



## Sing, Dance, Play Keynote

*I hear & I forget-see & I remember-I do and I understand-Chinese proverb...Children have to involve their bodies as well as their minds in order to understand the world & experiences. If he may not engage his body, As well as his mind, he will switch off. Ambron...Childhood should be a Journey-Not a Race... Childhood is life's 1<sup>st</sup> gift. Play it for all it's worth. Play if often. Play to know: Discovery, wonderment & delight. All children are gifted. Some just open their presents later than others...Unknown*

*We see the world clearly when we are children, then spend the rest of our lives trying to remember what we saw. Garrison Keillor*

Play is at the heart of learning for young children. In an open state it frees them up to make great discoveries. Play helps children make sense of their world. When children are allowed to have free play, they discover things they may not have thought, seen, felt before. Co-operative play provides opportunities to problem solve, strategize, the interaction of working together.

Here's the thing. Play is children's work. It's serious business as this is how they learn. P L A Y. Many of us played outside in the Summer until the street lights came on. When I wrote *The More We Get Together*, six years ago, I included a section on Play and I asked back then. Where ARE the children?? Why aren't they outside playing.

What makes us think, also makes us move. Every minute a young child sits in a chair means one less learning & creative minute. The Leave No Child Behind movement, along with the media that pushed technology and academics into the preschool curriculum got it wrong. Now it seems we need science and research studies to make play valuable, but if that's what it takes, I'm all for it. We need to get chairs out of the early childhood classroom and children outside playing.

The needs of young children, and their developmental milestones, have not changed in 100 years. We need to stop trying to change the way that they learn. Children need to know love, safety & trust, to be read and sung to, open ended process art, opportunities to problem solve & take risks, know emotional well-being & social competence. The current emphasis on the academics rushes children before brains are ready and is just not in their best interest. The media encourages us to make children smarter faster, but studies have shown, it doesn't work. What's the rush?

Worksheets waste precious time in childhood. Children can know their letters upside down, backwards and forwards, inside and out, but if they don't feel good about themselves, aren't able to self-regulate, nurture their creativity, take risks or cannot get along with their peers, the academics will not serve them well. Let the children play.

We know we're not in the field for the short hours or the big earnings, but hopefully because of our love for the children. They don't care what we look like, or what we're wearing. They don't care about our singing voice or if our arms jiggle when we do fingerplays. They want our love, joy, our enthusiasm.

Children often are starting childcare younger and spending more time with you than they do at home. They learn about love & trust from you. What you do is the most important job I know of. Thank you for what you do.

Remember my motto. When all else fails, try singing & dancing. It really works! Go forth & be playful. **Gari**

For links to research & articles on play. See Research Tells Us at [www.little-folks-music.com](http://www.little-folks-music.com)

For all kinds of activities, see Activities in Workshop Handouts on web site AND LIKE my Facebook Page <https://www.facebook.com/pages/Music-For-Little-Folks/116450981744954>

*Give me a P-L-A-Y what does it say?*

### **I am in Preschool**

I was not built to sit still,  
keep my hands to myself,  
take turns,  
be patient,  
stand in line,  
or keep quiet  
**all of the time.**

I need: motion, novelty, adventure,  
And to engage the world with my whole body.

### **Let Me Play**

( 'Trust me, I'm learning! ) *Source Unknown*

*Every minute a young child sits in a chair means one less creative learning minute happening. up here.*

*Learning is not the product of teaching. Learning is product of the activity of learners. John Holt*

What is it about music & movement? Is it that it's good for young children, or that research supports the body-brain connection and its impact on all developmental domains? Guess what! It's good for us too and makes us feel good. Playing with music helps us be more efficient, productive and is a natural stress buster. What do you do when you or the children are in a mood. Try singing and dancing. It really works!

*Let us realize that the privilege to work is a gift. The power to work is a blessing and the love of work is success. D.O McKay*

*Just by standing up increases blood flow to our brains.*

### **My Aunt Came Back-Songs, Stories & Singing Games Cd or Google**

I find it sad, that we need science and research studies to make play valuable. But if that is what it takes to get children outside playing and chairs out of the classroom, then I'm all for it.

