

Lead by Lucy Akiko Polanzi

#1. Let stake a Walk!



Let's take a walk, let's take a hike, Let's take a walk, we all do this!







#2. AETTER





A letter, a letter, I can make a letter, I take my arms and take my legs and I can make a "?".







#3. It's Parachute Time,

パラシュートタイム。



Play Along with Me!







#5. Ue, Shita, Ue, Shita Game

#6. Rainbow is High in the



#7. London Bridge



#8. Walk Around, Shake and Stop, Wiggle and Stop, Lift It Up, Down, Let It Go!

#9. Rock, Scissors, and Paper

Rock, Sciggors, Paper, What will You Make?





Gu, Choki, Pa, de, Gu, Choki, Pa, de Nani Tsukuro? Nani Tsukuro?





Migite wa? de Hidarite wa? de



#10. The Wheels on Da Bas



The Wheels on the Bus, go round and round, round and round,





The Wheels on the Bus, Go round and round, All through the Town.





Ribbon and Scarf Creative Movement Activities

#11. Italiaki-Maki

Ito (eetoh) maki-maki, Ito maki-Maki, Hee-te, hee-te, ton, ton, ton.

Wind it this way, wind it that way, pull, pull, tap, Tap, Tap.



#12. Follow the Ribbon Wand Action Cards!



#13. Contract Clock

Little Bird Sings, Cuckoo, Cuckoo, Now the Cham Rings, Cuckoo, Cuckoo,





なべそこ

#15. Nabe, Nabe, Sokomuke,



Nabe, Nabe, Sokonuke, Soko ga nuketara kaerimasho!

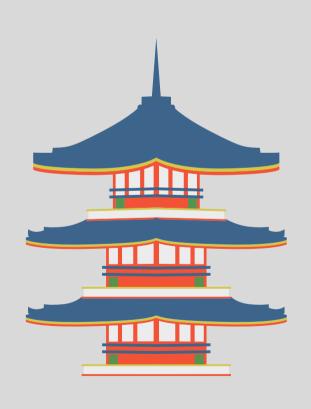


#16. Row, Row, Row Your Boat



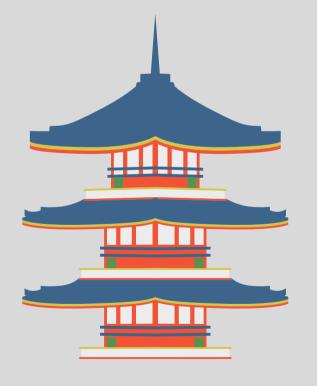


#17. Magie Tree House





Rainbow!



#18. Yasai to Kudamono

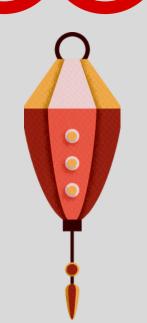


Yasai no Namae, Yasai no, Yasai no Namae!

Kudamono no Namae, Kudamono, Kudamono no Namae!

#19. Mrs. Beet and Mr. Shh





#20. Wasshoi, Wasshoi!

Wasshoi, Wasshoi, Don, Don, Don. Chikara o Awasete Mikoshi o Mawase, Wasshoi, Wasshoi, Don, Don, Don!





わっしょい、わっしょい!



#21. Five Little Suzume



Five little Suzume, sitting on the Taiko. One flu away and then there were Four.

Tag: Suzume, Suzume, Fly, Fly away.



#22. MEN from MARS

Three green men from planet Mars, traveled here from quite afar. Asked me if I'd feed them, please, so I gave them all green cheese.



火星からきた緑チーズ星人。



うさぎの和ビットさん。

#24. Mr. Wabbit, the Rabbit

#25. Stop and Go Game!

Drum-2-3-4-5-6-7-8

Walk-2-3-4-5-6-7-8

Rest+2-3-4-5-6-7/8

#26. Forte and Piano Game! #27. Yama-Oroshi

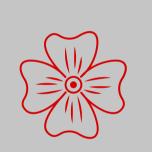














#28. Tigers at My Door!





5-6-7-8 "Hey let's roar and stay up late."



1-2-3-4 Rabbits at My Door! 5-6-7-8 "Hey let's hop and stay up late."



5-6-7-8 "Hey let's bark and stay up late."



1-2-3-4 Spiders at My Door! 5-6-7-8 "Hey let's sleep. It's getting late."



#29. Atama, Kata, Hiza, Pon!





