


Making the Most of Your Music




Objectives:

- Apply information to classroom routines
- Identify appropriate vocabulary from the vocabulary framework to use as modifiers for children's songs
- Modify actions and words of favorite children's songs

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Appropriate Music Can:

- Increase MVPA for all ages
- Teach school readiness skills
- Maximize limited space
- Liven up staff meetings
- Fuel the brain
- Elevate Moods




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Crossing Midlines to Build the Brain


Left/Right
Put your right arm in, put your right arm out
Put your right arm in, and shake it all about.

Top/Bottom






Front/Back
Shake your hands in front of you
Shake your hands behind you

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Music Can: 

- Promote Active Learning
- Enhance the Practice of Motor Skills
- Encourage Practice of Self Regulated Behaviors
- Help Teachers Observe Skills and Fitness
- Initiate Discussion About Nutrition

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 **Look For Opportunity Within Your Music** 

Use the Vocabulary Framework to:
 Identify Movement Actions and Concepts within Songs
 Modify the Lyrics for More Options

Extend Your Music:
 Introduce Classroom Topics and Themes
 Transition and Extension Activities
 Health Messages for Children and Families

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Consistent Messaging with Music

Reinforce Health Messages to Families by Using:

- Newsletters
- Calendars
- Bulletin Boards
- Center Decorations
- Family Events
- Children as Messengers



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Pairing Songs, Newsletters, Bulletin Boards

Be Choosy Be Healthy


I'm a **Healthy Eater** (3 x) Every Day

I'm a **Busy Player** (3 x) Every Day

Be Choosy Be Healthy (3 x) Every Day

I'm a Choosy **Snacker** (3 x) Every Day

I'm a **Body Shaker** (3 x) Every Day

 Be Choosy Be Healthy (3 x) Every Day

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Pairing Songs, Newsletters, Bulletin Boards

Be Choosy, Be Healthy:

Making Healthy Choices

“I’m a Choosy Snacker”

Choosy Snacks:

Planned Snacking

Make it Easy

Edible Art

Newsletter – Chat and Chew

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I'm a Healthy Eater - Crave My F.A.V.



Don't Just FEED Yourself.....

NOURISH Yourself

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Something I **crave** means something I like
It means I think about it everyday and night

Right now all I'm thinking about is my **F.A.V.**
My F.A.V. ----- that's right

And I'll tell you what it means:

Whoo hoo, the **F** is for the **fruits** and

Whoo hoo, the **V** is for the **vegetables**



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When I crave my **F.A.V.**



My **heart** feels better

My **bones** get stronger

My **muscles** get bigger

My **legs** jump higher

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Use the Vocabulary Framework:

Identify Movement Actions and Concepts within Songs:

What: Jump

How:

Where: Higher

With: Heart, Bones, Muscles, Legs (Body Parts)

About Nutrition: Fruits and Vegetables

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How I can Modify the Words or Actions

Crave My F.A.V. – “My Legs Jump Higher”
 (with) (what) (where)

Legs Run Faster
 (with) (what) (how)

My Arms Throw Farther
 (with) (what) (how)

My Eyes See Better

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Topics I can Introduce with this Song

Crave = I really like something

F.A.V. = Fruits and Vegetables

Different F.A.V.'s help our body in different ways:
 “My Eyes See Better”- *Carrots help you see.*

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Make the Most of Your Music

Extension Activities for this song:

Introduce Children to Various F.A.V.'s

Guess the F.A.V.

Match game with photo cards

Take a field trip to the grocery store

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Embedded Health Messages and Take-Home Messages:

[Bulletin Board Message](#): "Crave Your F.A.V"

Plant and Prepare
Let Nature Nourish You

[Newsletter](#) – "Shop the Sides"

Where you can find F.A.V's in grocery store?
In-House Pretend Grocery Store

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When I Eat My Fruit, My Heart Says Thanks
 When I Eat My Veggies, My Heart Says Thanks
 When I Drink My Milk, My Heart Says Thanks
 When I Rest and Sleep, My Heart Says Thanks
 But When I Move---Jump---Hop---Run
 My Happy Healthy Heart Says
 Thank You. Thank You, Thank You.....