*Structured time could slow the development of self-directed control. U of Denver & Colorado Study*

*Never in my wildest dreams could I have imagined that we would have to defend children's right to play. Play is the primary engine of human growth; it's universal-as much as walking and talking....*

*Nancy Carlsson-Paige, 30 years Prof of Education Lesley Univ*

[https://www.washingtonpost.com/news/answer-sheet/wp/2015/11/24/how-twisted-early-childhood-education-has-become-from-a-child-development-expert/?postshare=5061453573673514&tid=ss\\_tw](https://www.washingtonpost.com/news/answer-sheet/wp/2015/11/24/how-twisted-early-childhood-education-has-become-from-a-child-development-expert/?postshare=5061453573673514&tid=ss_tw)

## **Hello-Goodbye Kathy Birk –Music: La Raspa**

Part A-Facing partner (Wave) Hello, hello da (7) (tap legs, hands, partner) Twice. Goodbye, goodbye. 2X  
Other ways to clap....own hands, legs then hands etc. Sing in other languages. Sing soft, softer, softest, (or loud) whisper, hum, no words.

Part B -Sing lahs on chorus while walking around to find new partner

*Want to optimize executive function and academic success? Just nurture the human spirit. Promoting the arts and physical activity may be vitals for improving academic outcomes. Just nurture the human spirit. Schools can increase the joy and well-being of students and staff.*

*Adele Diamond. [www.devcogneuro.com](http://www.devcogneuro.com) Minnesota Symposium on Child Psychology 2014*

## **Watermelon-Tune: Are You Sleeping**

Watermelon, watermelon...(arms in to sides hands up like a W-shoulders-cross-shoulders.

How it drips (2) (hands up to down like rain)

Up & down my elbows (2) (stand up down w arms vertical wave)

Spit out the pits (2) roll hands & spit

What did we just accomplish? Fun-listened-nourished brain-integrated both sides of brain- crossed midline-eye-hand coordination-problem solving-working together-feeling competent-finding balance

## **The Dum Dum Song**

Dum-dum ditty-ditty, dum-dum-ditty (3) Dum-dum-ditty-ditty. Dum-dum-dum.

Fun Version

<http://www.bing.com/videos/search?q=dum+dum+ditty+ditty+dum+dum+ditty&FORM=VIRE5#view=detail&mid=14F1BE8C0A80A1ACB48A14F1BE8C0A80A1ACB48A>

*In our visual dot com world there is less opportunity to develop important listening skills. Children simply cannot learn, if they cannot listen. Stein*

## **Bonnie Over Ocean**

Stand and sit on every B sound

*The part of the brain that processes movement is the same part of the brain that's processing learning. P.Strick*

**Row Your Boat- Adapted by Katherine Dines** See Songs, Stories Singing Games handout in Workshop Handouts for words & motions

*The world is changing a lot. Because of the com and the dot. It's all new today, or that's what they say, but friend it really is not. (big bug) Arlo-Jimmy Johnson*

Our society is a little out of control, going a little crazy, trying to make children smarter faster. Developmental milestones and needs of young children have not changed in 100 years. They need to know love, safety & trust, to be sung & read to, open ended art, problem solving skills, social competency, emotional well-being, able to self-regulate, time to just be.

Children can know their letters upside down, backwards and forwards, but if they cannot get along with their peers and don't have the emotional piece, the academics will not serve them well.

We need to stop trying to change the way children learn. Play is serious work. This is how they learn. Let the children play.

### **Here's a Cup-Finger Play**

Here's a cup and here's a cup and here's a cup of tea. Pour a cup and pour a cup and have a cup with me. (alone and with a partner)

*Language & music use different sides of the brain-Language on left-music on right. When singing using both sides of brain. Music is one of only activities that activates, stimulates, both sides of the brain.  
Georgetown U. Med Canter Study*

### **Waddaly Atcha**

<https://www.youtube.com/watch?v=s9JEIDoQbE8>

Hand clapping games & skill areas addressed: Bilateral coordination, cognitive skills, midline crossing, motor control, posture, social skills. *Pam-Inspired Tree House*

*When children are engaged in any movement based activity also involve sounds. Provides opportunities to work on auditory processing, cognitive skills, speech and language. Angie Voss*

