

Shake It Down, Turn Around: Let's Move Our Bodies

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Let's move our bodies:

Increase fitness levels and decrease the risk of obesity and other health issues with our children and our bodies.

Enhance creativity and improve physical and mental well-being.

Children learn through modeling: move, exercise, dance and play.

Movement and Dance Songs: Why ??

- Dances promote pattern and sequencing: We use our brain to memorize and store information this helps our brain get organized.
- Dances or movement songs: teach children to listen and follow directions.
- Great way to reach and teach all learning styles: (audio- sound, visual-watching you,
- Kinesthetic-movement)
- Adaptable movement and dance: easy to adapt to abilities and disabilities of you and/or your children.
- Individual, partner, circle dances: how can I adapt with my students, in my space.
- Partner or circle promotes socialization, cooperation and getting along with others.
- Incorporate: learning basic skills, letters, numbers, colors, body-part identification.
- Gross-motor development through dance and movement, eye/hand coordination, balance, flexibility, strength building.
- Reduces wiggles, helps children focus and can help change challenging behaviors.
- Remember children learn through modeling: move, dance, exercise and play with your children everyday!! This will help reduce stress levels and give you more energy too!

Elements of Movement – Movement Language

- Body Parts: head, shoulders, back, foot, knees, legs, arms
- Actions: walk, run, jump, wiggle, hop, clap, bend, turn
- Space: high, low, front, back, side, up, down
- Qualities: fast, slow, light, heavy, jerky, smooth
- Relationships: (direction) over, under, on, off, side, right, left
- Cross-Lateral: movements, arms and legs cross over from one side of the body to the other.
- Crossing over the mid-line: to crossover the mid-line of ones body stimulating both sides of our brain.

Movement Vocabulary

- 2 year olds: bounce, dance, march, stretch, rock, shake, sway, twist, run, walk.
- 3 year old add: hop, stomp, gallop, tip toe.
- 4 year olds add: float, giant steps, hop right foot, hop left foot, slide, shrug, skate, jumping jacks.
- 5 year olds add: hop on one foot-then the other, walk backwards, walk sideways, leap

Our Songs

1. Shake Down, Turn Around Recorded on "Shake It Down, Turn Around"

We're gonna have a Movin' Party, we're going to
Sing-a-Move-a-Dance, we're gonna Rumble to Bottom
And rumble to the top again,
We're gonna shake it down, we're gonna turn around.
Shake it down, turn around.
Shake it down, turn around.
Shake it down, turn around.
Shake it down, turn around.

2. Song of Shapes Recorded on "Shake It Down, Turn Around"

Math – Shapes recognition of geometric figures by distinguishing the similarities / differences of their attributes

Did you ever see a circle, a circle, a circle?
Did you ever see a circle? Please show me one now.
A circle has no corners and its perfectly round.
Did you ever see a circle? Please show me one now.

Did you ever see a square, a square, a square?
Did you ever see a square? Please show me one now.
A square has four corners and four sides the same size.
Did you ever see a square? Please show me one now.

Shape Song Circle Activity use all shapes

Did you ever see a circle, a circle, a circle. Did you ever see a circle? Circles stand up now!!

Acka Backa, Soda Cracker Chant / Phonemic Awareness

Acka Backa Soda Cracker, Acka Backa WOW!
Acka Backa Soda Cracker, Circles stand up now! Or Pass your shape now!

Shapes In A Row – Flowers Shapes – line up shapes (patterning & sequencing)

Nursery Rhyme- Mary, Mary Quite-Contrary – 99 Bottles of Pop On The Wall
Children, children, quite contrary. How does your garden grow?
With circles, ovals, and other shapes. Flower shapes all in a row!!

Shapes in the Air / Shapes on the Floor

With masking tape, make giant shapes on the floor. As kids sing The Shape Song,
they stand in the shape they are singing about.

3. Pointing Your Body Parts balance and cross-lateral activity,

Point to the ceiling. Point to the floor.
Point to a wall. Point to a door.

4. Can You Walk, When My Drum Says Walk (Shared by Pamela Wade)

Transition/ follow the leader/ form a circle/ chant
Can you walk, walk, walk, when my drum says "walk".
When my drum says "stop" you stop. **Suggestions** *run/skip/slide/hop

5. I've Got A Dance Dance Song Shake It Down, Turn Around CD

I've got a dance. I call it the twist.
I've got a dance. I call it the bunny.
I've got a dance. I call it the swim.
I got a dance. I call it the squeeze.
I got a dance. I call it my own. (your dance is special because it comes from your heart)

Book: Giraffes Can't Dance by Giles Andreae

6. Circle of Friends (Polka) **Movin' Party CD**

Put your best foot forward, tap it on the ground.
Put a smile upon your face, and make a happy sound.
Join your hands together, wave them up and down.
Then as friends we'll move this circle 'round and 'round.

