Kids Just Wanna Have Fun!
And Teachers Do, Too!

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WHY?

- The brain likes to move and sing!
- Music emits endorphins which make you happy.
- Active learning where multiple senses are used means more pathways to the brain.
- Songs and movement activities provide “brain breaks” and reinforce skills at the same time.
- Tunes and dances nurture self-regulation.
- IT’S ALL GOOD! Music is a universal language where all children can feel successful.

Wiggle Songs

Banana Dance
Form the banana, form, form the banana.
(Bring your right arm up as you say this.)
Form the banana, form, form the banana.
(Bring your left arm up.)
Peel the banana, peel, peel the banana.
(Bring your right arm down.)
Peel the banana, peel, peel the banana.
(Bring your left arm down.)
Go bananas, go, go bananas.
(Jump around and act crazy!) 
Go bananas, go, go bananas.

My Bonnie Bounce
[Tune: My Bonnie Lies over the Ocean]
My Bonnie (Stand up.) Lies over the ocean.
My Bonnie (Sit down.) Lies over the sea.
My Bonnie (Stand up.) Lies over the ocean.
Oh, bring (Sit down.) Back (Stand up.)
My Bonnie (Sit down.) to me.
Bring (Stand up.) Back (Sit down.)
Bring (Stand up.) Back (Sit down.)

Tooty Ta (Echo chant)
Chorus: A tooty ta, a tooty ta, (Hands over head and clap.)
A tooty ta ta.
Thumbs up. (Stick up thumbs.)
Elbows back... (Bend elbows back.)
Feet apart... (Extend feet.)
Knees together... (Put knees together.)
Bottoms up... (Bend over and stick up bottom.)
Tongue out... (Stick out tongue.)
Eyes shut... (Close eyes.)
Turn around... (Turn around.)
Wally Acha
Wally acha, wally wacha. (Slap thighs and then cross palms.)
Doodley do, doodley do. (Touch nose and ear with opposite hands.)
Wally acha, wally acha. (Slap thighs and then cross palms.)
Doodley do, doodley do. (Touch nose and ear with opposite hands.)
It's a simple little song there's not much to it, (Slap thighs and then cross palms.)
All you've got to do is doodley do it. (Touch nose and ear.)
Wally acha, wally acha, (Slap thighs and then cross palms.)
Doodley, doodley do. Poo poo! (Touch nose and ear.)

Pizza Hut
Pizza Hut, Pizza Hut,
Kentucky Fried Chicken and Pizza Hut. (Sing twice.)
MacDonald's, MacDonald's,
Kentucky Fried Chicken and Pizza Hut.
MacDonald's, MacDonald's,
Kentucky Fried Chicken and Pizza Hut.

Burger King and Taco Bell
Dairy Queen and Arby's
Red Lobster and Wendy's

Granny at the Fair (Echo chant.)
My granny went
To the county fair.
And she bought
A rocking chair. (Begin rocking back and forth.)
And she rocked, and she rocked, and she rocked, and she rocked.

And she bought a fan there... (Begin fanning yourself with right hand.)
And she bought some scissors there...(Cut with left hand.)
And she bought some gum... (Begin chewing.)
And she blew a bubble there...
And she blew, and she blew, and she blew, and POP! (Extend hands by mouth.)

Peanut Butter
(Tune: "Allouette")
Peanut butter, we like peanut butter. (Clap hands and march to the beat.)
Peanut butter, that's what we like best.
Do you like it on your head? (Point to head.)
Yes, we like it on our head.
On your head?
On our head.
Ohhhhhh. (Hands on cheeks and move head from side to side.)

Do you like it on your shirt... (Point to shirt.)
Do you like it on your pants... (Point to pants.)
Do you like it on your socks... (Point to socks.)
Do you like it on your shoes... (Point to shoes.)
On your underwear? (Cover your eyes.)

*Adapt to different foods like "macaroni" or "watermelon."
Learning Songs

The Alphabet in My Mouth
("He's Got the Whole World in His Hands")
I've got the whole alphabet in my mouth.
I've got the whole alphabet in my mouth.
I've got the whole alphabet in my mouth,
And I can read.
I've got A - /a/ /a/ - in my mouth.
I've got B - /b/ /b/ - in my mouth.
I've got C - /c/ /c/ - in my mouth,
And I can read.
Hint! Sing using sign language.

