

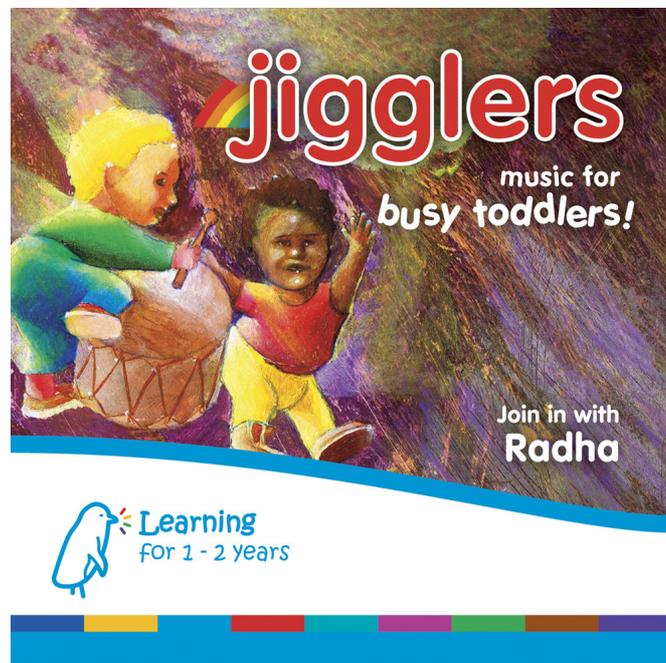


Activity: Learning  
Related Activity: Singing & Fun



# Jigglers

## Music for Busy Toddlers



# Activity Notes

**Singing & Fun Activity Notes for *Jigglers – Music for Busy Toddlers*.**

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Activity: Learning  
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## Toddlers Need their Own Music

Choosing music for toddlers and young children is more about them than about us. While adults choose music to suit our tastes, our emotions and our level of maturity, that music is not necessarily best for toddlers. Though toddlers respond to all kinds of music, they respond most enthusiastically to music that's at *their* level, just like we do.

### — Simplicity

Babies, toddlers and pre-school children learn through their senses, focusing intently on simple elements, often one at a time. Therefore your toddler will immediately respond to and understand clear, relatively isolated sounds, basic rhythms and very simple musical arrangements.

### — Steady Rhythm

Everyone is born with a steady sense of rhythm, which relates back to hearing mother's heartbeat in the womb. Bouncing your toddler to a steady, relaxed beat or playing a simple beat on one instrument is enough to stimulate and satisfy your toddler.

### — Voice

The human voice is the most important sound for toddlers. People naturally speak clearly to toddlers so they can tune in to us. Music that also has this quality will receive your toddler's dedicated attention.

## Body Contact

Cuddles, loving touch and 'baby' activities like bouncing and rocking, develop your baby's brainstem, which is the foundation of all learning. So loving touch is the *first essential* for human growth. Luckily touch is instinctive in parents, so affectionately bouncing and jiggling your child during waking hours and rocking him or her to sleep is a natural thing to do.

It is also natural to sing or to speak in simple, rhyming patterns and phrases as we handle our children. This develops the midbrain. Simple songs and movements have satisfied toddlers since the dawn of human civilisation. In contrast, complex, high-tech musical arrangements are relatively new to the human race. While it is good for children to be gradually exposed to many styles of music, they need simplicity as a foundation. A parallel is introducing a baby to food; we begin with the basics, one at a time. Musically, *Jigglers* does just this, with Radha introducing each song & activity to get you started. These notes expand on the recorded introductions, giving more detail so you can make the most of the music.

On our website you will find:

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**For your reference, this book has 13 pages.**

**Singing & Fun Activity Notes for *Jigglers* – Music for Busy Toddlers.**

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## Do-it Together

*Jigglers* is a complete 'do-it-together' music session. However it usually works best if you first try one song, or even only a verse at a time, in various settings with your toddler. Do the actions and interact only as long as your child is interested. Toddlers have a very short attention span, so adjust to their needs at the time.

For those using *Jigglers* in your toddler music classes, we recommend you first play the recording through and read these activity notes through. This way you can gather any props, etc, before you begin: prepared and confident. When class time arrives simply cue your tracks of choice and follow the instructions.

