right on the last Hit.

STAR WALK



STAR WALK

Directions:

- 1.To begin, walk the star beginning with the feet at the starting point of the “head.” Following the arrows on the above diagram, right leg followed by left goes forward to the right; feet together, pause. Left leg followed by right back and to the side; feet together, pause. Keep going, following the arrows....**
- 2.After walking it a few times, do the arm movement, *right arm first*, without the walking steps as follows. Right hand begins in front of the heart, flat and horizontal to the ground. (1) Right arm extends out in front, horizontally, and slightly to the right. (2) Next, the arm crosses the midline and comes to the left shoulder, pointing to the left. (3) Then the arm goes back out straight and to the right side. (4) The fourth movement finds the arm crossing over the midline, out in front, putting it slightly to the left of the midline. (5) The hand comes back to the beginning position in front of the heart.**
- 3.Now do the walk in synch with the right arm movements.**
- 4.Do both the left arm (which does the mirror image of the right arm movements) and the right arm movements together.**
- 5. Finally, do the arms and the leg movements together!**

CHAIR WARM UPS

--Sensory Stimulation--

Uses both sides of body. Uses pressure / weight.

5 arm presses against table

5 chair sit-ups

Stomp feet (feels tingly and terrific)

Shift from side to side

Tap muscles to 'wake them up'

Drum roll and clap

Quick Break

Can be a special place in the room. Can have a poster with the items listed.

Take 10 slow, deep breaths

Do 10 arm circles, forward and backwards

Helicopter arms

Sit quietly, eyes closed, count to 20.

Navajo Taco -- Massage

Knead the dough = knead the shoulders

Pat out the tortilla = pat your neighbor's back

**Chop up the lettuce = chop the shoulder
muscles gently**

**Chop up the tomatoes = chop along the spinal
muscles (but not on the spine)**

Garnish it with grated cheese = scratch the back

Resources

Ambrose Brazelton, another great source for fun movements and rhythms, available on CDs at <http://www.musicstack.com/records-cds/ambrose+brazelton>., as well as Amazon.com.

Tim Burns. Website: <http://www.timburnseducare.com/>
Two products of possible interest: *101 Energizers to Enliven, Engage and Enhance Learning* and *The Brain in Motion: How Enhances Learning and Improves Brain Function*.

Frank Leto, <http://www.frankleto.com/> has marvelous music and rhythms for sale. Available also at Amazon.com. You can see him in action on YouTube.

Christine Stevens, drumming teacher, *extaordinaire*. Website has all her products, workshops, etc. <http://ubdrumcircles.com/>
Her CDs are also available at Amazon.com. Check out her *Body Beats* cards, a great way to involve an entire group in a variety of snaps, claps, slaps, etc.

Deb Wilson, *S'Cool Moves*. Be sure to check out Deb's superb program of "Neurosensory activities for academic success," at <https://www.schoolmoves.com/> This really is an excellent program, easily understood and put into practice by any classroom teacher.

Bal-A-Vis-X is a system of balance and movement developed by physical education teacher, Bill Hubert. You can check it out at: <http://www.bal-a-vis-x.com/>

Educational Kinesiology / Brain Gym. Fun movements that students seem to love and benefit from as well. Official website is <http://www.braingym.org/>