CHORUS

We'll make a circle, a circle, a circle with our friends.
Friendship is forever and a circle never ends.
If you're in this circle, you'll be glad at what you've found.
'cause friends go 'round in circles, and they make this happy sound.

Clap your hands just one time, and pat them on your knees.
Then put a smile upon your face, and giggle if you please.
Join your hands together, wave them up and down.
Then as friends we'll move this circle 'round and 'round.

CHORUS

Make a half a circle, now make the other half.
Put a smile upon your face, let's have a little laugh.
Join your hands together, wave them up and down.
Then as friends we'll move this circle 'round and 'round.

7. Head and Shoulders, Baby 1,2,3 Recorded on "Shake It Down, Turn Around"

Georgia Sea Island – clapping game, individual or partner, body part identification
with movement balance and flexibility.

Head and shoulders baby, one, two, three.
Head and shoulders baby, one, two, three.
Head and shoulders. Head and shoulders.
Head and shoulders baby, one, two, three.

Knees and toes baby, one, two, three.
Turn around baby, one, two, three.
Hip to hip baby, one, two, three.
Hug your neighbor baby, one, two, three.
Hug your neighbor baby, one, two, three.

Book:

Miss Mary Mack adapted by Mary Ann Hoberman

8. Numbers in a Circle (5) (Skip to My Lou) Shake It Down, Turn Around CD

(Number Recognition 1- 5 / Circle Game)

1's in the middle, hands up high. 1's in the middle, bye and bye. 1's in the middle, hands up high.

Back to the circle, numbers

2's in the middle, tap your toe. 2's in the middle, watch 'em go. 2's in the middle

tap your toe. Back to the circle, numbers

3's in the middle, swing and sway. 3's in the middle do it this way. 3's in the middle, swing and sway.

Back to the circle, numbers.

4's in the middle, pat your knees. 4's in the middle, if you please. 4's in the middle, pat your knees.

Back to the circle, numbers.

5's in the middle, Stamp your feet. 5's in the middle, to the beat. 5's in the middle,

Stamp your feet. Back to the circle, numbers.

Numbers In A Circle (10) (Skip To My Lou) Shake It Down, Turn Around CD

(Number Recognition 1- 10 / Circle Game)

Come on in 1 and 2's. Come on in, shuffle your shoes. (2X) Now back to the circle numbers.

Come on in 3's and 4's. Come on in, touch the floor. (2X) Now back to the circle numbers.

Come on in 5's and 6. Come on in, pick up sticks. (2X) Now back to the circle numbers.

Come on in 7 and 8's. Come on in, pretend to skate. (2X) Now back to the circle number.

Come on in 9 and 10. Come on in, bring a friend. (2X) Numbers in a circle.

Line-up Numbers (Skip To My Lou)

Line up numbers one by one. Now it's time to have some fun!

Line up numbers one by one. Now it's time to have some fun!

Line up numbers, 1 and 2. 3,4,5 join the line.

1,2,3,4 and 5. Five little numbers in a line.

9. Ants (traditional: When Johnny Comes Marching Home) Counting to 5 / marching / action
Rumble To The Bottom CD

Chant: The ants are coming. (4 x's)

The ants go marching one by one, hoorah, hoorah.

The ants go marching one by one, hoorah, hoorah.

The ants go marching one by one, the little one stopped to play his drum.

And they all go marching, round and round,

down in the ground, up in the drain, and out in the rain.

The ants go marching two by two, 3,4,5.

*two/ shoe *three/scratch knee *four/shut the door *five/ wave goodbye

10. 5 Jungle Monkeys – (Tune: Iddy Biddy Pool)

Recording: Shake It Down, Turn Around with Colleen and Uncle Squaty

Subtraction 5-0/ transition song/ finger play/ prop play/ counting bananas/ book

Deep in the jungle where nobody goes. 5 monkeys swingin' by their toes.

The first monkey said, "I wanna get down"

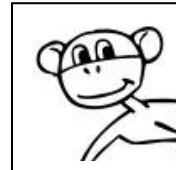
And he jumped and he jumped, and he fell to the ground.

