

SING A SONG FOR BABIES

ACTIVITY IDEAS



TESSAROSE

1 A NECKLACE 'ROUND MY NECK

This song has a language/maths/conceptual/sensory focus. Draw an imaginary necklace around the child's neck. Trace it one way then trace it the other way. Alternatively put a necklace on the child. Make one from big coloured beads or soft bottle tops.

2 AN UPSIDE DOWN WORLD

Going upside down is great for stimulating the child's vestibular system. Start by standing with the baby facing you, sit them on your waist, support the head and neck, and make a very small movement so the child goes backwards. If the child is happy then progress.

3 BEANS

The words of the song tell you what to do. Hold the baby facing you,

Verse 1: small running steps,

Verse 2: small bounces

Verse 3: wobble the child's legs

Verse 4: go upside down (as above)

4 BIG RED CAR (FIELD/PAGE)

Keeping the Beat

This song has a very strong beat and can be used with an instrument that keeps the beat, e.g. drum, sticks, or maracas. Being exposed to the beat is important for future learning. Visit www.tessarose.co.nz for information about the importance of being able to keep the beat.

5 BUILDING BLOCKS

Bang two blocks together to keep the beat, or use this song as a massage. Gently press your fists all over the child until the last section where all the blocks fall down. Run your fingers all over the child.

6 BUTTERFLY FLYING

'Fly' the child around the room. This is excellent for the vestibular system.

7 CHOPSTICKS

Massage. Gently tap the child all over for the bouncy sections and for the smooth sections sweep the child with an open hand from top to toe.

8 GRANDMA'S GLASSES

Make glasses with your fingers and put them 'round your eyes or the child's. Make a hat with your hands and then rock the child as if you were sitting in a rocking chair. For the instrumental you could rock side to side.

9 GUITAR WALTZ

Hold the child close and waltz. The 3/4 time is different to the usual 4/4 type time that many songs are written in. Remember to turn and swoop.

10 HAT ON HAT OFF

Another language/maths concepts song. If you have a hat, put the hat on the child's head and take it off as indicated in the words of the song. For the instrumental section you could massage the child or sway from side to side.

11 I'D LIKE TO TEACH THE WORLD TO SING (BACKER/GREENWAY/DAVIS/COOK)

Keeping the beat

12 I'M A WASHING MACHINE

(D BUTTS/A DEMAREST)

Verse 1 & 2: Hold the child and dance with them. Dance around in a circle one way and then the other

Chorus:

"And we go swish, swash..." - big slow side to side movements.

"Washing all the clothes..." - very little jiggling.

Verse 3: Walk slowly around in a tight circle one way then the other way.

Verse 4: Lift child up and down

13 IN MY GARDEN (C DURING)

This is a slower song which lends itself to waving scarves, swaying or slow movement.

14 JINGLING KEYS

Keeping the beat, or dancing with your child.

15 MORNINGTOWN RIDE (REYNOLDS)

Dance with your child, move around the room.

When children are exposed to this strong rhythm, many things happen within the brain.

The vestibular system is stimulated by the movement, the child experiences the beat being kept and there is a good strong touch happening as you hold the child while you dance. Do this a lot!

16 MY MUMMY COMES BACK

(H PALMER)

Keeping the Beat.

17 OH WHAT A MIRACLE (H PALMER)

Hold the baby close to you and dance with them.

For the chorus, "Oh what a miracle...", turn around in a small circle. Half of the chorus one direction and the rest turning the opposite way.

For the verses, use the following actions:

Verse 1. Wings: Pat the child. Feet: Stamp your feet.

Verse 2. Beak: Tip the child gently upside down keeping your hand on the back of the neck and head for support (bend your own knees).

Legs: Bend and stretch your legs so that the child goes up and down.

Verse 3. Spine: move the child in a semi-circle, with their back to the ground (bend your own knees).

Legs: balance on one leg and lean to the side, then balance on the other leg and lean to the other side.

18 RATTLE RATTLE

Keeping the Beat.

19 SWINGING

Keeping the Beat.

20 TENNESSEE WIG WALK

(COLEMAN/GIMBLE)

Dance with your child.

21 THE CLOCK TICKS

Move the child from side to side at different speeds. For the last verse with the watches make very small movements jiggling up and down.

22 TRAIN TRACK

Dance with your child

23 TREES GROW

Lie on the floor, put your baby on your front (good for tummy time).

Instrumental: massage child's back

"When a tree..." move the child up slowly so that that are looking down at you.

"With branches..." move the child from side to side. Lock your elbows to make it easier.

NB: When you hold the child, make sure that your thumbs rest around the shoulders/ribcage, not on the stomach! Unhappy consequences if you push on the stomach hard!!

24 TURN AROUND GAME (J SCRUGGS)

Hold the child and turn slowly around one way and then the other.

When the songs tells you to put the child on the ground, lie them down somewhere and massage them, or tap the opposite foot and hand gently - one side then the other, or roll them from side to side.

25 UMBRELLAS

Language and maths concepts. Open an umbrella if you can or make an umbrella with a nappy or towel.

26 WET WASHING

Upside Down Song



TESSAROSE

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