

A Hop, Skip and A Jump **Parent teacher** guide

A Hop, Skip and A Jump.

When Pam was a little girl her family would go to Forest Lake for vacation. Pam and her brothers just couldn't wait to get there and would constantly ask their parents if they were almost there yet?! Just before they arrived there was a big sign and Pam's father would read the sign, very dramatically, and they would all join in. It said, "It's just a Hop Skip and a Jump, to Forest Lake!" Remembering that, gave Pam the idea for the name of this CD.

Little Red Train

Have you ever ridden a train? Take a train ride in your city.

Do this song with shaker eggs and do it in a circle like a train.

You can also do this song with scarves. Have each person take an end of the scarf of the person in front and behind them and go on a "train" ride around the room.

This can also be a nice lullaby song for nap time.

Kitchen Jam

We don't necessarily need to buy expensive percussion instruments. Sometimes it's just fun to have a kitchen jam. To play along with the song hitting a pot or oatmeal box, or scraping an empty plastic ice tray. Then we can feel we can make music any old time!

Home or **classroom** activity: Use wooden or plastic bowls, potato masher, spoons, colanders, oatmeal or chip containers, plastic ice trays etc. Take an empty container like a yoghurt container and fill it with dry beans. Tap, shake or scrape them (that's the definition of a percussion instrument) and then talk about the different sounds you can hear, how are they different, can they be changed etc. Does a small bowl make the same sound as a large one? Play along with the kitchen jam song. Do a marching band! Here's an idea for making a cookie tin marching drum that I got from my friend, Anna Stange. Use ribbon to desired length and simply put the ends between the tin & its cover--close the tin, and you have a great marching drum. Give the children materials to glue on the sides & bottoms of the tins

Find the rhythm. Demonstrate the rhythms to your kids.

Tap out a rhythm and have them echo it back to you. Try 4/4 time and 3/4 time.

Listening skills: Listen to the different sounds from wood vs metal, high vs low etc soft and loud.

Curriculum Connection: Science, music, imagination

Kindness is Everywhere

Do a random act of kindness week, see their website. <http://www.actsofkindness.org/>

Ask the kids to notice how they feel when someone does something nice for or around them and then ask them to try to do the same for someone else.

Try to act kind to someone who is mean to you, see what the result is.

Talk about how it's a collaborative effort to take care people and the earth.

Make a class Kindness book. Every child does a page. Ask each child what they think Kindness is.

Write "Kindness is" on each page and have the child dictate to the teacher what kindness is and then have them draw a picture of it on the page.

Sign Language: Sign the chorus of the song, using key words (see below).

Kindness – K handshapes circle one another.

(K= index finger I straight up, middle finger points out, thumb is against the hand, while the ring and pinkie fingers are bent.)

Everywhere – The signs each and where are combined.

(Each: One A hand, fingers bent and thumb against side of index finger, moved down the other. Where: The index finger is shook.)

Flowing: The hands move smoothly forward and downward which is akin to water flowing down a stream.

Share: The little finger edge of the open right hand moves straight down the middle of the upturned left palm.

River/sea: One hand makes a w or three sign (middle fingers are up and thumb and pinky are in, and it waves out like flowing water

Through: One hand goes through the fingers of the other hand

You: - index finger points out

Me: same finger points to self

Curriculum Connection: Social science, art, music

Clap Your Hands Now

This song's melody is based on an old African American folk song called Pick a Bale of Cotton. This is an adaptable brain-based song. This song can also be sung as shake your little egg, click your little sticks, or wave your little scarf. – use opposites, also try tapping your lap with crossed arms so that you are crossing the midline which can help with reading readiness. Use this as a memory song and sequencing lesson. Take pictures of each verse and have kids put them in the order of the song. Label them high low, right left etc.

Tie in: Reading readiness, sequencing, opposites

Families All Over the World

Discussion: talk about how families in other countries live. How are their lives like ours? How are they different?

Do they go to school and work, do they play with friends, etc.

This way the planet comes alive with people so it's not just a faceless planet.

Class activity: Make a Families All Over the World display.