Continue with 4,3,2,1,

Deep in the jungle where nobody goes, no monkey's swingin' by their toes.

They all jumped down and they fell to the ground,

Night time (or nap time's) here it's time to lay down.



Books:

7 Spunky Monkeys by Jackie French Koller

8 Silly Monkeys by Steve Haskamo

10 Naughty Little Monkeys by Suzanne Williams /Harper Collins Publishing

11. Ring Around The Rosie: Endings

1. Penny on the water, penny on the sea. Up jumped the little fish, and up jumped me.

2. All do this. (middle person shows a movement and outside circle copies)

3. Cows in the meadow, eating buttercup, ashes, ashes, we all stand up.

4. Open the window, open the door, we all stand up on the count of 4. 1,2,3,4.

5. Hop around the circle, Hop around the circle. Stand still, turn around all sit down. (add movement)

6. Person in the middle. Ending: all do this – outside circle copies the person in the middle.

12. Take A Deep Breath (breath to calm and relax after dancing and movement activities)

Bunny Breaths / Dog Breaths / Elephant Breaths

Take a bunny breath and let it out! Take a dog breath and let it out!

Great activity to invite conversation: How can you breath? What animal can you breath like?

13. Three Little Smelly Skunks By Rob Reid New lyrics/music by: Colleen and Uncle Squaty
Shake It Down, Turn Around CD

Three little smelly skunks, sleeping in their smelly bunks. Did not hear an owl sneak in.
A "hooh-hooh" woke one quick as a wink. He forgot to spray his stink, now there are 2 smelly skunks.
Rap: Where did our brother go?! I tell you I don't know! He didn't use his head. Let's go back to bed!
Two little smelly skunks, sleeping in their smelly bunks. Did not hear a human sneak in.
A "gotcha" woke one quick as a wink. He forgot to spray his stink, now there is 1 smelly skunk.
One little smelly skunk, sleeping in his smelly bunk. Did not hear a dog sneak in.
A "woof-woof" woke him quick as a wink. He remembered to spray his stink. Now there is one smelly dog!

14. The Line Song Recorded on "Shake It Down, Turn Around"
By Colleen and Uncle Squaty ©2008 Brian Schellinger/ Colleen Hannafin

Here come the children, lookin' so fine. Everybody's smiling, it's time to form a line.
Here come the children, lookin' so fine. Everybody's smiling, they get to join the line.
Here come the children, lookin' so fine. Everyone's in order so we can move the line.
Hands on shoulders. Hands on knees. Clap your hands now, 1 and 2 and 3.
Eyes on the leader, hands at your side. March in place now. Let's all stay in line. (We're all ready now, time to move the line.) Follow the leader, hands at your side. Let's start walking. Let's all stay in line.

Line-up Numbers (Skip To My Lou)

Line up numbers one by one. Now it's time to have some fun!
Line up numbers one by one. Now it's time to have some fun!
Line up numbers, 1 and 2. 3,4,5 join the line.
1,2,3,4 and 5. Five little numbers in a line.

15. Be Good to Your Body (Naturally) Healthy Choices Shake It Down, Turn Around CD
So you want a piece of candy but you need to have an apple. Tell me what's it gonna be, leave the candy in the wrapper.
Shake the apple from the tree. Natural food is best you see!
Chorus: You better be good to your body. You better be good to yourself. You gotta be good to your body.
You gotta get yourself good health.

16. Roly Poly #2 (direction, movement) Shake It Down, Turn Around CD

Well I saw my fingers just the other day. I watched 'em roll to me, then I watched 'em roll away.
Roll'em to the left, roll'em the right. Shake it down, turn around, Roll'em out- a- sight Oh Yeah!
Roly-poly, roly-poly all day. Up, up, up. Roly-poly, roly-poly all day. Down, down, down.
Well I saw my hands just the other day. I watched' em roll to me, then I watched 'em roll away.
Roll 'em to the left, roll 'em to the right. Shake it down, turn around, roll 'em out- a- sight.
Roly-poly, roly-poly all day. In, in, in. Roly-poly, roly-poly all day. Out, out, out.
Well I saw my arms just the other day. I watch 'em roll to me, then I watched 'em roll away, oh yeah!
Roll 'em to the left, roll 'em the right. Shake it down, turn around, Roll 'em out-a-sight oh Yeah!
Roly-poly, roly-poly all day. Clap your hands! Roly-poly, roly-poly all day. Stamp your feet!

