

Everybody Do This with Stretchy Things

Babies, toddlers, pre-schoolers - a fun song to use with lycra or a Rainbow Ring



Everybody do this, do this, do this,
Everybody do this, just like me!

Demonstrate a simple way of moving the stretchy lycra/Rainbow Ring and do this to the beat.

Teaching notes: Have the children experiment with different ways of moving/stretching the lycra/Rainbow Ring. Give each child a turn at suggesting a way to move, then the whole group does so, singing the song. Some examples could be - stretching out and in, moving in a circle, moving up and down.

For very young children practise a few ways first so they can choose from the "suggestion bank" rather than having to make something up on the spot.

Musical skills:

Beat - keeping in time

Pitch - singing a simple melody

Other skills:

Following instructions

Imagination

Gross Motor skills

Extension (for older children):

Try moving the lycra one way, then the other with the word 'change' in between. Have a child call out 'change'

Using your voices, make siren sounds - up and down and move the lycra/Rainbow Ring up and down to match.



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