Draw a hand on a piece of construction paper. Out of blue construction paper cut out a big blue circle, representing the world, which is large enough to accommodate as many "hands" as children in the class. You can either cut out the hands ahead of time or check fine motor skills, and handedness, by having the children cut out the hand. Have them bring in a picture of their family, or take a picture of the child with the parent who brings them to school. Put the family pictures on the hand and have the child sign their name on the bottom of the hand. Put all hands and pictures on the "world".

Five Fluffy Puppies

In this song you get a chance to make animal sounds.

From Pam's Music Together training she learned that making animal sounds help people find their singing voices.

Feel free to substitute other animals and make all kinds of sounds! Repetition is good!

Pam is from the SF Bay Area and she pictured the puppies walking along the SF Bay along the Marina, where there is a big lawn and a walking path next to the Bay.

Classroom activity: Act this song out! Have 5 children be the puppies (or other animals) to illustrate addition and subtraction.

Add in other animals for count down. Repetition is good.

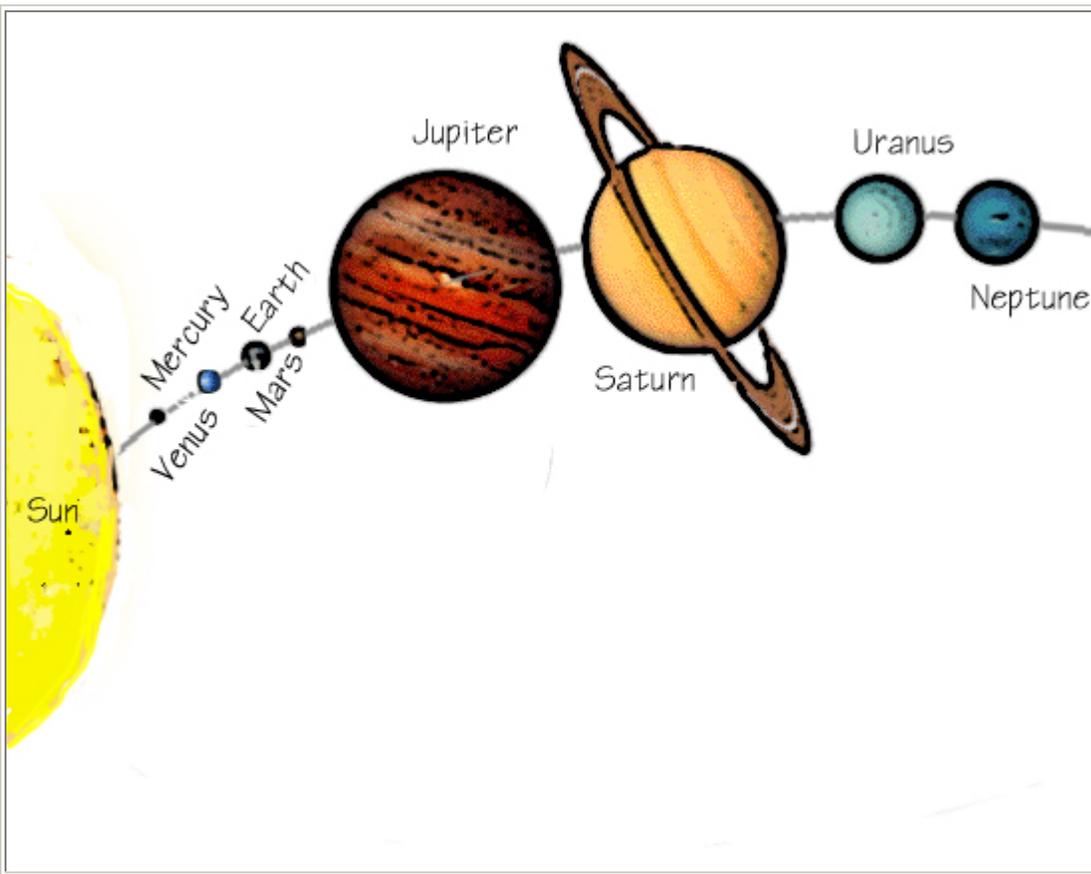
Curriculum Connection: Math, science, art, drama

Solar System

This song is a mini-science lesson about our solar system. There is a lot of information in it. Is the sun a planet or a star? Does the sun revolve around us or do we revolve around the sun? What about the moon? Listen to the song to find out. Can you list the planets in order starting with the closest planet to the sun? This song can help you memorize them. Pam always used music to help her remember facts. You can use this song to memorize the planets.

