

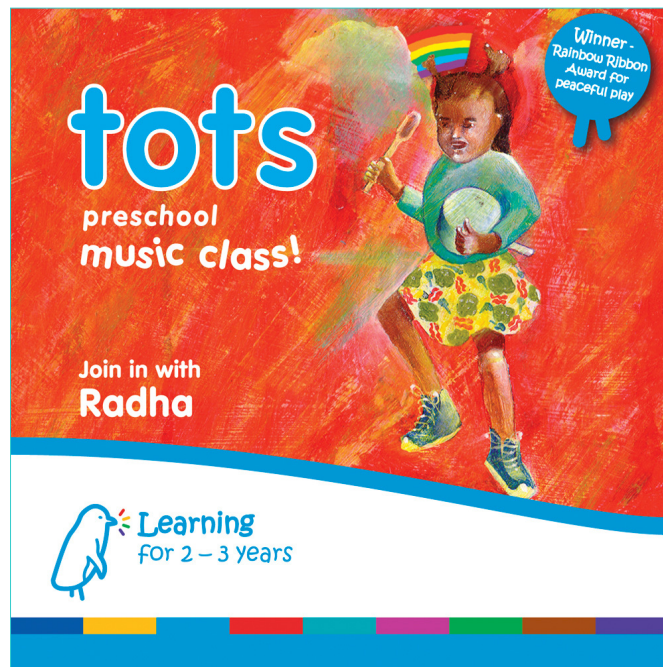


Activity: Learning
Related Activity: Singing & Fun



Tots

Preschool Music Class



Activity Notes

Singing & Fun Activity Notes for Tots – Preschool Music Class.

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Activity: Learning
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Award Winner

Winner of the *Rainbow Ribbon Award for Peaceful Play*. This award encourages toy manufacturers to offer creative alternatives to war toys or toys that foster competitiveness in children. Companies may not submit entries, rather, the organisers choose which toys or products they feel deserving. Judges expressed that they had observed how fully engaged children were with *Tots*, and that these musical activities made a valuable contribution to the 'peaceful play' ideal.

The Test of Time

Tots, by Radha, is one of the first albums of original music for pre-schoolers in New Zealand. It was first released in the 1980's and is still much in demand. *Tots* and its companion albums, *Dots*, *Jigglers*, and *Growin' Ups*, have stood the test of time to become classics in early childhood centres, community music groups and homes. The series has been re-released and remastered to take these classics into the 21st century. Many key features of Radha's method, such as the use of body contact, props, adult/child interaction, circle formations, and the development of self esteem, have been adopted into mainstream music education programmes.

Interactive Music Education

1. *Music Classes*: For people facilitating preschool music classes, we recommend you first become familiar with this recording, reading these activity notes as you listen. Then gather any props and materials before you begin so you will be more prepared and confident. When class time arrives simply cue your chosen tracks and follow the spoken instructions.

2. *At Home*: Though *Tots* is a complete interactive music session, we recommend you first try one song, or even only a verse at a time, in various settings with your child. Do the actions only while your child is interested; preschoolers have a *short* attention span, so adjust spontaneously to their needs at the time.

Music for Pre Schoolers

Choosing music for young children is more about them than about us. We adults choose music to suit our personal tastes. While preschoolers may respond positively to the music we like, children need to be exposed to all styles of music, particularly that which is at *their* developmental level ...

- Simplicity

Preschool children learn through their *senses*, focusing intently on simple elements, often one at a time. Therefore your child will immediately respond to and understand clear, relatively isolated sounds, basic rhythms and simple musical arrangements. They also enjoy novel sounds that clearly stand out.

- Steady Rhythm

Children are born with a steady sense of rhythm through hearing the constant pulse of mother's heartbeat in the womb. Simple rhythms on one or two instruments are enough to stimulate and satisfy your preschooler.



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— Voice

The human voice is the most important sound for young children. We naturally speak clearly to preschoolers so they can easily tune in. Songs with this degree of clarity allow children to absorb the content at their level.

Body Contact

Cuddles, loving touch and physical activities like bouncing and rocking stimulate the limbic system in your child's brain. Loving touch is the *first essential* for human learning. Luckily this knowledge is instinctive to parents, so affectionately bouncing and jiggling your child and rocking him or her to sleep is a natural thing to do.

When we introduce a baby to food, we begin with the basics, one at a time. Musically, *Tots* does just this with Radha introducing each song and activity to get you started. These notes expand on the recorded introductions, giving more detail so you can make the most of this classic album.