Roly-Poly #1 (Direction and Opposite Chant)

Fingerplay, Movement & Story Songs" by Colleen & Uncle Squaty

Roly-Poly. Roly-Poly. (make rolling motion with hands) Up. Up. Up. (Reach arms up in air)
Roly-Poly. Roly-Poly. (make rolling motion with hands) Down. Down. Down. (Reach arms to the ground)
Roly-Poly. Roly-Poly. (make rolling motion with hands) In. In. In. (Push hands/arms together inward)
Roly-Poly. Roly-Poly. (make rolling motion with hands) Out. Out. Out. (Push hands/arms out to your sides)
Roly-Poly. Roly-Poly. (make rolling motion with hands) Peek. Peek. Peek. (Play Peek-a-boo)
Roly-Poly, Roly-Poly. (make rolling motion with hands) Sleep. Sleep. Sleep. (Fold hands/ pretend to sleep)

Movement Chant: You can use this chant for a movement activity or transition.

Roly-Poly. Roly-Poly. (make rolling motion with hands)

Hop. Hop. Hop. (hop in place or around the room)

*Transition chant "Let's go to the gym", "Let's go to lunch", "Let's go to the bus"

17. Dancer In The Middle / circle or line dance Movin' Party CD
sequence and patterning, following directions, gross motor coordination, spatial Awareness,

I got a number, the number is one. Big, round, yellow sun.
I got a number, the number is two. I got two eyes, lookin' at you.
That's me. I'm lookin' at you. I got two eyes, and one and one makes two.
Chorus: Jimmy Crack Corn, I don't care, Jimmy Crack Corn, I don't care.
Jimmy Crack Corn, I don't care, now go back to the circle.

Book

Giraffes Can't Dance by Giles Andreae

18. Che Che Koo-lay (traditional from Ghana) Movin' Party CD

Song, Chant, Call & Response, Circle Game, Phonemic Awareness, Gross Motor, Balance, Flexibility, Cross-lateral movement, Phonemic Awareness.

Che Che Kooley means " if you're out in the ocean on your boat, return quickly, rain is coming".

Che che koo-lay. (echo) Che che koo-fee sa. (echo) Koo-fee san lan-ga. (echo)
Ka-ta chee lan-ga. (echo) Koom a day hay (echo) Koom a day hay. (echo) Hey. (echo)

Dance movement means: I have good thoughts in my head. I have cloths for my shoulders.
I have food in my belly. I will dance for you.

Chant and echo while dancing. (8 counts per verse or action)

Che che kooley. (hands on your head)

Che che koo-fee sa. (hands on your shoulders)

Koo-fee sa lan-ga. (hands on your waist/ left side, then right)

Ka-ta chee lan-ga. (hand pat your opposite/raised knees/ left knee, then right)

Koom a day hay. (hands touch your opposite/raised toes/ left toe, then right)

Koom a day hay. (hands touch your opposite/raised heels, behind your back
Left heel, then right)

Hey. (touch elbows to knees / squatting position) During instrumental part,
you may use the same dance movements as the vocal part.

Simplified version:

Che che kooley. (touch head)

Che che koo-fee sa. (touch shoulders)

Koo-fee sa lan-ga. (touch chest)

Ka-ta chee lan-ga. (touch knees)

Koom a day hay. (rock from side to side)

Koom a day hay. (rock from side to side)

Hey. (clap hands)

Book- "The Laughing River" by Elizabeth Haze-Vega...\$16.95/ hard cover
This book has the song and actions for a simple version of Che Che Kooley.

19. Rumble To The Bottom (traditional Puerto Rican) Circle game/stand in place/ parachute
Rumble To The Bottom CD

#1. Oh, we're going to the circus, we're going to the fair.

To see the senorita, with flowers in her hair.

CHORUS: Oh, shake it baby, shake it. Shake it if you can. Shake it like a milkshake, and do the best you can.

Oh, rumble to the bottom, rumble to the top. Turn around and turn around until it makes you stop.

#2 Senor, dancing in his chair

#3 Elephants, with their trunks up in the air.

We're Going To The Country New words by Colleen & Uncle Squaty Rumble To The Bottom CD
(Rumble To The Bottom - Farm Theme)

Oh, We're going to the country, we're going to the farm, to see all the animals that live in the barn.

Rumble Hula New words by Colleen & Uncle Squaty Rumble To The Bottom CD
(Rumble To The Bottom - Ocean and Sea Theme)

We're going to the ocean, we're going to the sea, to see the birds and fishes, Swimming and flying free.

