

## Fun Movement Activities to Music

**My younger students enjoy these activities to music. Thank you to Joella Mehrhof at Emporia State University in Emporia, Kansas, for sharing these with me.**

**Stick to the Glue** – from the CD *“Jim Gill Makes it Noisy in Boise, Idaho”* by Jim Gill. (This is a silly progressive activity done with a partner. Partners are not allowed to disconnect during any of the actions.)

Adding white panty hose to this routine adds to the humor because it looks like glue. Place the open end of the leg securely over the shoe and hold the toe end of the panty hose in the hand. Use a hose on each leg.

Partners stand side by side, but facing opposite directions. They are asked to do the following actions progressively:

**1. Clapping hands** – Clap inside hands with partner. Hands stay connected on, “Stick to the glue my darlin’.”

**2. Stampin’ feet** – Stamp inside foot with partner. Foot stays in place on, “Stick to the glue my darlin’.”

**3. Shake hands with a neighbor** – Reach across with outside hand and grab the partner’s outside hand and shake. Arms will now look like an “X.” Keep shaking hands until, “Stick to the glue my darlin’.”

**4. Give a friend a big hug** – With hands still connected, lean back and then forward with your partner 4x (not truly a hug). Freeze when leaning in on, “Stick to the glue my darlin’.”

**5. Brushing teeth** – Connected arms move side to side in front of faces (do not actually touch teeth). Freeze in front of face on, “Stick to the glue my darlin’.”

During the **“Glue, glue, stick to the glue”** part, students must turn in a circle while every part that has been asked to “stick to the glue,” stays connected to a partner. (\*Note – the foot will need to turn but it will look similar to a pivot where one foot moves and the other foot must stay in contact with the floor.)

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**The Tempo Marches On** – from the CD *“Jim Gill Sings Do Re Mi”* by Jim Gill. (This is a marching warm-up. It can be done in place, in a circle, or a long line. The march starts off slow and gets progressively faster. It is to the tune “Battle Hymn of the Republic.”

If you want to add props or choreography, try red, white, and blue ribbon or crepe paper streamers, or sparkle wands made with brightly colored Christmas tinsel laid out over a pipe cleaner. The pipe cleaner is then folded in half, tightly twisted up, and hot glued down inside a cardboard tube off of a hanger from the cleaners. The sparkle wands look like fireworks when the children shake them.)

**Zag Zig** – from the CD “Zag Zig” by Tom Chapin. (This song allows children to do some actions in place and some moving.)

Things asked to imitate in the song:

**Rain drop** – (plip plop & plop plip) – reach above head with alternate hands

**Church bell** – (ding dong & dong ding) – head moves from side to side

**Donkey** – (hee haw & haw hee) – legs kick backward alternately

**Everyone** – (zig zag & zag zig) – move hands alternately forward at diagonal angles (kind of like jabbing with the fingers)

Children stand in one place during the verse and do the actions to the correct “sound” words. When the order of the words reverses, children move around the room continuing the actions.

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**Oh Hey Oh Hi Hello** – from the CD “Jim Gill Makes it Noisy in Boise, Idaho” by Jim Gill

**Do this on each verse:** (The sequence is repeated 4x)

Touch R foot to the side and bring it back to the middle – 2 counts

Touch L foot to the side and bring it back to the middle – 2 counts

Jog in place 8 very fast counts

**Do this on the “Oh Hey Oh Hi Hello” chorus:** (The sequence is repeated 4x at 8 counts each)

Touch right hand to left knee and then left hand to right knee – 1 count each

Touch right hand to left hip and then left hand to right hip – 1 count each

Touch right hand to left shoulder and then left hand to right shoulder – 1 count each

Touch top of head with right hand then wave hi with the right hand

(The way the chorus is sung changes each time: quiet, loud, crying, mad, under water, out of tune, regular voice.)

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**Alabama, Mississippi** – from the CD “Jim Gill Sings the Sneezing Song and Other Contagious Songs” by Jim Gill (This is a partner dance done facing each other.)

On “Alabama” – Touch toes, knees, waist, then clap hands 1 time (the sequence takes 4 counts)

On “Mississippi” – Clap right to right with partner, clap own hands, clap left to left with partner, clap own hands – (the sequence takes 4 counts)

**(Repeat the above sequences – 2 more times)**

On “Take it on down to” – touch head, waist, knees, toes – total 4 counts

On “New Orleans” – clap three times on the 3 syllables

On “shake, shake, shake your baby” – partners place right hands together while walking in a circle and bouncing and shaking their bodies. (This phrase is sung 3x.)

On “Shake it down to” – touch head, waist, knees, and toes (4 counts)

On “New Orleans” – clap 3x on the three syllables

**Singin' in the Rain** – from the CD *“Rock and Roll Songs That Teach”* with the *Learning Station*. (This is a progressive song, adding on actions.)

Lyrics and actions:

**Singin' in the rain** – Two side steps to the right and left – keep repeating this action until it is time to do the actions listed below:

**Thumbs up**  
**Shoulders back**  
**Knees together**  
**Bottoms out**  
**Tongue down**  
**Eyes closed**

**Chi cha chi cha chi cha chi cha chi cha** – hold the position you are in and wiggle side to side with the words

**Let's sway** - both arms up in the air and sway side to side

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**Green Eggs and Ham** – from the CD *“Rock and Roll Songs That Teach”* with the *Learning Station*. (This song gets progressively faster.)

This song is done facing a partner. Have one person be Thing 1 and the other Thing 2.

Lyrics and actions:

**Green Eggs and Ham** – hit your thighs 1x on the word “eggs” and then hit partner’s palms 1x – (this sequence is done 4x)

**I like mine fried nice and brown** – Thing 1 turns in a circle 4 steps

**I like mine turned upside down** – Thing 2 turns in a circle 4 steps

**Green Eggs and Ham** – hit your thighs 1x on the word “eggs” and then hit partner’s palms 1x – (this sequence is done 4x)

**Flip ‘em** – flip right palm out to right side at shoulder level

**Flop ‘em** – flip left palm out to left side at shoulder level

**(on the pause before the word “don’t”)** – hit thighs 1x

**Don’t** – clap hands together

**Drop ‘em** – Thing 1 and Thing 1 hit palms together 2x

**(on the next instrumental part)** – clap hands together 4x then repeat entire song