

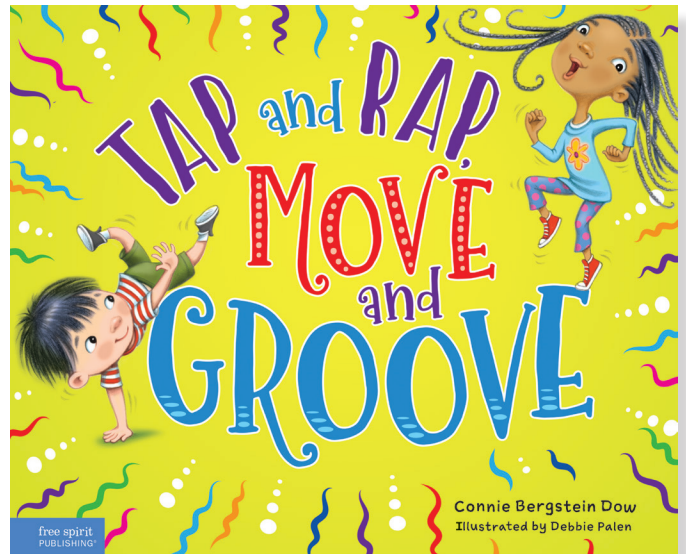
# Music and More

## Additional Tips for Leading the Dance Chants in *Tap and Rap, Move and Groove*

Music can enhance a dance chant, especially once the children know the words and movements well enough to keep to a steady beat. Following are suggestions for musical accompaniment for each of the chants. Most musical selections can be accessed free of charge on YouTube, and they should also be available on your preferred site for accessing music. The suggested selections are instrumental music, with a beat and tempo appropriate for the specific chant.

Also included here are additional ideas for using or adapting some of the chants, including:

- suggested ways to group children
- materials to enhance the activity
- variations on how to lead the activity
- additional words or verses you might incorporate



## Lively FEET

*Use this exuberant chant to start the day, or for an energizing break anytime.*

**Groupings:** Full group of up to 10 children

**Optional materials:** Small percussion instruments

**Music suggestion:** “Double Dutch,” Jesse Cook, from the album *Beyond Borders*

# ON YOUR Spot

*Here's an activity to familiarize children with the idea of a home spot and to reinforce the idea of personal space. Children can be in a large area or circle, or next to their tables or desks, with spots far enough apart that moving won't bring anyone too close to a neighbor's space.*

**Optional materials:** Percussion instrument for tapping the beat

**Music suggestion:** "Wild Vines" (instrumental version), from the album *Smart and Tasty: Good Food Tunes for Kids*

# Gallop DOWN THE LINE

*The single verse of this dance chant is repeated for each pair of children as they take turns doing the steps with a partner. A variation lets all children move together.*

**Groupings:** 10–12 children

**Music suggestion:** "Nachtigall-Polka," Opus 222, Johann Strauss Jr.

**Variation 1:** An alternative to holding hands is to perform the sideways gallop with both partners' arms reaching out to the side.

**Variation 2:** Children stand in two lines facing each other and chant the following words, doing the movements at the same time. For the very last line of the chant, children do three sideways gallops together. Show the direction for each line to gallop, either mirroring each other or galloping in opposite directions. Then stop there and do the chant again, with everyone galloping back to where they started on the final line. Repeat the chant activity as many times as you wish.

Face your partner and take a bow.  
Clap your hands and stomp your feet.  
Pat your knees and then your head.  
March in a circle around yourself.

Show your partner your funniest face.  
Clap your hands and stomp your feet.  
Reach your arms out to the side.  
Gallop three times and then you stop.



## WAVING Rap

*This short dance chant is a playful way to say good morning or goodbye.*

**Groupings:** The chant can be done in a confined space as described. Alternatively, children can stand in staggered lines, with about five children to a line and everyone facing forward.

**Music suggestion:** “Ragtime for Doctor Waller,” Vincent Nunes, from the album *Smart Songs for Active Children*



## THUMBS Up

*With this dance chant, children become aware of their partners as they come together and apart while dancing in unison. Once the children know the whole chant, they can call it out and do the movements simultaneously.*

**Optional materials:** Small percussion instrument to beat a 4-4 rhythm

**Music suggestion:** No music needed!

**Variation:** Substitute upper body parts for the thumb: hand (like a high five), arm (arm raised overhead), shoulder, elbow (arm bent out to the side like a wing).

## HAPPY, SAD, SHY, MAD, Silly

*Here’s a chant that invites children to explore different emotions through movement.*

**Music suggestions:** Choose five different instrumental selections for the five stanzas, such as the following examples.