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Actions and Concepts within the Vocabulary Framework

What: Move, Jump, Run, Hop

How:

Where:

With:

About Nutrition: Fruit, Vegetables, Milk, Eat, Drink

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How I Can Modify the Words and Actions

Add Variety Using the Movement Vocabulary

When I Jump **Up High**, My Heart Says Thanks
When I Play **Outside**, My Heart Says Thanks
When I **Run Fast**, My Heart Says Thanks

Add Variety Using the Nutrition Vocabulary

When I Eat My _____, My Heart Says Thanks
When I **Pull** My Carrots, My Heart Says Thanks
When I **Pick** My Apples, My Heart Says Thanks
When I **Scoop** My Peas, My **Mom** Says Thanks
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My Heart Says Thanks

Topics I can introduce with this song:

The Heart, Lungs, or Circulatory System
Healthy vs Not So Healthy Foods

Embedded Health Messages and Take Home Messages:

My Heart Says Thanks
Bump-Bump = Thank-you

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My Heart Says Thanks

Extension Activities for this Song:

Pin the Heart on the Body
Magazine Scavenger Hunt

Use this song to introduce another song

Make Me Feel Great!
Stir the Soup!

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Stir the Soup



Now peel your yellow banana

peel your yellow corn

peel your yellow apples



Choosy's in the kitchen
getting things warm



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Now chop your green broccoli

chop your green spinach


chop your green pears





This will taste so good
when we are finished




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Now pick your red cherries 

pick your red beets 

pick your red tomatoes 

 **The healthy soup is ready to eat!**

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Ways to Modify the Movements

Stir the Soup with Your Legs:
Sliding, Galloping, Skipping

Stir the Soup with Your Arms:
Hand-to-Hand
Hand-over-Hand

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How can I Modify the Words


Add complexity using the Nutrition Vocabulary

Skills, Colors & F.A.V.'s
Wash Your Green Celery
Skin Your Orange Carrot


Skills, Tastes & F.A.V.'s
Peel Your Tangy Orange
Wash Your Sour Grapes

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Extension Activity - *Where Does it Grow?*



UP **HIGH** – in the Tree



Just **ABOVE** the ground/ in a bush



UNDER or **BELOW** the ground/ root

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Choosy


HEARS

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Choosy Hears

Choosy Hears: What Does Choosy Hear?

Cars Beeping on the Highway
Horses Galloping on the Farm
Wind Blowing Through the Tall Trees
Balls Bouncing on the Pavement
Chickens Clucking in the Barnyard



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Choosy Hears: What Does Choosy Hear?

Chickens Clucking in the Barnyard
Popcorn Popping in the Microwave
Truck Backing Down the Driveway
A Bear in the Forest

Choosy Hears: What Does Choosy Hear?

Feet Running on the Sidewalk
Rain dropping on a Tin Roof

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Choosy Hears

Cars Beeping on the Highway (walking)
Horses Galloping on the Farm (gallop)
Wind Blowing Through the Tall Trees (sway)
Balls Bouncing on the Pavement (jumping)
Chickens Clucking in the Barnyard (low level)
Popcorn Popping in the Microwave (hopping)
Truck Backing Down the Driveway (backwards)
A Bear in the Forest (force)
Feet Running on the Sidewalk (running)
Rain dropping on a Tin Roof (wiggled fingers)

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Making the Most of Choosy Hears

Discussion of the Five Senses

Choosy "Sees" extension game

Use the auditory cue "Choosy Sees" to signal transition, manage behaviors, or redirect attention

Possible Community Involvement

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Choosy Says.....

Its Your Turn!

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Choosy Says.....

Clap Your **Hands**

Stomp Your **Feet**

How can we change the words to this song?

(Action) Your (Body Part)

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Props I can use from the classroom or home


"Choosy Says" Using Props:

Shake the Can

Strike the Drum

Tap the Sticks

Pull the Rope

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Look For Opportunity Within Your Music



Modify the Movements and Lyrics of songs using the Vocabulary Framework

Use Newsletters, Calendars, Decorations, and Center Events to reinforce healthy messages to families

Use music to Introduce Classroom Topics and Themes

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