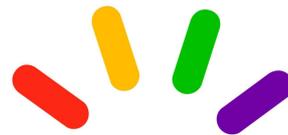
## The Test of Time

*Jigglers*, by Radha, is the first album of original music for toddlers in New Zealand. It was first released on cassette in the 1980's. Still much in demand, *Jigglers* and its companion albums have stood the test of time to become classics in Early Childhood centres, community music groups and homes across New Zealand. Many key features of Radha's method, (such as the use of body contact, props, adult/child interaction, using the circle (the nest), and developing self esteem), have since been adopted into many mainstream music education programmes.

The series originally consisted of *Dots* (0-1 year), *Jigglers* (1-2 yrs), *Tots* (2-3 years), *Growin' Ups* (3-4 years), *Musicool* (4-5 years), and *School Kids* (5-6 years). When CDs usurped cassettes, the six tapes were combined on three CDs – *Jigglers & Jigglers*, *Tots & Growin' Ups* and *Musicool & School Kids*. UCA continued to receive requests for the original format, and re-released *Dots*, *Jigglers*, *Tots* and *Growin' Ups* (the most popular four of the albums), in their previous contexts. New content has also been added on *Dots* and on *Jigglers* to take these classics into the 21<sup>st</sup> century.

### Track 1

#### Greetings



#### **Activity Notes**

Hello! Kia Ora! We open *Jigglers* with the 'musicool' theme tune, leading into warm greeting from both a male and a female voice. From there, Radha introduces the activities to come, which are all aligned to the toddler stage of development.



**Activity:** Learning  
**Related Activity:** Singing & Fun



## Track 2

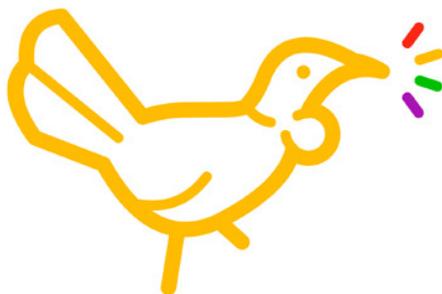
### Busy Toddlers

by Radha Sahar

- Verse 1* Busy toddlers clap, clap, clap  
Yey! Clap, clap, clap ...  
Busy toddlers clap, clap, clap  
And then they want to jump
- Verse 2* Busy toddlers jump, jump, jump  
Yey! Jump, jump, jump ...  
Busy toddlers jump, jump, jump  
And then they want to run
- Verse 3* Busy toddlers run around  
Yey! Run around ...  
Busy toddlers run around  
And then they want to stomp
- Verse 4* Busy toddlers stomp and stomp  
Yey! Stomp and stomp ...  
Busy toddlers stomp and stomp  
And then they want to crash  
All fall down!

#### **Activity Notes**

Join in with your toddler, following the actions for each verse. Or, if you want to just enjoy one verse at a time, just end with the 'all fall down' instead of leading into a different activity. Be encouraging when your toddler moves or responds in any way with the music, since it doesn't really matter if they do the given actions or not.



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## Track 3

### Baa Baa Black Sheep *Traditional*

*Verse 1* Baa baa black sheep, have you any wool?  
Yes sir, yes sir, three bags full  
One for the master, one for the dame  
And one for the little (boy) who lives down the lane

#### **Activity Notes**

Sing 'one for the little boy', or 'one for the little girl'. Even better, sing your child's name, and watch the response!

In a group, sing to each child, passing round a soft toy sheep or puppet, while children play musical instruments. Repetition helps children learn, and using a toy or puppet also keeps the song interesting for adults.

## Track 4

### Crash Bang Bong *by Radha Sahar*

*Verse 1* Play on the drum, crash, bang, bong. Everyone can make a song  
If you're only one and you've just begun, it's crash! Bang! Bong!

*Verse 2* Play your shaker, crash, bang, bong. Everyone can make a song  
If you're only two, it's easy to crash! Bang! Bong!

