

## **How do Children Learn from Music and Movement? A Physical Therapist's Perspective**

When singing an action song, children reap benefits from the musical activity as well as the gross motor experience. Children develop the following skills by learning rhymes, poems and songs:

- Auditory perception                      -Counting and other concepts                      -Rhythm
- Rhyming and syllables                      -Vocabulary

Action rhymes take it one step further and also develop your child's:

- Gross motor skills                      -Concentration & attention                      -Balance and coordination
- Listening skills and ability to follow instructions

### **8 Action Songs for Children**

#### **1. I'm a Little Teapot**

[https://www.youtube.com/watch?v=mdu5lLpMH\\_w](https://www.youtube.com/watch?v=mdu5lLpMH_w)

I'm a little teapot (*Point to self*)  
 Short and stout, (*Round arms and touch fingertips together in front of body*)  
 Here is my handle, (*Left fist on hip*)  
 Here is my spout. (*Bend right elbow, lift forearm and lower wrist to look like the spout of a teapot*)  
 When I get all steamed up  
 Hear me shout, (*Remain in same position and nod head*)  
 Tip me over,  
 And pour me out! (*Tip sideways towards the extended arm*)



#### **2. Teddy Bear, Teddy Bear**      <https://www.youtube.com/watch?v=76wc4xdgzGk>

Teddy bear, teddy bear,  
 Turn around.  
 Teddy bear, teddy bear,  
 Touch the ground.  
 Teddy bear, teddy bear  
 Reach up high  
 Teddy bear, Teddy bear,  
 Reach the sky.



Teddy bear, teddy bear,  
 Find your nose.  
 Teddy bear, teddy bear,  
 Touch your toes.  
 Teddy bear, teddy bear,  
 Touch your knees.  
 Teddy bear, teddy bear,  
 Sit down please.

### 3. Hop a Little, Jump a Little

[https://www.youtube.com/results?sp=mAEB&search\\_query=hop+a+little+jump+a+little+rhyme+with+action](https://www.youtube.com/results?sp=mAEB&search_query=hop+a+little+jump+a+little+rhyme+with+action)

Hop a little, jump a little  
One, two, three;  
Run a little, skip a little  
Tap on knee;  
Bend a little, stretch a little,  
Nod your head;  
Yawn a little, sleep a little,  
In your bed.

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### 4. Miss Polly Had a Dolly <https://www.youtube.com/watch?v=cF6hz46ceFs>

Miss Polly had a dolly,  
Who was sick, sick, sick, (*Cradle baby in arms*)  
So she called for the doctor,  
To be quick, quick, quick. (*Hold phone to ear*)  
The doctor came,  
With his bag and his hat, (*Point to bag and hat*)  
And he knocked at the door,  
With a rat-a-tat-tat. (*Pretend to knock in air*)  
He looked at the dolly,  
And he shook his head, (*Shake head*)  
He said "Miss Polly,  
Put her straight to bed." (*Hands on hips and nod head*)  
He wrote out a paper,  
For a pill, pill, pill, (*Write on hand with finger*)  
"I'll be back in the morning,  
With the bill, bill, bill." (*Wave goodbye*)

### 5. The Hokey Pokey <https://www.youtube.com/watch?v=B7sEtc326kM>

You put your right foot in,  
You put your right foot out,  
You put your right foot in  
And you shake it all about.  
You do the Hokey Pokey  
And you turn yourself around,  
That's what it's all about.

You put your left hand in...  
You put your head in...  
You put your knees in...  
You put your shoulders in...  
You put your elbows in...  
You put your bottom in...  
You put your quiet voice in...  
You put your loud voice in...  
You put your tummy in...  
You put your nose in...  
You put your whole self in...

#### **Repeat with each of these movements:**

You put your left foot in...  
You put your right hand in...