Our solar system consists of a star called the sun, which is the center. Eight planets (and their moons), an asteroid belt, and many comets and meteors all orbit the sun.. The planets that orbit the sun are (in order from the sun): Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. A belt of asteroids (minor planets made of rock and metal) lies between Mars and Jupiter.

Classroom activity



Give out a sheet of paper on which you have drawn the Sun and nine planets, try to show an elliptical (egg shaped) path. Label each planet next to its circle. Number each planet from 1 to 8 in order of how close it is to the sun. Have the children copy the name of each planet into each circle. Then have them draw other things on the page that are mentioned in the song, like Earth's moon, stars, asteroids, comets, meteors, space ships, and astronauts. Sing the song and point and name each planet in order of how close it is to the sun, along with the song. Eat moon cakes into shapes of the moon.

Read: Family Under the Moon by Jewel and Kessler.

Tie in: Science, math, fine arts

Gotta Get the Beat

Try doing the chant as written, then do it again, say "freeze" and do substitutions.
Ask child where they would get the beat, which body parts?

You can also say gotta get the beat like Pam – wham or Char-star!

Tie in: substitutions, body parts

Planting Seeds of Love

This song is a "zipper" or substitution song, which means you can zip in a word to replace the word "love" in a verse.

It's also wonderful to do in sign language. (See below)

Discussion ideas: How do we "plant seeds" in our lives and watch them grow – Can we put them in the song?

Home Activity: Plant a mustard seed and watch it grow. Call it a seed of love.

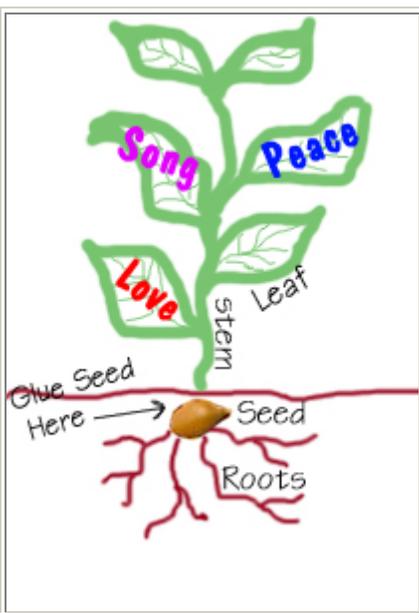
Classroom Activity:

Plant seeds in the classroom in a plastic cup and watch them grow. Everyone can have his or her own seed, a mustard seed grows fast and is inexpensive.

Take a piece of 12 x 18 construction paper. Write out the first verse of this song on the paper. Since the children are planting seeds glue a real seed onto the paper. From the seed, roots have to grow so show some roots and label them. Show the stem and label that, add some leaves and label them as well, label the leaves on the left "Love", "Peace" and "Song" as in the song.

Have the children name three things they might want to grow in their lives and put those in each of the other three leaves.

You can write out the word for them and let them copy it onto the leaf.



Sign language: Do not feel you need to use all the signs, just using the major words is fine.

I – point to self

Planting (seeds) – The right hand, holding some imaginary seeds, is thrust into the cupped left hand.

Love - The hands hug something over the heart to indicate the concept of love.

Peace – The hands are clasped both ways, and then open and separate, with fingers open and palms down.

Song – The right hand, open fingers, palm facing left, is waved back and forth, like a conductor directing a musical performance over the left hand that is facing up.

Heart - The middle finger taps the chest over the area of the heart.

Grow – The right fingers, pointing up, emerge from the closed left hand and they spread open as they do.

Take (them everywhere I go –bring) Both open hands, palms up, move in an arc from left to right, as if carrying something from one point to another.

Overflow – from the sign for grow have the fingers in the "growing" hand show movement that represents water overflowing from a container.

Part – The little finger edge of the open right hand moves straight down the middle of the upturned left palm

Friend to friend – link index fingers, first one way then the other

Sing – same as song, see above

Out - One hand comes out from a hole made by the other hand.

Again - The fingertips of the right curved hand touches the left palm.

Tie in: language development, science, fine arts, social studies, imagination

It Rained All Day

Rain is very important for the health of our planet and for us.