### **The Banana Song**

<http://www.boyscouttrail.com/content/song/song-614.asp>

*Crawling, walking, rolling in both directions, jumping, spinning, skipping is reading readiness. Madigan*

### **Butterfly through the Window**

(standing back to back fluttering hands) Butterfly (2) through my window (3x); Oh, fiddle-e-dee push! (push off & fly away) There they go (2) flying through my window (3x), so happy and free... wheel!  
*Susan Salidor*

*The brain seeks patterns. Locomotor movements are built on patterns. Info that is arranged in patterns is more easily processed, retained & retrieved. Blaydes-Madigan*

**Snowball Toss-** bath puffs throw when music plays. When music stops, Stop. say & put hands up, hands up. *Music: Divertimento on Classical Moves Cd.*

*The most heavily researched predictor of creativity in social psychology is mood. Hirt et al. 2008:214*

## Happy

Need a lift? Try Pharell Williams

<https://www.youtube.com/watch?v=y6Sxv-sUYtM>

*The body heals with play. The mind heals with laughter. The spirit heals with joy. Proverb*

*I am only one, but still I am one. I cannot do everything, but still I can do something, and because I cannot do everything, I will not refuse to do something that I can do. Helen Keller*

*We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. Mother Teresa*

Music & Language Are Processed by the Same Brain Systems

<http://www.sciencedaily.com/releases/2007/09/070927121101.htm>

Too Many Structured Activities Hinder Executive Functioning

[http://blogs.edweek.org/teachers/teaching\\_now/2014/07/study\\_too\\_many\\_structured\\_activities\\_hinder\\_childrens\\_executive\\_functioning.html?cmp=SOC-SHR-FB](http://blogs.edweek.org/teachers/teaching_now/2014/07/study_too_many_structured_activities_hinder_childrens_executive_functioning.html?cmp=SOC-SHR-FB)

The Building Blocks of a Good Pre-K

[http://www.nytimes.com/2014/10/22/opinion/the-building-blocks-of-a-good-pre-k.html?partner=rss&emc=rss&smid=fb-nytimes&bicmst=1409232722000&bicmet=1419773522000&smtyp=aut&bicmp=AD&bicmlukp=WT.mc\\_id](http://www.nytimes.com/2014/10/22/opinion/the-building-blocks-of-a-good-pre-k.html?partner=rss&emc=rss&smid=fb-nytimes&bicmst=1409232722000&bicmet=1419773522000&smtyp=aut&bicmp=AD&bicmlukp=WT.mc_id)

The Disturbing Transformation of Kindergarten

<http://www.stamfordadvocate.com/news/article/Lecker-The-disturbing-transformation-of-5256686.php>

### **In Memory of Bev Bos Who Tells Us**

Experience is not best teacher, it's the only teacher....if hasn't been in the hand & the body, it can't be in the brain....play is the only way...if you can't do this when 3 or 4, then when can you...can you just try to remember what it's like to be a kid...most adults have childhood amnesia... from 0 to forever, you learn nothing on your bottom...all the conditions for growing wiser exist in play...group time is the least important time of the day...get your ego out of the room....stand up for what you know is right....start small and keep adding....be near and present....keep children company ask what else do you need....be real with kids....welcome each person-child & grown-up...make sure every child feels like they belong & welcomed....eat graham crackers w/frosting...trust the children.... leave room to take risks...let the children play...sing to the air....real childhood is ok, it's ok, it's ok...keep this in back of your mind: what will the child's memory of this moment be? That will never fail you...

Wiggle wiggle fingers. Way up to the sky. Wiggle wiggle fingers. Wave them all goodbye.

# Toddler's Rules of Possession

1. If I like it. It's mine.
2. If it's in my hand, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must NEVER appear to be yours in any way.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks just like mine, it's mine.
8. If I saw it first, it's mine.
9. If you are playing with something & you put it down, it automatically becomes mine.
10. If it's broken, it's yours. *Source Unknown*

10 fingers and toes bug rhymes

<http://lesathestorytimelady.blogspot.com/2013/04/bugsinsects-songs-fingerplays.html>