

## Suggestions for Music and Activities Received from Workshop Participants

1. *Mama Mia* – aerobic warm-up using 24 different skills
2. *The Sky's the Limit* – by Leon Patillo – Jump rope on the verses and do sign language on the chorus.

*Let There be Peace on Earth* – by Vince Gill – sign language

*The World is a Rainbow* – by Greg & Steve from the CD “We All Live Together, Vol. 2” – Another good sign language song

Suggestions under #2 are from: [shelly.elam@fwisd.org](mailto:shelly.elam@fwisd.org) (Thank you, Shelly)

3. *Rock Around the Clock* – by Bill Haley and the Comets – Paper Plate Routine
4. *Eye of the Tiger* – by Survivor – Lummi stick routine using Golf Tubes
5. *The Beverly Hillbillies tune* – An activity called “20 bones” that teaches different bones in the body. (I wish the person in Kansas who suggested this activity would contact me with more information. It sounds interesting.)
6. *The Itsy Bitsy Spider* – by Little Richard – Streamer routine emphasizing levels and force.
7. *Ice Cream and Cake* – by Buckwheat Boyz – using balls and ribbons