*Verse 3* Play your pot lid, crash, bang, bong. Everyone can make a song  
If you're only one and you've just begun, it's crash! Bang! Bong!

*Verse 4* Play the xylophone, crash, bang, bong. Everyone can make a song  
If you're only two, it's easy to crash! Bang! Bong!

*Verse 5* Let's make a band, crash, bang, bong. Everyone can make a song  
All join in the exciting din - Crash! Bang! Bong!

*Verse 6* But when it's time for a little quiet  
You'd better not crash, bang, bong – don't try it  
You'd better go 'shhh' and play like this: tap, tap, tap

#### **Activity Notes**

Have fun introducing musical instruments to your toddler; real instruments or 'found sound' (e.g. the well known pot-&-spoon combination, which has been a favourite for years). Celebrate the noise; all join in the exciting din! A short track follows, giving time to put instruments away should you be following the album as a live session.



**Activity:** Learning  
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## Track 5

### E Noho E Tu

by Radha Sahar

Translation

E noho, e tu, (x 3)  
E kanikani!

Sit down, stand up (x 3)  
Dance!

#### **Activity Notes**

This is a very simple musical activity game that babies love from about 11 months old when they are strengthening their legs for walking. As they grow older they delight in having mastered it, wanting to play it repeatedly. Help your toddler alternate between crouching down and standing. Then at the end dance.

## Track 6

### Sit you on my Left Leg

by Radha Sahar

*Verse 1* Sit you on my left leg and bounce you up and down – do, do, do ,do ,do X2  
But left leg is tired of all the bouncing round  
So we'd better have a change!

*Verse 2* Sit you on my right leg and bounce you up and down – do, do, do ,do ,do X2  
But right leg is tired of all the bouncing round  
So we'd better have a change!

*Verse 3* Sit you on both legs and bounce you up and down – do, do, do ,do ,do X2  
But both legs are tired of all the bouncing round  
So we'd better have a rest!

#### **Activity Notes**

This song is great for distracting, settling and re-focussing over-active toddlers, since they still need a great deal of regular body contact to balance the stimulation they receive from their adventurous explorations into the big, busy world. They may not want to sit still on your lap, but they love being vigorously bounced up and down.

Sustaining the bouncing is enabled by changing knees. Sit your toddler on your left leg near to your knee. Hold on to them so you can aid the bouncing and keep the activity focused. On the word 'change' swap your child onto your right leg, then both legs. This song works really well in a toddler music group.



**Activity:** Learning  
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## Track 7

### Under the Bridge

by Radha Sahar

All the children crawl under the bridge  
Under the bridge, under the bridge  
All the children crawl under the bridge  
Who will we catch?

#### **Activity Notes**

Wee ones love this game. Singing to the tune of 'Here we go Round the Mulberry Bush', encourage your child to crawl through your legs (open them to make a 'bridge'). On the word 'catch' capture him or her in your arms. Another way of making a bridge is to kneel on all fours.

In a group situation a pair of adults forms the bridge linking hands above their heads (as in the 'London Bridge' nursery game). If it is a large group, several pairs of adults can extend the bridge into an exciting tunnel shape. Make sure there are hands-free adults to 'feed' the children through. The children crawl in a circle, around then under the 'bridge,' maybe several times then the adults capture the child who is directly under their arms on the word 'catch'.

Crawling is an important developmental stage for toddlers. It links to later learning in reading. Some toddlers appear to not want to crawl, going straight to walking instead. It is good in this case to play crawling games with your child at toddler or toddler stage. Such game-playing makes crawling more appealing to the child, who benefits through the muscular activity. Toddlers also love it when caregivers come down to their level for activities on the floor.



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## Track 8

### What Does the Cow Say?

by Radha Sahar

Verse 1 What does the cow say? - Moo moo (x3)  
Animals are my friends

Verse 2 What does the sheep say? - Baa baa ...

Verse 3 What does the duck say? - Quack, quack ...

Verse 4 What does the horse say? - Neigh ...

Verse 5 What does the dog say? - Woof, woof ...

Verse 6 What does the pig say? - Oink, oink ...

Verse 7 What does the cat say? - Meow meow ...

Verse 8 What does the frog say? - Ribbit, ribbit ...

