

Movement Matters

The Arts of Movement & Music

Watch the Virtual Enrichment on BHTV!

Learning Value:

- ▶ This activity promotes development and learning by encouraging children emotionally, socially, and cognitively through spontaneous music and movement.
- ▶ This builds on children's natural curiosities by sparking their imaginations and providing verbal and physical expression.

Directions:

- ▶ Listen, sing, and follow along to different music and rhythms while moving with ribbons, scarves, and/or shakers.

Materials:

- ▶ Ribbons, scarves, bells, and/or shakers

Song Lyrics:

Wake Up Toes!

Wake up toes, wake up toes!
Wake up toes and wiggle, wiggle, wiggle!
Wake up toes, wake up toes!
Wake and a wiggle in the morning!
(Continue with feet, legs, arms, hands, head, me, etc.)

Shake My Sillies Out!

Gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away

I gotta clap, clap, clap my crazies out
Clap, clap, clap my crazies out
Clap, clap, clap my crazies out
And wiggle my waggles away

I gotta jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
And wiggle my waggles away

I gotta yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
And wiggle my waggles away

I gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away
And wiggle my waggles away

Wiggly Woo

Wiggly woo, wiggly woo
Let's all do the wiggly woo

Wiggly woo, wiggly woo
Woo, woo, wiggly woo

Swing your arms, round and round
Tap your two feet on the ground
Clap your hands in front of you
That's how you do the wiggly woo

Wiggly woo, wiggly woo
Let's all do the wiggly woo

Wiggly woo, wiggly woo
Woo, woo, wiggly woo

Wiggle your fingers all about
Shake your head till the hair sticks out
Kick your legs like dancers do
That's how you do the wiggly woo

Wiggly woo, wiggly woo
Let's all do the wiggly woo

Wiggly woo, wiggly woo
Woo, woo, wiggly woo
Woo!