Atama, Kata, Hiza, Pon, Hiza, Pon! Atama, Kata, Hiza, Pon! Me, Hana, Kuchi





#30. Mae, Ushiro, Yoko



#31. Buckle My Shoe



1-2 Buckle my Shoe, 3-4 Shut the Door, 5-6 Pick Up Sticks, 7-8 Lay Them Straight, 9-10 A Big Fat Hen!







Steady beat, fast, slow, loud, soft 🕼









There was a farmer, had a dog
And Bingo was his name-o!
B-I-N-G-O, B-I-N-G-O, B-I-N-G-O
And Bingo was his name-o!









Five little monkeys jumping on the bed
One fell down and bumped his head
Mama called the doctor, and the doctor said
"No more monkeys jumping on the bed!"





#34. Skip To My Lou

Skip, skip, skip to my Lou, Skip, skip, skip to my Lou, Skip, skip, to my Lou, Skip to my Lou, my darlin.

Variations:



1. Find your Taiko, skip to my Lou.



2. Change your Taiko, skip to my Lou.



#35. Mawase Mawase

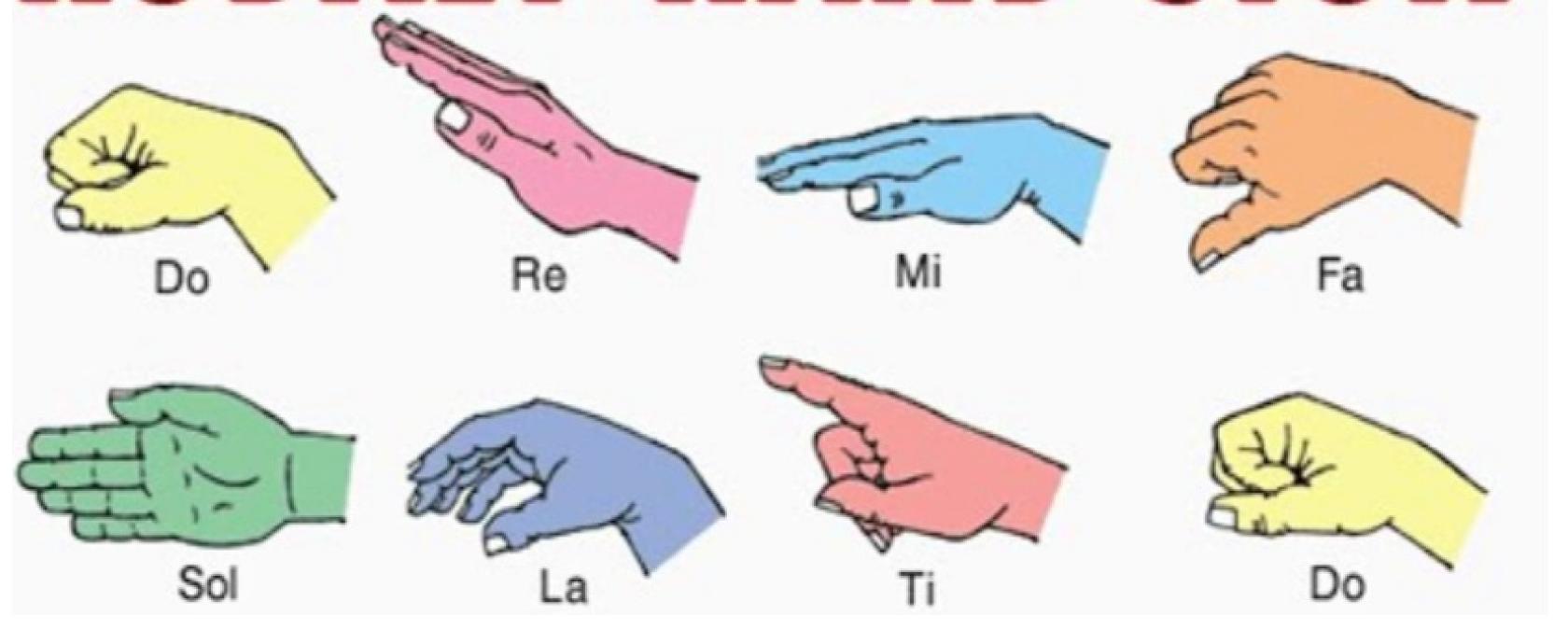


Mawase, mawase yo, dondon mawase, Gu, Choki, Pa, doreka na?





#36. KODALY HAND SIGN



#37. Marui Tamayo

Marui Tamago ga Pachin! to warete, naka kara Hiyoko ga Piyo, Piyo, Piyo. Ah, Kawaii, Piyo, Piyo Piyo.