Verse 9 What does the hen say? - Cluck, cluck ...

Verse 10 What does the bee say? - Buzzzzz ...

Verse 11 What does the bird say? - Tweet, tweet ...

Verse 12 What does the mouse say? - Squeak ...

Verse 3 What does the cow say? - Moo, moo ...

#### Activity Notes

Everyone is familiar with the delightful stage when toddlers are learning what sound animals make. "What does the (cow) say?" is a question your toddler will love to respond to again and again, to proudly show you the exciting new knowledge he or she is acquiring. This song was written to support this learning. Sing it while looking at a picture book of animals, or while playing with model farm animals or animal puppets. When you are singing unaccompanied focus on the particular animals in your child's picture book, etc. Real animal sounds are included in the recording to give children a reference closer to the real world.

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**Activity:** Learning  
**Related Activity:** Singing & Fun



## Track 9

### **Horsey Ride**

by Radha Sahar

*Verse 1*  
*(Spoken)* My little ol' horse down yonder  
Is hitched to that thar post  
And I'll tell you pardner what this kid  
Wants to do the most ...

*Chorus* Giddy up! Give me a horsey ride  
Gee up grown up – don't you be tired  
Giddy up! Give me a horsey ride  
Watch out foot – I'm gonna slide  
Down to that leather saddle  
You grown ups call a shoe  
Giddy up! Give me a horsey ride  
And this baby will smile for you!

*Verse 2*  
*(Spoken)* Now there's lots of these horses down yonder  
Just break one in – train the ting!  
All round the country  
You kids, grab 'em and sing ...

*Chorus*

*Verse 3*  
*(Spoken)* These horses can get a bit lazy  
Keep wanting to rest a while  
You gotta coax these horses sometimes  
So get in and use all your style!

### **Activity Notes**

Music is a two way thing between parents and little ones. With the adults' mood being part of the child's learning process, it helps the child when the adult can also be catered for in the music. In this case it is through humour.

- Sit on a firm chair, cross your legs and perch your toddler on your foot, holding onto her hands.
- Bounce your foot during the chorus, then have a well earned rest during the verses. You may have to make funny faces or responsive sounds during the spoken sections to keep your toddler's attention.
- Learn the song and play the game any time. It is already a popular baby game, and now there is music to add another dimension to it.

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**Activity:** Learning  
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## Track 10

### To the Left & To the Right

by Radha Sahar

*Verse 1* To the left and to the right  
Rock me please to please me  
To the left and to the right  
Cuddle me and squeeze me

*Chorus* Rocking – to and fro  
Rocking- gently go

*Verse 2* To the front and to the back  
Rock me please to please me  
To the front and to the back  
Cuddle me and squeeze me

*Chorus*

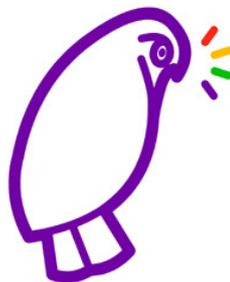
*Repeat Verse 1*

#### **Activity Notes**

Simply rock your child either side to side or forwards and backwards as indicated in the song. This is also an excellent song to use in a group setting for settling the children as they sit on their caregiver's knees.

Young children are soothed by the sound and rhythm of the human heartbeat at approx 60 beats per minute – the tempo of a resting mother. This is due to the child's memories of being in the womb. This song is accompanied only by the heartbeat.

The recording *Sleep to the Ocean's Heartbeat*, available from Universal Children's Audio, is excellent to use when you want baby to sleep. The long, unbroken rhythm includes the sound of ocean waves, together with a mother's heartbeat.



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**Activity:** Learning  
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## Track 11

### **Big Wide World**

*Radha Sahar*

**Chorus** The big wide world, the big wide world  
Do you know about the big wide world  
Big world, big world - Do you know the (trees) in the big wide world?

**Verse 1** Have you climbed those trees? Way up high  
Did you see if the branches touched the sky?

**Verse 2** Did you throw in a stone? Was the water going fast?  
*(Rivers)* Did you throw in a stick and watch it go past?