- Happy—“The Thunderer,” John Philip Sousa (or another Sousa march)
- Sad—“Gymnopedie No. 1,” Erik Satie
- Shy—“The Opening of Doors,” William Ackerman
- Mad—“O-daiko,” Kodo
- Silly—“Circus Music,” The Hit Crew, from the album *Drew’s Famous Carnival Party Music*

**Variation:** Add new verses and feelings, such as scared, excited, surprised, stubborn, proud, or others. End the activity by asking the children to freeze in a silly shape.

# QUACK, QUACK, QUACK, Moo!

*This dance chant activity lets children get silly as they combine various animal sounds and movements. After saying the full chant aloud, repeat each stanza so children can join in.*

**Groupings:** Full group, with children moving freely throughout the available space

**Music suggestion:** No music needed!

**Variation 1:** This activity easily lends itself to new verses by asking the children to think of more animal sounds and movements.

**Variation 2:** Try the dance chant again, as fast as you can.

# ONE, TWO, Cha-Cha-Cha

*This is a call-and-response activity. The same cha-cha step is repeated throughout the whole dance and is good practice for stepping to the beat. Show the children which side to face for the line “Now turn to the side.” If they know right and left, use these terms right away. As they become familiar with the dance, you can add in the learning of right and left. In the last few stanzas, children can move in any direction. If using music, fade when you are ready to finish the activity.*

**Optional materials:** Shakers or small maracas for the children instead of, or in addition to, the music

**Music suggestion:** Any selection from the album *Latin Cha Cha*, DanceSport music

**Variation 1:** Conduct the activity in two long lines with children facing each other, then dancing toward and away from each other.

**Variation 2:** Try counting upward each time the children chant the second line. The first one would be “One, two, cha-cha-cha,” and the second one would be “Three, four, cha-cha-cha,” and so forth. Count as high as you wish, or count forward and then backward.





# FREEZE Dance

*For this chant activity you'll do the grapevine, a basic 4-count folk-dance and line-dance step. Start by going right: Step to the side with the right foot, cross the left leg over the right while stepping, step to the side with the right foot again, and touch the left foot next to the right. Then repeat, this time doing the grapevine to the left.*

*Show children which direction to step to the side, and as they become familiar with the dance, you can add the learning of right and left. After children stomp and clap, allow time so they can briefly pause in different shapes.*

**Groupings:** Children stand in staggered lines of 4–5 children per line, all facing the same direction

**Music suggestion:** “Music Colors,” Instrumental Super Disco

**Variation:** Have children face each other in pairs, spread throughout the large space. Everyone says the words of the chant together while dancing, with the adult calling out the last line of each stanza. Instruct the pairs to mirror each other as they do the grapevine step, or else to move away from each other and back together. For the last two lines of each stanza, the children face one another.



# TAPPITY Rap

*Here's an energetic chant for greeting friends and dancing together.*

**Music suggestion:** “Junior Ragtime,” Raffi, from the album *More Singable Songs*

# AROUND THE CIRCLE

*This activity offers everyone a chance to contribute an idea to the creation of a group dance. Repeat the introductory stanza several times and try it to music; then have children start adding stanzas. Each time you are ready to conduct the chant, have everyone stand in their original order in the circle. Start with the beginning stanza, then do the ones that children have already added on. Two-line verses can be added whenever you want to build onto the dance. This technique in which you keep adding movements to a dance is called accumulation. Once everyone has added a movement, you've created a circle dance!*

**Music suggestion:** *Bluegrass Instrumentals* by the Osborne Brothers. This album has long instrumentals with a steady beat, so choose any selection that you enjoy. Each time another child has contributed an idea to the dance, repeat the whole dance with music.

# HELLO, Astronauts!

*Children's imaginations will soar in this dance chant as they imagine they are taking a trip to outer space.*

**Groupings:** Full group of up to 10 children

**Music suggestion:** "Visa to the Stars," Perrey and Kingsley, from the album *The In Sound from Way Out!*



## Conga LINE

*The conga is a rhythmic dance brought from Africa by enslaved people hundreds of years ago, and popularized in the Caribbean Islands and Latin America. There are many versions, all danced to the conga rhythm. Repeat any of the verses to extend the dance.*

**Optional materials:** Shakers, maracas, or small tambourines for each child to hold in one hand. If you have these props, substitute the word "shake" for "clap" in the first stanza.

**Music suggestion:** A recorded conga beat, such as "African Conga Drums" by Soul Candle

## Earth DANCE

*Following the arc of a day and the arc of the storm, this chant is full of energy before it brings children to a very quiet finish. Try each of the movements while saying the words together, allowing time after each line for the children to respond.*

**Optional materials:** Shiny or sparkly streamers (scarves or fabric scraps) or ribbons for children to hold and swirl while dancing

**Music suggestion:** Any selection from the album *Summer Solstice: A Windham Hill Collection*, or any quiet music with nature sounds