Create a page on each verse. Have 5 kids work on each page on a 24 in sheet. Have someone make a cover and make it into a book. Substitute different things that might get rained on. This song can be used with The Water Cycle Song to talk about the water cycle.

Tie in: Science, substitutions

What Shall We Do When We All Go Out?

This is a good transition song. This is a "zipper" or substitution song. You can do add in other actions such as twirl, run, dance.

Parents: Sing this song before you go out for the day. Talk about what you will do while you are out and sing about that.

Classroom activity: You can sing this song just before dismissing to recess, or before leaving the classroom for the day. Have the children tell you what they will do when they go out. You can also change it to what shall we do BEFORE we all go out and sing about cleaning up. We should pick up papers and throw them away. We should put our pencil boxes all away. We should push our chairs in, before we all go out to play or before we leave our class today.

Tie in: Substitutions, drama, transitions

Country Lullabye and Nature's Fun and Fancy Free



photo by Kathy Sailur

Both of these songs were written on a lovely spring day at Pam's little red cabin in the country.

It describes what the day was like. Listening to the natural sounds Pam felt it was like a country lullaby. Try listening to the songs while looking at the cabin picture. See if you can imagine that day.

Read Over in the Meadow by Jack Ezra Keats.

Discussion: This is one of Pam's favorite places. She likes to think about it when she is going to sleep. Do you have a favorite place? Can you think about it as you go to sleep? Can you draw a picture of it?

Tie in: Social Science, Science, literature, art, music

Tie in: Social science, music, art

Wigglin Around

Pam remembers lying on her mom's bed and not being able to keep still, trying so hard to do that. Why is it hard to keep still? Why do we need to wiggle. Can we learn better when we move? Probably, because when we move we pump blood back through body. You need to move to get your brain ready to work.

Feel free to substitute different actions! Talk about what other actions to do.

Act this song out along with the CD!

Tie in: substitutions

Five Woodpeckers

This is a subtraction chant. When you do a chant you just concentrate on the rhythm because there is no melody. This gives children a good chance to really notice the rhythm. This is also a science chant. It's about birds called woodpeckers. Birds are animals with feathers, two wings, and a bill.

Pam has a pine tree next to her cabin that is being used by acorn woodpeckers as a granary tree, for storing their acorns. (Look at the picture of Pam's little red cabin. The tree on the right side of the cabin is the pine tree that the acorn woodpeckers are using as a granary tree). A granary tree has thousands of holes in it, just big enough to stick an acorn into. The holes are made by the woodpeckers. It's like a tree pantry so that the woodpeckers will have acorns to eat at a time when they are scarce and hard to find. Each acorn is precious. If the woodpecker drops one, it retrieves it. He never just lets it go. Acorn woodpeckers live in family groups and work together to stock the granary tree.

Try drawing 5 woodpecker finger puppets, cut them out put one on each finger like a ring, As each woodpecker leaves the tree in the chant, pull one puppet off each finger.

Do the rhythm on your legs. 1,2 123, make up different patterns. You can also ask the children to do the rhythm with their legs. Have to lean back on their hands to they use their whole body, while keeping their hands to themselves.

Curriculum Connection: Math, science, art

Water Cycle (Sweet Water Rollin).

The term water cycle refers to the fact that the earth has a limited amount of water and it keeps going round in a cycle.

The parts of the cycle are:

- evaporation/transpiration
- condensation
- precipitation
- collection.

The sun's heat provides energy to evaporate water from rivers, oceans etc., turning it into vapor. Plants also lose water to the air, which is called transpiration. The vapor condenses

and goes into the clouds and eventually rain or precipitation comes from the clouds and the water returns to the land to start the cycle all over again. Most of the water runs downhill and eventually returns to the seas, slightly salty, from the minerals it picks up in the rivers.

Classroom activity: Get two zipper lock bags and fill one with water and put it on a counter, put one in freezer, notice the difference the next day. Put them outside on the ground and observe evaporation. Trace the water on the ground with chalk.

Draw a diagram of the water cycle.

Tie in: Science, fine arts

Say Goodnight

Pam's daughter Angie loved to hug her mommy before going to sleep.

Pam wrote this song to reflect how her daughter wanted her bedtime ritual when she was little.

Do you have a goodnight ritual? It's very comforting to have one.

Create a going to bed ritual that involves a song, some conversation about things that happened that day and a hug.