**Verse 3** Did you smell those flowers? - just for fun  
*(Flowers)* Did you choose which colour to pick for your mum?

**Verse 4** Did you climb on those rocks? Can you walk on the stones?  
*(Rocks)* Hear them bang together – do they sound like bones?

**Verse 5** Have you seen the mountains? Were they covered in snow?  
*(Mountains)* Did you want to climb up – to see how far they go?

**Verse 6** Did you hear the waves crash? Did you see the bubbly foam?  
*(Oceans)* Did the water touch your toes? Did you want to take it home?

### **Activity Notes**

Collect stones, sticks, bones, shells or other natural materials that can be used to make a sound. Then sing this nature chant while you and your toddler play a percussive accompaniment. Most musical instruments originated from nature and many are still made from natural materials - the didgeridoo being an excellent example. The didgeridoo was used on the recording to provide the drone as a pitch reference and also to heighten the feeling of connection to the natural world.

This song also stimulates your child's Imagination as they picture the various places and actions.

Chanting is great for toddlers, as people tend to stress the rhythm inherent in the words. Children respond strongly to rhythm, so chanting gives adults who feel they cannot sing confidence that they can play a valuable personal role in their child's musical development.



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**Activity:** Learning  
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## Track 12

### Peek-a-boo Kanga!

*Radha Sahar*

*Chorus* Little kanga are you hiding? It's so bouncy when you're riding  
Little kanga does your mummy say "What's in my pocket today?"  
Peek-a-boo kanga!

#### **Activity Notes**

This version of the classic 'peek-a-boo' game stimulates the imagination we pretend to be kangaroos. Sit down with your toddler, hiding her under your shirt (mother roo's pouch). For toddlers who don't like being covered over, let them cover their own eyes with their hands; you can model this to give an idea of what to do.

Another way to play the game is to help your toddler cover a soft toy with a piece of cloth. Then whip the cloth away on 'peek-a-boo'. Once your child has done this once they will easily repeat the game over and over again.

## Track 13

### Ringa Ringa Little Finger

*Radha Sahar*

*Verse 1* Ringa, ringa little finger. Ringa, ringa, clap, clap, clap.  
Ringa, ringa little finger, hands behind your back!

*Spoken* Where have they gone? Hiding away?  
Where have they gone? I see them! Hooray!

*Verse 2* ... hands behind your head, etc ...

*Verse 3* ... hands behind your knees, etc ...

#### **Activity Notes**

Finger songs are very popular with young children. 'Ringa' means 'finger' in Maori. Children love the suspense as they are asked 'Where have they gone?' etc, and the delight of bringing their hands out and shouting "Hooray!"

Hold your hands up and wriggle all your fingers. Clap three times with the words, then hide your hands while dramatically speaking the questions. The children savour the fact that *they* know where those hands are hidden while the all-wise adults evidently do not! On "Hooray" expose your hands and clap applause.



**Activity:** Learning  
**Related Activity:** Singing & Fun



## Track 14

### Close Your Eyes

*Radha Sahar*

- Verse 1* Close your eyes. Close your eyes  
Time to cuddle and rest a little for a while  
Close your eyes. Close your eyes  
Time to sniggle in the middle of a smile
- Refrain* Just be floppy, loose and slow as I rock you to and fro  
Coz you're my little one and I love you so!
- Coda* Close your eyes. Close your eyes  
Time to sniggle little squiggle  
Do not jiggle! Just be still and  
Close your eyes

#### **Activity Notes**

Listen and relax while this song plays. Curl up with your toddler, or the children can rest with their soft toys while the music plays.

## Track 15

### Goodbye we Love You

*Radha Sahar*

- Verse 1* Goodbye (friend). You're such a lovely person  
Yes, we love you!

#### **Activity Notes**

People of all ages love this song, which is also included on the *Tots* recording. Sing it using your child's name. Conclude a toddler music class, acknowledging everyone in turn, to wind the children down. In the rush of modern life we often forget to say 'I love you,' & 'we love you.' ... Remember, love makes the world go round!

## Track 16

### Nap Time

*Radha Sahar*

A relaxing instrumental track to help children rest or sleep.

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