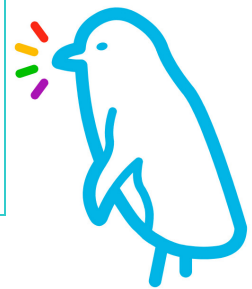
Session Structure

The same session structure is followed in *Dots*, *Jigglers*, *Tots* and *Growin' Ups*, allowing a consistent follow-through as children progress from one age and stage to the next. Each recording is a good example of what is sure to work for children of that age. However, much of the time the songs and activities on any of the recordings will work across the whole preschool age-range. Also, four to six year olds often enjoy interacting with a baby brother or sister to *Dots* or *Jigglers*. Each session progresses through the following:

1. Welcome Song
2. Familiar Song/s
3. Instrument Work
4. Instruments Away
5. Energy Release
6. Circle Games – familiar, and new
7. Body Contact, general or finger songs
8. Creative & Imaginative activities
9. Relaxation
10. Goodbye Song

Enjoy!

On our website you will find:
* More *Learning* albums
* Our full Activity Range
*Free *Activity Notes* for many albums
*Sound-clips *Articles of interest
* Links to Music Download sites
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For your reference this book has 12 pages

Singing & Fun Activity Notes for *Tots* – Preschool Music Class.

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Activity: Learning
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Track 1

Hello Kia Ora

by Radha Sahar

Verse 1 Hello friend. Kia Ora friend. Glad you're here today
Hello friend. Kia Ora friend. Glad you're here today
You have got a lovely smile, a lovely smile today
Hello friend. Kia Ora friend. Glad you're here today

Activity Notes

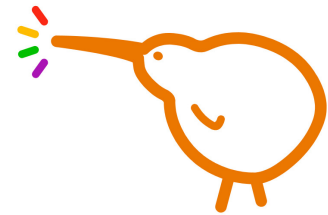
This has become a classic multi-cultural greeting song in community music classes and early childhood centres. The words can be changed, singing the children's own names and greeting them in the language of their own culture.

Children love being acknowledged for something personal. Instead of the generic 'lovely smile', sing about what the child is wearing, a toy they are holding, or some positive behaviour they've been engaging in. The rhythm of the song changes according to the child's name and what you are acknowledging. Here are a couple of examples ...

Hello Hamish, Kia Ora Hamish, glad you're here today ...
You have got a bright red shirt, a bright red shirt today ...

Talofa Selel, talofa Selel, glad you're here today ...
Selel's got running shoes, running shoes today ...

Kia Ora Makere, Kia Ora Makere, glad you're here today ...
Makere brought her poi today, she brought her poi today ...



A Maori language version of this song features in the *Nga Pihl* recordings available from www.ucamusic.com

Use this song to welcome children to preschool or to a group activity – especially music! It is helpful when adults in the group focus their collective attention on each child, leading the children by example. Personal acknowledgments make a difference in young lives. When children are not acknowledged much at home, a simple singing game like this can help them feel seen and valued.

Where a child in the group chooses not to participate, don't worry – still sing. The positive attention can help the child eventually overcome shyness. Being able to receive acknowledgement is a performance skill which the child may need later when learning an instrument. And in general, the self confidence gained will always prove helpful in life.

Learning Activity Notes for Tots – Preschool Music Class.

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Track 2



Humpty Dumpty

Traditional

Verse Humpty Dumpty sat on the wall. Humpty Dumpty had a great fall
All the king's horses and all the king's men, couldn't put Humpty together again

Activity Notes

Young children just *love* playing a simple game with this song. Help children take turns to hold a soft toy Humpty on top of their heads and let it fall to the floor on the word *fall*. They will want to play this repeatedly.

A simple soft-toy 'humpty' can be made by sewing two large ovals of material together and filling it with foam stuffing. Insert strips for arms and legs as you sew the ovals together, then sew on felt eyes and a smile.

Track 3



Slow Fast Music

by Radha Sahar

Slow music, quiet music, slow, quiet music
Slow music, quiet music, slow, quiet music
Fast music, loud music, fast, loud music
Fast music, loud music, fast, loud music
Can you guess what this is? (make an animal sound)

Activity Notes

This song is superbly successful in assisting little children to learn control of tempo, and volume while playing an instrument. They also learn to stop and start together – a most basic skills of musicianship. Young children learn fastest by experiencing extremes then gradually feeling the subtleties. In this activity, they relish being unrestrained in the fast section, which is a reward for playing slowly and quietly in the first part of the song. In the context of this song, children enjoy playing slow, quiet music rather than feeling it is a restriction adults require of them.

Stop suddenly at the end of the fast section and encourage children to do the same. Praise them with comments like, "You're great at stopping and starting together – just like a band!" Then enjoy a listening game, making or playing a sound the children have to guess. Once children are familiar with this song, you can use the same principal on other songs, making sections fast and slow.