Rumble To Our Day Care/ School: (piggy back song from our teacher friends in Iowa)

Oh, we're going to our day care, we're going to our school.
To see our friends and teachers, who are really, really, cool.

Books:

Rumble In The Jungle Scholastic Publication

One Little Elephant Balancing by Edith Fowke

The 12 Circus Rings by Seymour Shwast / Voyager Books

20. Movin' 'Round The Room (chant or song / informative/ animal walks)

Movin' Party CD

1. Galloping, galloping, galloping, galloping 'round the room. (REPEAT)
Horses and Zebras and donkeys, too. Like to gallop just like you.
Galloping, galloping, galloping, galloping 'round the room. Freeze. Listen.
2. Hopping, hopping, hopping, hopping 'round the room. (REPEAT)
Bunny's and frogs and kangaroos. Hop around in fields and zoos.
Hopping, hopping, hopping, hopping 'round the room. Freeze. Listen.
3. Swimming, swimming, swimming, swimming 'round the room. (REPEAT)
A fish in the water is where he should be. Dolphins and whales live in the sea.
Swimming, swimming, swimming, swimming 'round the room. Freeze. Listen.
4. Creeping, creeping, creeping, creeping 'round the room. (REPEAT)
Turtles and snails move awfully slow. They carry their homes where ever they go.
Creeping, creeping, creeping, creeping 'round the room. Freeze. Listen.
5. Wiggling, wiggling, wiggling, wiggling 'round the room. (REPEAT)
Worms and caterpillars crawl on the ground. You can't hear them, they don't make a sound.
Wiggling, wiggling, wiggling, wiggling 'round the room Freeze. Listen.
6. Sitting, sitting, sitting, sitting on the floor. (REPEAT)
Now we're finished moving around. So we're sitting on the ground.
Sitting, sitting, sitting, sitting on the floor.

21. Windmill (traditional English folk song) Rumble To The Bottom CD

Individual or partner dance/ relaxing and stretching activity/ direction

1. If I could have a windmill, a windmill, a windmill. If I could have a windmill.
This is what I would do.
(hands palm to palm, arms up in the air, swing & sway from side to side)
2. I'd have it pump some water, some water, some water. I'd have it pump some water.
This is what I would do.
(join hand and pump arms forward and backward)
3. And then we'd have a duck pond, a duck pond, a duck pond.
And then we'd have a duck pond.
This is what I would do.
(make a big circle with your partners(s))
4. The ducks would make their wings flap, their wings flap, their wings flap. The ducks would make
Their wings flap, yes, that is what they would do.
(flap your arms like wings)
5. If I could have a windmill, a windmill, a windmill. If I could have a windmill.
This is what I would do.
(hands palm to palm, arms up in the air, swing & sway from side to side)

34. Until The Next Time (We Say Hello) Shake It Down, Turn Around CD

(Goodbye in different languages / echo song/ rhythms)

It's time to say, "Goodbye now." It seems like we just said hello.

We had a celebration, let's celebrate before we go. So let's stand up. Shake it down. Turn around.

Reach up high, wave goodbye, until the next time... we say 'Hello'.

Can't wait to see you, until the next time. We're going to miss you, until the next time.

It's time to say "Goodbye now." It seems like we just said hello.

We had a celebration, let's celebrate before we go. So let's stand up. Shake it down. Turn around.

Reach up high, wave goodbye, until the next time... we say 'Hello'.

Let's do body rhythms, let's pat our knees. Now blow some air right through your teeth.

Make two fists and beat your chest. We got the beat! We got the best!

Good rhythms everyone! I only have one question: How many ways can we say 'Goodbye'?

Adios!	Adios!	Spanish
Au revoir!	Au revoir!	French
Kwaheri!	Kwaheri!	ki Swahili
Arrivaderci!	Arrivaderci!	Italian
Zai-Jian!	Zai-Jian!	Chinese
Auf Wiedersehen!	Auf Wiedersehen!	German
Sheen jeed-wah!	Sheen jeed-wah!	Hmong
Do Svidanja!	Do Svidanja!	Russian
Aloha!	Aloha!	Hawaiian
Sizobonana!	Sizobonana!	Zulu
Sayonara!	Sayonara!	Japanese
So long!	So long!	American English



until the next time...we say 'Hello' Can't wait to see you, until the next time. We're going to miss you.