

EARLY CHILDHOOD PROGRAMME SING, SAY, MOVE, PLAY – JUNIOR INFANTS TO 1ST CLASS

Hi musicians!

This is week **SEVEN** of music at home, we hope you're enjoying music class with us and having lots of fun with your families singing, dancing and playing! How did you do in the Nursery Rhyme quizzes we prepared??

We have lots of calming, mindful, easy-going music for you this week – practise your calming breathing with Ali, your brain dance with Elspeth and some beautiful mirror movement with Carrie. Marian has the most gorgeous song 'Every Little Cell' to share with you as well as a happy, silly, feel-good rhythm stick activity! (have you noticed the amazing instruments in her music room?!) Let Elspeth's soothing voice sing you a story called 'Had A Little Rooster' and finish with some summery rhythm patterns with Ali.

Enjoy the sun, we miss you!

Ali, Marian, Carrie, Elspeth



HELLO FROM YOUR MUSIC GENERATION TEACHER:

MARIAN:

<https://youtu.be/1wH5scJFbzE>

ALI:

Junior Infants -
<https://youtu.be/YjgL5qGz8VA>

ELSPETH:

<https://youtu.be/FyAvQcxD4BQ>

Senior Infants -

<https://youtu.be/boJ4SNwrj2c>

CARRIE:

<https://youtu.be/4sokqGfo6Wk>

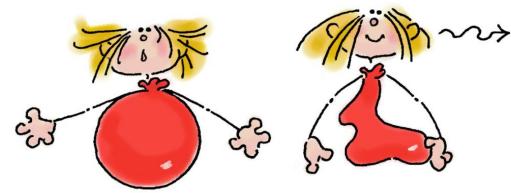
1st Class -

<https://youtu.be/nKz21UGBCi0>



MUSIC GENERATION VIDEOS TO CHOOSE FROM THIS WEEK:

Every Little Cell (Marian) - <https://youtu.be/F39kkgeyA8Y>

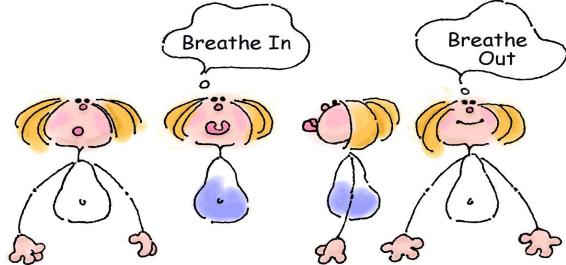


I Have An Echo - Summer (Ali) - <https://youtu.be/q0Y59tMULMQ>

Mirror Movement (Carrie) - <https://youtu.be/CgPGTeZN75k>

Had A Little Rooster, Song Tale (Elspeth) - <https://youtu.be/93wSQUDuV5M>

Breathing (Ali) - https://youtu.be/cKUkP_yOMHQ



Happy Sticks! (Marian) - <https://youtu.be/U0YAKbYC22g>

Brain Dance (Elspeth) - <https://youtu.be/tMZQqOTPCQs>

OTHER MUSIC/GAMES FOR YOU TO ENJOY THIS WEEK:

Eeny Meeny

Ali came across this website this week when she was looking for some outdoor games to play! Eeny Meeny is a lovely site dedicated to children's play and folklore. It has rhymes, riddles, jokes, sayings and all kinds of playground games played by children all over the world. You might like to play some hopscotch or learn a riddle with your family this week!

<https://www.eenymeeny.net/>

Charlotte Arculus – Sticks!

Inspired by Marian's happy sticks, check out Charlotte Arculus being extra silly in her video 'sticks' – we just love how funny she is! <https://youtu.be/-t77pQhsp70>

OFFLINE MUSIC ACTIVITIES:

Nursery Rhyme Quiz No.1 Answers

1. School.
2. The spoon.
3. A pail of water.
4. Silver bells, cockle shells and pretty maids.
5. Snoring.
6. She cut off their tails with a carving knife.
7. Three.
8. His pipe, bowl and fiddlers three.
9. Ten thousand.
10. Sick, sick, sick!



Emoji Nursery Quiz Answers

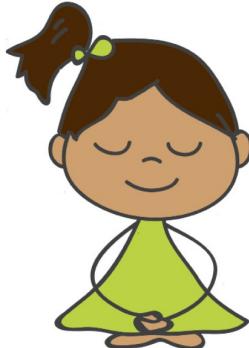
1. Baa Baa Black Sheep
2. Hot Cross Buns
3. Hush Little Baby
4. Two Little Dickie Birds
5. Three Blind Mice
6. There Was An Old Woman Who Lived In A Shoe
7. The Wheels On The Bus
8. The Muffin Man
9. Polly Put The Kettle On

BACK TO BACK BREATHING



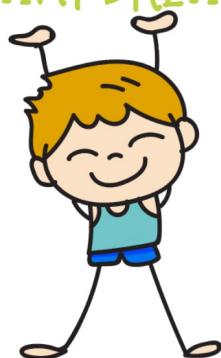
Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

Star Breathing

Start at any "Breathe in" side,
hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.



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We would love to hear from you and see your music-making!
Email: musicgenerationcarlow@kcetb.ie



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C A R L O W
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COMHAIRLE CHONTAE CHEATHARLOCHA