Kaeru: Gua, Gua, Gua

Kani: Choki, Choki, Choki

Kame: Peta, Peta, Peta





#38. If You're Happy
And Know't Play Your Drum

If you're happy and you know it play your Drum,
If you're happy and you know it, then walk
around the drum if you're happy and you
know it play your drum!

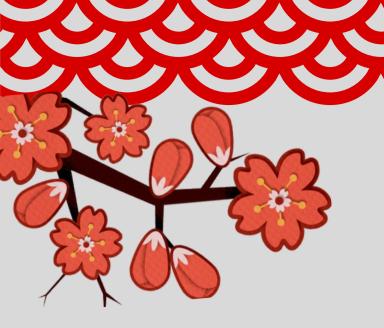


#39. Shepard, Count Your Sheep

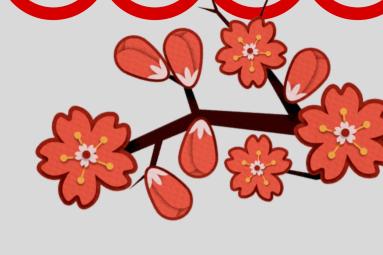


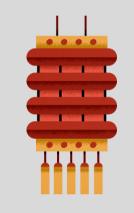
Shepard, count your sheep, as they fall asleep, gentle Shepard, singing songs so sweet.





#40. Mochi's Journey Up the Mountain



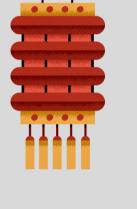


Begin with the lowest position. Pretend you are carrying a big Mochi up a tall mountain. Say aloud the music alphabet, A-B-C-D-E-F-G

Stop on each G so that we can "catch our breath."

Keep saying the music alphabet aloud as you climb.

Play drum Yama-Oroshi"





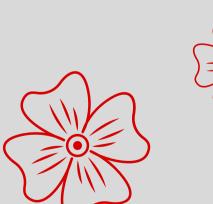


Sing Yasai no Namae:
Maki-Sushi tsukuro, maki-maki,
Maki-Sushui tsukuro.

Maki-Maki-Maki (roll over) Hai, dekita!



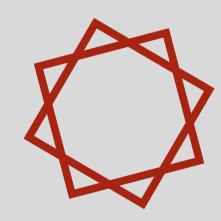
Origami and Taiko Game!







Wendy the Wheal, moves her big tail, deep down and low, Wendy the wheal moves her tail.



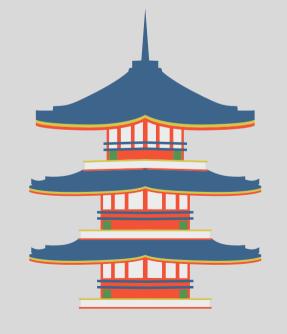
Whale Jump!
Flamingo
Gu-Choki-Pa





#43. Asa no Aisatsu

Asa no Aisatsu, Ohayo, Minna Genki ni Ohayo, Migi-Te to Hidari-Te, Don, Don, Don!



Variations

Ohiru no Aisatsu, Konnichiwa. Yoru no Aisatsu, Konbanwa.





What's in the Honey Pot, Gooey and sweet?

Little honey bees have had a treat.

Busy, buzzy, uzzing, Honey bee fun!



#45. Mouse Rhythms

- 1. Mr. Mouse runs through the house and this is what I hear. SQUEAK!
- 2. Hurry, scurry, Mr. Mouse and this is what I hear. SQUEAK!
- 3. Down the stairs, behind the chairs, and this is what I hear. SQUEAK!
- 4. Clock is dinging, mouse is singing, and this is what I hear. SQUEAK!

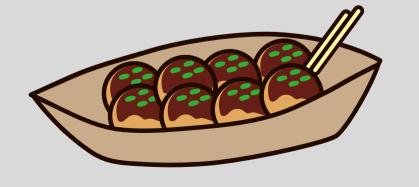


#46. Octobus or Koala

Who are you, What are you, eating from the tree? Who are you, What are you, swimming in the sea?



Tap the rhythm with your Sensei.
Set a slow, steady beat by saying "1-2 ready go."
Once you begin to play, keep going.















#47. Musumde, Hiraite









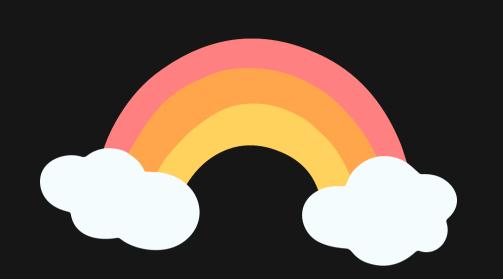












#53.Himitsu no Takaramono





