

# EYET EarlyON Child and Family Centres

## Home Circle Time: Body Awareness

This circle time is all about body awareness.

These songs give children an opportunity to label their body parts, using rhythm and movement!

Song	Lyrics	Notes for Parents
<b>Greeting (Warm Up)</b>		
<b>Make a Circle</b>	<p>Make a circle, make a circle, big and round, big and round. Come on everybody, come on everybody Gather round, gather round.</p>	<ul style="list-style-type: none"> <li>We typically start every circle time with the same two songs. This helps children get into a routine and helps them anticipate what is to come.</li> <li>Sing the songs slowly so that your child is able to follow along. Especially songs that label body parts or incorporate actions. It may take them a few more seconds to follow along!</li> <li>If your child is able to, let them take the lead and run circle time.</li> </ul>
<b>Hello to Everyone</b>	<p>Hello to everyone, and how are you today? We've come to our circle time, to laugh and sing and play! So roll your arms so slowly.. now roll your arms so fast. Give your hands a clap, clap, clap and put them on your lap, lap, lap!</p>	<ul style="list-style-type: none"> <li>Repeat, repeat, repeat! Repetition is great for children of all ages. Repeat the songs as many times as your child(ren) likes, you'll become an expert!</li> <li>Find musical instruments around your house (pots and pans work great!) and make circle time fun for everyone!</li> </ul>

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<b>Body Awareness</b>		
<b>Head and Shoulders</b>	<p>Head and shoulders, knees and toes, knees and toes, knees and toes.</p> <p>Head and shoulders, knees and toes, knees and toes, knees and toes</p> <p>Eyes, ears, mouth and nose.</p>	<ul style="list-style-type: none"> <li>• Slow down the tempo to emphasize each body part, then try speeding it up!</li> <li>• Try switching up the body parts, see if your child has any suggestions (Hands, Fingers, Elbows, Knees)</li> <li>• Watch it here: <a href="http://www.youtube.com/watch?v=ZanHgPprl-0">www.youtube.com/watch?v=ZanHgPprl-0</a></li> </ul>
<b>If You're Happy and You Know It</b>	<p>If you're happy and you know it, clap your hands (clap clap)</p> <p>If you're happy and you know it, clap your hands (clap clap)</p> <p>If you're happy and you know it, and you really want to show it, If you're happy and you know it, clap your hands. (clap clap)</p> <p>If you're mad and you know it, stomp your feet (stomp stomp)</p> <p>If you're mad and you know it, stomp your feet (stomp stomp)</p> <p>If you're mad and you know it, and you really want to show it, If you're mad and you know it, stomp your feet. (stomp stomp)</p> <p>If you're excited and you know it, shout "Hurray!" (hoo-ray!)</p> <p>If you're excited and you know it, shout "Hurray!" (hoo-ray!)</p> <p>If you're excited and you know it, and you really want to show it, If you're excited and you know it, shout "Hurray!" (hoo-ray!)</p>	<ul style="list-style-type: none"> <li>• This song incorporates an action along with the body part (clapping hands, stomping feet)</li> <li>• A great song to introduce emotions. Talk to your child about how they are feeling today and incorporate their emotions into the song!</li> <li>• Switch it up and use different movements (Stretch your arms, jump up and down)</li> <li>• Here is a great version that uses a book you may have seen at the EarlyON: <a href="http://www.youtube.com/watch?v=71hqRT9U0wg">www.youtube.com/watch?v=71hqRT9U0wg</a></li> </ul>

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<p><b>Everybody knows, I love your toes</b></p>	<p>Everybody knows, I love your toes!            Everybody knows, I love your toes...            I love your feet, I love your hands, I love your mouth and your nose!            But everybody knows... I love your toes!            *Give them a tickle*</p>	<ul style="list-style-type: none"> <li>• Model for your child as you touch each body part while singing along. For younger children you can label the body parts for them</li> <li>• You can switch up the tickle at the end by giving kisses, cuddles, etc.</li> </ul>
<p><b>Hokey Pokey</b></p>	<p>Put your left foot in,            Your left foot out            Your left foot in            And shake it all about            You do the hokey pokey            And turn yourself around            That's what it's all about!            Now put your right foot in            Your right foot out            Right foot in            Then you shake it all about            You do the hokey pokey            And turn yourself around            That's what it's all about            You put your head in            You put your head out            Put your head in            And shake it all about            Do the hokey pokey            And turn yourself around            That's what it's all about!            *continue with different body parts</p>	<ul style="list-style-type: none"> <li>• For younger children you can leave out the left/right and just have them put in the body part (example: Put your foot in, your foot out...)</li> <li>• You could also count your body parts (Example: You put 10 fingers in, you take 10 fingers out...)</li> <li>• For older children they can begin to differentiate between the left and right side of the body</li> <li>• Let your child call out the different body parts and make it fun!! (hand, arm, tongue, whole body)</li> </ul>

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<p><b>Open Them, Shut Them</b></p>	<p>Open them shut them, open them shut them,            Give them a little clap, clap, clap            Open them shut them, open shut them            Put them in your lap, lap, lap            Creep and crawl them, creep and crawl them            Right up to your chin, chin, chin            Open wide your little mouth            But do not let them in!</p>	<ul style="list-style-type: none"> <li>• Open and close your hands along with the words of the song. For infants you can demonstrate for them.</li> <li>• Ask you child what else you can open and close? (our mouths, arms, legs, etc.) See what they come up with and try it with the song!</li> <li>• You can switch up the lyrics to include different opposites. Watch here for some examples:  <a href="http://www.youtube.com/watch?v=DzA1VQL1oME">www.youtube.com/watch?v=DzA1VQL1oME</a></li> </ul>
<b>Closing</b>		
<p><b>Zoom, Zoom, Zoom</b></p>	<p>Zoom, Zoom, Zoom,            We're going to the moon.            Zoom, Zoom, Zoom,            We're going to the moon.            If you want to talk a trip, climb aboard my Rocketship.            Zoom, Zoom, Zoom,            We're going to the moon.            In 5...4...3...2...1...BLAST OFF!</p>	<ul style="list-style-type: none"> <li>• Before ending your circle ask your child(ren) if there are any songs they would like to add</li> <li>• We typically end all circle times with Zoom, Zoom, Zoom. Similar to the greeting songs this lets children know that circle is coming to an end.</li> <li>• Role play! Before you sing put on your space suits, boots, helmets (Ask you children what else they will need for a trip to outer space?)</li> <li>• If you are able to for "Blast Off" raise your child into the air. Alternatively, you can both get low to the ground and jump up for "Blast Off"</li> </ul>