

Stretch and Ping! **KindyRock**

INSPIRING KIDS TO ROCK THE PLANET

Lycra or Rainbow Ring



Teaching Notes: Everyone holds onto the lycra or Rainbow Ring in a circle. Move backwards while singing the words and on the word 'Ping!' all let go at once!

To be sung to the tune of 'Twinkle, Twinkle'

Stretching, stretching as we sing

1, 2, 3, let go and 'PING!'

Babies: Take baby's hands and gently stretch them out as you sing the words. On the word 'ping' clap their hands together.

Musical skills:

Beat: playing in time to the beat

Pitch - singing new words to a familiar simple melody

Other skills:

Mathematics - counting

Fine Motor Skills - gripping

Spatial awareness - walking backwards

Extension Activities:

Start all close together in the middle and move out with big steps back, then ping the lycra or Rainbow Ring.

Can you make up a game using this concept without stretchy lycra? Hold hands huddled up close. Walk backwards and drop hand and clap up high on the word 'ping!'