

## Teacher Ideas for Music and Movement

### Class Made and/or Teacher Made Instruments:

- ❖ Banjo - You will need a cigar box/shoe box without a lid, cardboard and several rubber bands. Place rubber bands over the box and tighten them on the bottom. At one end of the box, insert a small piece of heavy cardboard under the rubber bands. Press the rubber band strings to produce different tones while strumming.
- ❖ Drum -
  - Empty coffee can or oatmeal container with the plastic lid glued on
  - Upside down, empty ice cream container (un-used ones can be donated from the ice cream store), coffee can, or oatmeal container
  - Metal pots, pans, pan lids, etc.
- ❖ Drum Sticks -
  - Chop Sticks - wood or plastic
  - Cover a wooden spoon with cotton balls then cloth/fabric. Use a rubber band or string to secure the cloth/fabric.
  - Kitchen Utensils such as wire whisks, plastic spatulas, wood or metal spoons
- ❖ Finger bells - child size glove and 6 small jingle bells from the crafts section. Sew a bell on each finger and the thumb of the glove. Now wiggle your fingers.
- ❖ Galloping Horses Board - Place a wooden board at least 12" square on your lap. Use two halves of a coconut shell to clap on the board with the open parts of the shells facing upward or toward the board.
- ❖ Maracas -
  - Fill empty containers such as drink bottles (8 or 16 oz. work best), 35mm film canisters, liquid laundry detergent bottles, plastic eggs, yogurt containers, or potato chip cans. Let the children drop or funnel in some of the following sound making materials and super glue the tops on. Dry beans, dry rice, dry pasta, dry lentils, dry oatmeal, dry grits, sand, bells, buttons, coins, paper clips, beads, wood letters, marbles are all great materials to fill the containers.
  - Fill small yogurt cups with sound making materials then wood glue the yogurt cup onto a wooden spoon.
  - Shake dried gourds. The children can decorate them too.
  - Fill small balloons with sound making materials and cover them with paper mache. When they dry the children can paint them or decorate them with markers.
- ❖ Rhythm Sticks -
  - Broom handles or wooden dowels cut into 12-inch lengths. Let the children paint them or decorate with markers and stickers.
  - Cardboard tubes from wire pants hangers. These can also be decorated.
- ❖ Swish Blocks - Cover blocks of wood (3" x 2" x 1") with sandpaper. Let the children rub them together to make a "swish, swish" sound.
- ❖ Tambourine -
  - One needle point hoop and 5 to 6 large jingle bells (from the craft section). String/yarn/ribbon/garbage ties to secure the bells to the hoop.
  - One gallon size plastic jug, several plastic bottle caps, a hole puncher, an electric drill, pipe cleaners, stickers and markers. Make three hoops from the gallon by cutting completely around the container. This makes three tambourine hoops. Use the hole puncher to make holes around the edges of each hoop. Drill holes (an adult job) in the center of the bottle caps. Use the pipe cleaners to attach two bottle caps back-to-back to each hole in the hoop.
  - Use the bottom of a plastic one gallon jug (the one from above would be perfect). Drill holes and attach the bottle caps as you did above but this time the tambourine has a solid middle, just like the real "skin covered" ones.

## Movement Activities:

- ❖ Dance with fans - paper folded to make fans or store bought fans
- ❖ Feather dance - Let the children choose a feather from a bag of feathers (store bought, found, or donated). Play music and have each child blow to keep his/her feather in the air.
- ❖ Musical Hugs - Play lively music, and when the teacher pauses the music, the children have to find a partner to hug. Often two, three, or more children hug each other.
- ❖ Paper Plate Dancing - Give each child a paper plate. Play different types of music and have the children keep the beat by tapping the plate on their head, tapping the plate on their tummy, tapping the plate on their foot, tapping the plate on their knee, etc.
- ❖ Variations on Musical Chairs -
  - Set up the chairs as in a normal game of musical chairs, but tape each child's name card on the chair so they can see it. Start the music with the children moving around the chairs. When it stops they must find the chair with their name on it. Move the names each turn. For beginning readers, add an individual sticker on the name card to aid recognition.
  - Place 4-5 large hula-hoops on the floor. Explain to the children that they will walk around the hula hoops while the music is playing. When the music stops, they all need to be in a hula hoop and there can be more than one child in a hoop. Each time you stop the music and the children are in the hoops, have them start walking around them again - but remove one hoop. Continue until there is only one hoop left. The children will all work together to make sure all of their friends get in the hoop when the music stops.
- ❖ Dance with streamers -
  - Adding machine paper, cut into strips. Combine a few strips together and staple together at one end. The children can color strips of paper.
  - Cloth hair bands (pony tail holders) or small bangle bracelets and several thin satin ribbons tied to them
  - Cross stitch ring with ribbons attached
  - Plastic yogurt or plastic coffee can lids, punch holes in the lids and tie ribbons through the holes
  - Rolls of crepe paper streamers torn into strips. Either give each child one strip to hold or attach several strips to paper towel tubes and give each child a tube.
  - Scarves (oblong work best)
  - Strips of fabric (tulle, organza, satin, etc.)
  - Tie-Dyed men's handkerchiefs

Remember that classrooms are encouraged to have a variety of music. This could include:

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|--------------|-----------|-------------|--------------|
| ❖ A Cappella | ❖ Country | ❖ Israeli   | ❖ Reggae     |
| ❖ Big Band   | ❖ Dance   | ❖ Japanese  | ❖ Scottish   |
| ❖ Blues      | ❖ Folk    | ❖ Jazz      | ❖ Show Tunes |
| ❖ Cajun      | ❖ French  | ❖ Latin     | ❖ Sicilian   |
| ❖ Celtic     | ❖ German  | ❖ Motown    | ❖ Soul       |
| ❖ Chinese    | ❖ Indian  | ❖ Patriotic | ❖ Spanish    |
| ❖ Classical  | ❖ Irish   | ❖ Ragtime   | ❖ Swing      |

Children's recordings are available in some of the above styles of music. Consider including recordings of nature sounds for quiet times.

Remember to listen to any recording before using it in the classroom to ensure that the content is appropriate for children.