Happy Birthday Letters
Yo, A,, it's your birthday.
Let's all read
Like your birthday,
/a/ /a/ /a/ /a/ /a/ /a/ /a/ /a/
/a/ /a/ /a/ /a/ /a/ /a/ /a/ /a/
*Let children break dance when the letter that their name begins with is sung in the song.

Phonercise
We're going to put our arms in the air and say a letter.
We'll touch our shoulders and make the sound.
Then we'll touch the ground and say a word that starts with that sound.
A  (Hands up in the air and say “A.”)
/a/ (Hands on shoulders for the short /a/ sound.)
_____ (Say a word that starts with “A” as you touch your toes.)

The Shape Song
I am momma circle round like a pie. (Hands over head in a circle.)
I'm baby triangle three sides have I. (Use 3 fingers to make a triangle.)
I am papa square my sides are four. (Draw a square in the air.)
I'm cousin rectangle shaped like a door. (Draw a rectangle in the air and then knock.)
I am brother oval shaped like a zero. (Make oval with arms over head.)
I'm sister diamond with a sparkle and a glow. (Touch thumbs and index fingers.)
We are the shapes that you all know. (Make circles with index fingers and thumbs and look for us wherever you go. Place around your eyes like glasses.)

Hickory Dickory Dock
Hickory dickory dock. (Palms together and tick tock back and forth.)
The mouse ran up the clock. (Wiggle fingers up in the air.)
The clock struck one. (Clap one time.)
The mouse ran down. (Wiggle fingers down.)
Hickory dickory dock.
Two - "Yahoo!" (Continue clapping the appropriate number of times.)
Three - "Whopee!" Four - "Do more!" Five - "Let's jive!"
Six - "Fiddlesticks!" Seven - "Oh, heavens!" Eight - "Life's great!"
Nine - "So fine!" Ten - "We're near the end." Eleven - "We're sizzlin'."
Twelve - "I'm proud of myself."
Hocus Pocus Focus!

Hocus Pocus
Teacher says:
"Hocus Pocus!" (Stick out index finger and circle around like a wand.)
Children respond:
"Everybody focus!" (Make circles around eyes like spectacles.)

Hands on Top
Teacher says: Hands on top. (Place hands on head.)
Students respond: Everybody stop! (Freeze and focus.)

Head, Shoulders, Knees, and Lap
Head, shoulders, knees, and lap, (Point to appropriate body part.)
Knees and lap.
Head, shoulders, knees, and lap, (Point to appropriate body part.)
Knees and lap.
Legs are criss-cross applesauce (Cross legs and fold hands.)
And our hands are in our lap, lap, lap

You're the Best!
Thumbs up. (Stick out right thumb.)
Across the chest. (Bring across to the left shoulder.)
Pat on the back. (Pat self on the back.)
Cause you're the best! (Wrap arms around self and hug.)

How Does My Teacher Feel about Me?
Teacher says: How does my teacher feel about me?
Children respond: I'm as special as special can be (Sparkle fingers.)
because my teacher believes in me! (Hug self.)

Bubbles
Blow bubbles and see if the children can be sitting quietly before all the bubbles pop.

Happy Chappie
Take scented chapstick and put a dot on children's hands when they are sitting quietly.

I Think I Can. (Tune: "You're Happy and You Know It.")
I think I can are words I like to say.
In time I'll get it right if I try with all my might.
I think I can are words I like to say.

Line Up Song (Tune: "Hi Ho, Hi Ho")
Hi ho, hi ho, it's off to lunch, play, home, etc. we go.
With our heads held high and arms by our sides
And our belly buttons all in a row.

Hips and Lips
Children place one hand on their hip and one finger on their lips.
*Butterfly wings - Children put hands behind their back and flap elbows.
*Bears and cave - One hand is the bear and insert it in the other hand behind your back.
**Brain Breaks**

Wake up children's brains with one of these ideas!

