



908-654-5899



Weekly Lesson

September 10 - 14, 2018

MOVEMENT SONG

We know that kids LOVE being in motion! From the infant in your arms being rocked, to the determined crawler heading up those stairs, to the toddler taking off after the cat, all the way to that big kid on their first bike - a child learns about their body by using it!

This week we feature the Sing a Song, original, "Movement Song." This repetitive song reinforces gross motor skills in fun, and sometimes challenging ways. Children are encouraged to get up and follow the lyrical instructions by the teacher.



Changes in tempo (speed) keep older kids "on their toes" - sometimes literally! Soon the children are able to take the lead and decide which action they want to do with the next verse. They often come up with something totally new!

Bodies in motion equal learning in motion!

MOVEMENT SONG

First you walk, walk, walk,
And you walk, walk, walk,
Then you walk, walk, walk,
And you STOP!
Then you walk, walk, walk,

Then you jump, jump, jump,
And you jump, jump, jump,
Then you jump, jump, jump,
And you STOP!
Then you jump, jump, jump,
And you jump, jump, jump,

And you walk, walk, walk,
And you walk, walk, walk,
And you STOP!

And you jump, jump, jump,
And you STOP!

Additional Verses:
Hop, Tippy Toe, Skip, Skate, Gallop, etc.!

All Sing A Song songs and activities develop various areas of age-appropriate skills, including language development, gross motor skills, fine motor skills, creative thinking, listening skills, social interaction skills, self-expression, imaginary play, autonomy and self-esteem.

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