## 6. The Wheels on the Bus

<https://www.youtube.com/watch?v=zFHBfFAmcbc>



The wheels on the bus go round and round  
Round and round, round and round  
The wheels on the bus go round and round  
All through the town.  
(Roll hands)

### Repeat the entire verse with each of these movements:

The wipers on the bus go “Swish, swish, swish”, (*Make windshield wipers with arms*)

The horn on the bus goes “Beep, beep, beep”, (*Honk horn*)

The door on the bus goes “open and shut”, (*Cover eyes with hands*)

The driver on the bus says “move on back, move on back”, (*Point over shoulder with thumbs up*)

The dog on the bus goes “Woof, woof, woof”, (*sit and woof*)

The baby on the bus says, “Wah, wah, wah!” (*Hands in fists rub eyes*)

The mommy on the bus say, “Shh, shh, shh”, (*Pointer finger to mouth*)

## 7. If You're Happy and You Know It!

<https://www.youtube.com/watch?v=hwTwt4oIW3U>

If you're happy and you know it,

Clap your hands. (*Clap twice*)

If you're happy and you know it,

Clap your hands. (*Clap twice*)

If you're happy and you know it,

Then your face will surely want to show it,

If you're happy and you know it,

Clap your hands. (*Clap twice*)

### Repeat with each of these movements:

Stomp your feet

Nod your head

Say “ha ha”

Do all 4

## 8. Open, Shut Them

<https://www.youtube.com/watch?v=9LbZSyx-7Xo>

Open, shut them (*open hands like a high five then close hands like fists*)

Open, shut them (*open hands like a high five then close hands like fists*)

Give a little clap (*clap hands once*)

Open, shut them (*separate hands and put together again*)

Open, shut them (*separate hands and put together again*)

Lay them in your lap (*tap hands on lap*)

Creep them, Creep them (*wiggle walk fingers up body*)

Creep them, Creep them (*wiggle walk fingers up to chin*)

Right up to your chin (*tap your chin with all fingers*)

Open wide your little mouth (*tap chin with pointer finger*)

but do not let them in (*hide hands behind back*).

Wiggle them, wiggle them (*wave hands side to side while wiggling fingers like jazz hands*)

Wiggle them, wiggle them (*wave hands side to side while wiggling fingers like jazz hands*)

Give a little clap (*clap hands once*)

Wiggle them, wiggle them (*wave hands side to side while wiggling fingers like jazz hands*)

Wiggle them, wiggle them (*wave hands side to side while wiggling fingers like jazz hands*)

Lay them in your lap (*tap hands on lap*)

Notes from your PT:

- \*\*Have fun. Get your groove on. Laugh. Be silly. Connect with your little.**
- \*\*There are many different versions to the above songs—find your favorites.**
- \*\*If your child can't do the moves by themselves, do it hand over hand.**
- \*\*Repeat the song a couple of times in a row to practice learning the moves and words.**
- \*\*Kids like to see and do the same things over and over—use this to your advantage to work on their balance, attention to task and coordination.**

# Music and Movement Survey

My child's favorite songs are:

- 1.
- 2.
- 3.

You Tube Channels we like for action songs are:

- 1.
- 2.
- 3.

Improvements I have noticed in my child:

- 1.
- 2.
- 3.

**Please write how many minutes per day you spent doing action songs with your child.**

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

3/29 <hr style="width: 50px; margin: 0 auto;"/> minutes	3/30 <hr style="width: 50px; margin: 0 auto;"/> minutes	3/31 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/1 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/2 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/3 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/4 <hr style="width: 50px; margin: 0 auto;"/> minutes
4/5 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/6 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/7 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/8 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/9 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/10 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/11 <hr style="width: 50px; margin: 0 auto;"/> minutes
4/12 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/13 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/14 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/15 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/16 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/17 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/18 <hr style="width: 50px; margin: 0 auto;"/> minutes
4/19 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/20 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/21 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/22 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/23 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/24 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/25 <hr style="width: 50px; margin: 0 auto;"/> minutes
4/26 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/27 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/28 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/29 <hr style="width: 50px; margin: 0 auto;"/> minutes	4/30 <hr style="width: 50px; margin: 0 auto;"/> minutes	5/1 <hr style="width: 50px; margin: 0 auto;"/> minutes	5/2 <hr style="width: 50px; margin: 0 auto;"/> minutes