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Track 4

Rum Tum Tum

by Radha Sahar

Verse 1 Rum, tum tum, rum tum tum, marching, marching here I come
Rum, tum tum, rum tum tum, playing with my drum
If a drum is what I haven't got
I use a juice tin or a pot
Rum, tum tum, rum tum tum, playing with my drum

Activity Notes

One of the universal activities toddlers enjoy is hitting a saucepan with a spoon or beating a drum. This song is perfect for that activity. Either sit down or march around the room. If you want to march, choose those that are not too heavy. Different sizes will give different sounds and tones. Plastic bowls or buckets and spades may also serve as drums. Use your imagination!

Track 5

All Join in the Fun

by Radha Sahar

Verse 1 Jumping, jumping up and down (x3) All join in the fun
Verse 2 Clap your hands and stamp your feet (x3) All join in the fun
Verse 3 Stretch up high and touch your toes (x3) All join in the fun
Verse 4 Rub your tummy and touch your nose (x3) All join in the fun
Verse 5 Wiggle, wobble to and fro (x3) All join in the fun
Verse 6 Twirling round and round you go (x3) All join in the fun

Repeat Verse 1 & 2

Activity Notes

This action song is great for letting off steam before quieter activities. Simply follow the actions as they are sung. This is an excellent music & movement song to use in early childhood centres or in music classes, as well as at home.



Activity: Learning
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Track 6

Ring a Rosy

Verse: Traditional. Bridge: Radha Sahar

Verse Ring-a-ring-a rosy a pocket full of posies (x3)
A tishoo a tishoo, we all fall down!

Bridge Banging thunder, tinkling rain
Climb-ing up the lad-der a-gain!

Activity Notes

Sing the first line *three* times to give the children more time to enjoy circling around before falling down. The 'bridge' incorporates the following pitch-awareness exercise:

1. On 'banging thunder', a low pitched sound, everyone bangs the floor. Or you could play a large deep sounding drum or make a rumbling sound on the low keys of a piano.
2. On 'tinkling rain', a high pitched sound, lift hands in the air and wiggle your fingers while bells sound. If you are using the piano, then play a tinkle sound on the highest notes.
3. On 'climb-ing up the lad-der a-gain' sing one syllable for each note of the scale while climbing an imaginary ladder. You are then ready to start the game again.

Track 7

Mulberry Bush

Music; Traditional. New Verses: Radha Sahar

Verse 1 Here we go round te mulberry bush, the mulberry bush, the mulberry bush
Here we go round the mulberry bush so early in the morning.

Verse 2 This is the way we plant a tree ...

Verse 3 This is the way we water the tree ...

Verse 4 This is the way we rake the leaves ...

Verse 5 This is the way we pick the fruit ...

Verse 6 This is the way we eat the fruit ...

Activity Notes

Place an imaginary tree in the centre of the circle. This could be made of cardboard, or a few branches placed in a large container. The tree helps focus children's attention on the game. Follow the actions in the lyrics.



Activity: Learning
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Track 8

Dance Chant

by Radha Sahar

Chant Dance, dance, everyone, every girl and boy
Dance, dance, spirits free – dance in pure joy!

Activity Notes

Dance along to this simple chant, to give the children experience of a tempo that's gradually speeding up. Let the children dance in any way they like. If they need stimulation, dance with them, echoing the children's movements or modelling a range of possibilities. To encourage children's creativity, praise them for what *they* do rather than dominate the dance floor with what adults can do.

Track 9

Great Universe

by Radha Sahar

Verse 1 I'm a child by birth. I live on planet Earth
I'm happy to be part of the great universe
Happy to be part of the great universe

Activity Notes

This is a fun chant to do when you want to get to know each other's names. Go round the circle using each person's name instead of 'a child'. Bang on your knees or clap your hands with the rhythm. Or alternate banging and clapping with older children in the group who are capable of this.

This chant can also pass the hours while travelling in the car. First sing about everyone in the car, then other members of the extended family and friends. Then sing about things you see out the window or in your imagination. For example, "I'm a horse by birth ..." or, "I'm a tree by birth ..."

This expands children's thinking towards the universal sentiment of inclusiveness, helping develop their character.



Find more *Developing Character* resources on
www.ucamusic.com



Activity: Learning
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Track 10

Row Row Row

by Radha Sahar

Verse 1 Row, row, row. How *slow* can you go?
Across the sea, you and me, row, row, row.

Verse 2 Row, row, row. How *fast* can you go?
Across the sea, you and me, row, row, row.

Activity Notes

This is a body-contact game. Sit on the floor, either with your child directly on your knee, or facing towards you between your outstretched legs. Clasp hands and pull each other backwards and forwards in a rowing motion. This activity reinforces the learning in track 3, *Slow Fast Music*. Other songs that suit rowing are *Row, Row, Row Your Boat*, and the following track, *Grandpa's Farewell*.