- Sing nursery rhymes to the tune of "100 Bottles of Pop on the Wall." You can also sing nursery rhymes to "Yankee Doodle."
- Power march in place. March in a circle. March with your hands up in the air. March and clap. March touching opposite knees.
- Get two sheets of paper and wad them up into balls. Throw one ball up in the air and catch it. Can you juggle two balls?
- Take a 3' long piece of toilet paper. Wave it to some music. Can you make lazy eights? Can you wave it above your head? Can you circle it around you?
- Tummy time! Lay on your tummies and write or draw. Lay on your tummies and read.
- Hand jive! Do everything twice. Slap thighs, clap, shuffle right hand on top, left hand, hitchhike right and then left. Reach up, grab a star, put it in your hand, clap it and blow!
- American Idol! Choose a child to lead the class in a favorite song. *Shy children can do this with a partner.
Tighten and then relax arms, legs, shoulders, stomachs, face. Pretend to be soldiers and stand stiffly. Be rag dolls and lean over and be limp.

Hand dance by sitting in your chair and moving your arms to some catchy music. You can do the funky chicken, monkey, swim, disco, hitchhike, genie, etc.

Who knows a good joke? Let children take turns telling jokes, riddles, and knock-knocks.

State changes! Turn off the lights. Move desks to face the back of the room. Chew gum. Spray peppermint of citrus.

Play quick games like "Simon Says" and "Copy Cat." How about "I Spy" using colors or sounds?

Count Down! Shake right hand and count 5 times...left hand...right foot...left foot...then shake arms and legs four...three...two...one time...OH, YEAH!

Spider massage. Let children do "The Itsy Bitsy Spider" on each other's backs. Draw shapes, letters, or words on each other's backs.

Buddy time! Share what you've learned with a partner. Play a game, read a book or draw a picture with a partner.
Patty cake rhymes.
Patty cake and say ABC's.
Patty cake and count.
Patty cake and spell words.

Balance on your right foot.
Balance on your left foot.
Balance on tippy toes.
Stick out one leg at a time and balance.

Cross and tap left hand to right knee. Cross right hand to left knee.
Kick back right foot and touch with left hand.
Kick back left foot and touch with right hand.

Pretend to be athletes.
Run like football players.
Dribble and shoot a basketball.
Ice skate swinging arms.
Hit that baseball.
Swing your tennis racket.

Chop wood by raising arms over shoulder and then across and down.
Pretend to throw water out on a fire by scooping low and throwing over opposite shoulder.

Breath in slowly filling up your lungs like a balloon.
Let the air out as you make a hissing sound.
Pretend to breath in hot chocolate. Then blow out the birthday candles.

Do the wave. As you point to children they stand up and put their arms in the air. Reverse and children sit in their seats.

Do karate chops left and right.
Count as you do karate chops.
Spell words as you chop.
Say your Z Y X's (alphabet backwards)
Give Me a Cheer!

*Download cheer cards or watch a video at drjean.org.

- Firecracker
- Hamburger
- Looking Good!
- Trucker
- Rattlesnake
- Catch a Star
- Cheese and Grater
- Disco Cheer
- Ole' Ole' Ole'
- WOW! COOL!
- You Rock!
- That's the Way I Like It
- Cowboy Cheer
- Parrot Cheer
- Shine Your Halo
- A-W-E-S-O-M-E
- Elvis Thank You
- Gold Star Class
- Fantastic
- Roller Coaster
- Brain Hug
- Raise the Roof
- Eye Hug
- Pirate
- Ketchup Bottle
- Hip, Hip, Hooray!
- Kindergarten Cheer
- Genie
- Smiley
- Donkey
- Three Cheers
- Stomp, Stomp, Clap
- High Five
- "Micro" Wave
- Spiderman ~Batman~Star Wars
- Seal of Approval
- Round of Applause - Standing O
- Harry Potter Cheer
- Drum Roll - Beethoven
- Sparkles and a Rainbow
- Clam Clap
- Kiss Your Brain! Kiss Your Heart!
- Pat Yourself on the Back
- Hey! Hey! Good Job!
- Bubblegum
- "X" Cellent
- Love It!
- Banana Cheer