

EYET EarlyON Child and Family Centres

Home Circle Time: Physical Movement

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
Greeting (Warm Up)		
Make a Circle	Make a circle, make a circle, big and round, big and round. Come on everybody, come on everybody Gather round, gather round.	<ul style="list-style-type: none">• 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.• 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!• If your child is able to, let them take the lead and run circle time.

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<p>Hello to Everyone</p>	<p>The Good morning train is coming, How are you? Choo ...choo The Good morning train is coming, How are you? Choo ...choo The Good morning train is coming, The Good morning train is coming, The Good morning train is coming, How are you? Choo ...choo And we say hello to: How are you? Choo ...choo And we say hello to: How are you? Choo ...choo And we say hello to everyone How are you?</p>	<ul style="list-style-type: none"> • 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! • Find musical instruments around your house (pots and pans work great!) and make circle time fun for everyone!
Body Awareness		
<p>Head and Shoulders</p>	<p>Head and shoulders, knees and toes, knees and toes, knees and toes. Head and shoulders, knees and toes, knees and toes, knees and toes Eyes, ears, mouth and nose.</p>	<ul style="list-style-type: none"> • Slow down the tempo to emphasize each body part, then try speeding it up! • Try switching up the body parts, see if your child has any suggestions (Hands, Fingers, Elbows, Knees) • Watch it here: www.youtube.com/watch?v=ZanHgPpri-0

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Song	Lyrics	Notes for Parents
<p>If You're Happy and You Know It</p>	<p>If you're happy and you know it, clap your hands (clap clap) If you're happy and you know it, clap your hands (clap clap) 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) If you're mad and you know it, stomp your feet (stomp stomp) If you're mad and you know it, stomp your feet (stomp stomp) 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) If you're excited and you know it, shout "Hurray!" (hoo-ray!) If you're excited and you know it, shout "Hurray!" (hoo-ray!) 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"> • This song incorporates an action along with the body part (clapping hands, stomping feet) • A great song to introduce emotions. Talk to your child about how they are feeling today and incorporate their emotions into the song! • Switch it up and use different movements (Stretch your arms, jump up and down) • Here is a great version that uses a book you may have seen at the EarlyON: www.youtube.com/watch?v=71hqRT9U0wg

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<p>The Ants Go Marching</p>	<p>The ants go marching one by one, hurrah, hurrah... (x2) The ants go marching one by one, The little one stops to suck his thumb And they all go marching down to the ground To get out of the rain, BOOM! BOOM! BOOM! The ants go marching two by two, hurrah, hurrah...(x2) The ants go marching two by two, The little one stops to tie his shoe And they all go marching down to the ground To get out of the rain, BOOM! BOOM! BOOM! The ants go marching three by three, hurrah, hurrah...(x2) The ants go marching three by three, The little one stops to climb a tree And they all go marching down to the ground To get out of the rain, BOOM! BOOM! BOOM! The ants go marching four by four, hurrah, hurrah...(x2) The ants go marching four by four, The little one stops to close a door And they all go marching down to the ground To get out of the rain, BOOM! BOOM! BOOM! The ants go marching five by five, hurrah, hurrah...(x2) The ants go marching five by five, The little one stops to take a dive And they all go marching down to the ground To get out of the rain, BOOM! BOOM! BOOM!</p>	<ul style="list-style-type: none"> • Clear your floor for a safe walking space • This is a good song to practice locomotion and balancing • Motivation for being active with fun and learning • Continue to add more numbers as long as your child interested • Listen on: https://www.youtube.com/watch?v=2S__fbCGwOM

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Song	Lyrics	Notes for Parents
<p>Hurry, Drive the Fire Truck</p>	<p>Hurry, hurry, drive the fire truck (x 3) Ding! (x 5) Hurry, hurry, climb the ladder Hurry, hurry, save the baby Hurry, hurry, spray the water Hurry, hurry, back to the station! Ding! (x 5)</p>	<ul style="list-style-type: none"> • 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...) • You could also count your body parts (Example: You put 10 fingers in, you take 10 fingers out...) • For older children they can begin to differentiate between the left and right side of the body • Let your child call out the different body parts and make it fun!! (hand, arm, tongue, whole body)
<p>Open Them, Shut Them</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"> • This song give children opportunity for physical movement with fun • Incorporates words and actions • Read or listen to a story about the fire truck and safety to extend children's learning. • My Fire Engine story link: https://www.youtube.com/watch?v=D6Sbsaal4Tw

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Song	Lyrics	Notes for Parents
<p>I am going to Kentucky</p>	<p>I'm going to Kentucky, I'm going to the fair To see a Senorita, with flowers in her hair Shake it, baby shake, shake it if you can Shake it like a milkshake and pour it in a can Rumble to the bottom and rumble to the top And turn around and turn around until you come to stop!</p>	<ul style="list-style-type: none"> • Singing with actions slow and fast • Asking children places they want to visit and modify the song • Great song to introduce creative movements as shaking hands, body, and turning around while keeping the balance • Listen on: https://www.youtube.com/watch?v=ahRaZftghf4
<p>The Hokey Pokey</p>	<p>Put your right hand in, your right hand out Your right hand in and shake it all about You do the hokey pokey And turn yourself around That's what it's all about! Put your left hand in, your left hand out Your left hand in and shake it all about You do the hokey pokey And turn yourself around That's what it's all about! Put your right foot in, your right foot out Right foot in, and shake it all about You do the hokey pokey And turn yourself around That's what it's all about! 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!</p>	<ul style="list-style-type: none"> • Physical movement song with fun • 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...) • Encourage your child call out the different body parts and make it fun!! (hand, arm, tongue, whole body) • Listen on: https://www.youtube.com/watch?v=XGIA2bHy13g

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Song	Lyrics	Notes for Parents
Closing		
<p>A Hug Is Not A Hug Until you give it away</p>	<p>A Hug is not a hug until you give it away Give it away...x2 A Kiss is not a kiss until you give it away Give it away...X2 It will come right back to you</p>	<ul style="list-style-type: none"> • Before ending your circle ask your child(ren) if there are any songs they would like to add • Closing a circle with the same songs will give your child opportunity to anticipate a transition • This song fosters bonding relationship between parent and child with lots of affectionate expressions as hugs and kisses • Watch on: https://www.youtube.com/watch?v=D0ockvnlzUY