Track 11

Grandpa's Farewell

by Radha Sahar

Verse 1 Row, row, to and fro, gently back and forwards go
Row, row, to and fro, sail the peaceful water

Refrain The sun is high in the sky, children sing, white doves fly.
Trees are green and I have seen fishes in the water
Repeat Verse 1

Ref.2 The moon is high in the sky. Someone sings a lullaby
Journeying, for you have seen the beauty of the water
Repeat Verse 1

Activity Notes

Sit, and then do the rowing actions as with the previous track, *Row Row Row*. This song has a mellower mood and was written on the occasion of the death of a beloved grandfather. Children respond to the soothing mood in their own way.



Activity: Learning
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Track 12



Learn Your Colours

by Radha Sahar

Verse 1 Which is red? – (Whero, whero). Which is blue? (Kikarangi)
Which is yellow? (Kowhai). Tell me do
Which is orange? (Karaka). Which is green? (Kakariki)
Which is purple? (Tawa). Have you seen?

Chorus Learn your colours. Learn them well, so that you can show and tell.
Learn your colours just like me. It is so much fun you see!

Repeat the verse

Activity Notes

Make a set of six cards – one for each colour mentioned in the song. Scatter them on the floor in front of the children. They will enjoy identifying the colours as verse one is sung. Clap in the chorus, then hold up each card during the second verse – or let the children hold the cards up.

For pre-reading, you might like to write the names of the colours on the cards. In this song, we sing those also in the Maori language, which children may enjoy learning. When singing without the recording, you may use another language you wish the children to be exposed to.

Track 13



Seed to Flower

by Radha Sahar

Activity Notes

This creative drama and breathing exercise is based on the musical scale, developing children's awareness of pitch and imagination.

1. Curl up on the floor like seeds under the earth. Tickle children's backs suggesting the rain.
2. Talk about how a sprout is formed in a seed as you gesture with your hands together on top of your head to suggest the sprout. Encourage children to do the same.
3. While the musical scale is played or sung stretch up until you are standing.
4. On the last note, close your eyes and imagine what colour your flower is.
5. Take a deep breath, and while breathing out, relax arms down to the side, so opening your flower. The deep breathing is calming, and is excellent to relax both children and adults alike.



Activity: Learning
Related Activity: Singing & Fun



Track 14

Open Little Flower

by Radha Sahar

Section 1 Open little flower, the day has begun
Wide open flower, dancing in the sun

Section 2 Slowly close your petals, the sun is sinking low
Close them tight, through the night
To sleep we'll go

Activity Notes

1. Sit in on the floor, with bodies touching. For a group, form a circle with feet meeting in the centre. This form suggests a daisy with each person being a petal. Children can either sit on your knee or be part of the circle. Fold down resting arms against your legs, thus closing the flower.
2. Start from this closed position then slowly stretch up to a sitting position during section 1.
3. Wave your arms from side to side during 'dancing in the sun.'
4. Return to a closed position during section two – either folded forward or, for deeper relaxation, lie down fully outstretched on the floor.

Track 15

See a Lassie

Traditional

Verse 1 Did you ever see a lassie/laddie, a lassie, a lassie
Did you ever see a lassie go this way and that?
Go this way and that way and this way and that way
Did you ever see a lassie go this way and that?

Activity Notes

Use this song when you want to create an intimate activity for quieter singing.

'Lassie' and 'laddie' are Scottish terms for girl and boy. Sit on the floor with feet touching. In a group, form a circle, feet in the centre as in previous track. Intertwine arms around each other's backs. Children often love to sit on your knee – if so, grip them gently with your raised knees so you can rock them as you go. Rock from side to side with the music. Sing more verses inventing other actions – rocking backwards and forwards, stretching up, touching toes etc.



Activity: Learning
Related Activity: Singing & Fun



Track 16

Goodbye we Love You *by Radha Sahar*

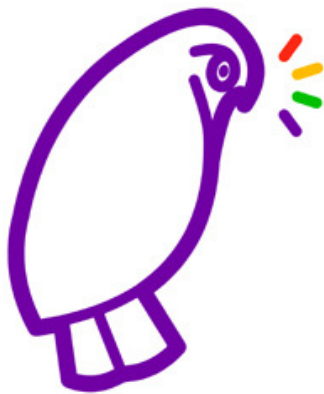
Goodbye friend. You're such a lovely person.
Yes! We love you.

Activity Notes

Sing each child's name in this nurturing group goodbye song. You can sing it to an individual child, or to several children as they leave. Clap or wave as you sing.

Sit in a circle on the floor with the children sitting on the adults' knees. Sway to and fro, wave or clap while singing to each child in turn.

In a music class, it is effective to end the session in the same manner each time. This song is an ideal way to end a session since it winds everybody down and affirms that each child is loved. With parents and children feeling relaxed and nurtured as they leave the group, they will take away pleasurable memories of music-time and will want to return.



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