

NOTES



Back-Pocket Music & Movement Games



Rhyme & Reason
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Rhyme & Reason

MUSIC & MOVEMENT PLAY

YOU WANT ME TO SING IN FRONT OF SCHOOL-AGERS?!

The benefits of making music together are many and varied. Beyond establishing 'whole brain activation' in the individual, it bolsters social belonging and cohesion in the group. Similarly, watching adults model the playful, creative, vulnerable use of music helps children's willingness to do the same, keeping open the window of opportunity to develop music, math, language, literacy, and movement skills beyond what our current social climate sometimes allows for.

“THE POWER OF MUSIC AND THE PLASTICITY OF THE BRAIN GO TOGETHER VERY STRIKINGLY, ESPECIALLY IN YOUNG PEOPLE” – DR. OLIVER SACKS

Remember:

It doesn't really matter what you sound like, whether you think you're tone deaf or have two-left feet. In fact, it's maybe *better* that you do; being vulnerable in imperfection is a much more open invitation to older children than showing unrealistic or unmatchable skills!

CALL & RESPONSE SONGS

Funky Chicken



Call: Let me see your 'Funky Chicken'

Response: What's that you say?

C: I said, "LET ME SEE YOUR 'FUNKY CHICKEN'"

R: WHAT'S THAT YOU SAY?

C: I said 'ooh, ahh ahh, ah ooh ahh ahh, ah ooh, ahh ahh ahh ooh!' One more time now! 'ooh, ahh ahh, ah ooh ahh ahh, ah ooh, ahh ahh ah ooh!'

Repeat with various volunteer callers representing various moves

Hum-tee-dum-tee



Hum-tee-dum, hum-hum-tee-dumpty-dumpty

Hum-tee-dum, hum-hum-tee-dumpty-dumpty

Jack and Jill went up the hill to fetch a pail of water

Jack fell down and broke his crown and HUH! AIN'T THAT FUNKY NOW?! Hum-tee-dum... etc

Alternate: "Sing a song, sing a song, a song now..."

If a player cannot rhyme or sing (without repeats) within a few seconds they pick a player to join up with, until eventually there are two teams competing for victory!

Show Us How You Get Down



C: "Hey _____!"

_____: "Hey what?"

C: "Hey _____!"

_____: "Hey what, hey what?!"

C: "Show us how you get down!"

_____: "No way!"

C: "Show us how you get down?"

_____: "Okay!"

All: D-O-W-N, SHOW US HOW YOU GET DOWN!

D-O-W-N, SHOW US HOW YOU GET DOWN!

ACCOMMODATIONS

Some things to consider in music and movement play:

- Not everyone can or will 'dance', but everyone can MOVE
- Not everyone hears or vocalizes, but everyone can PARTICIPATE
- Not everyone will join, but intent participation relies on OBSERVATION
- Not everyone will be enthusiastic about this type of play; watch for and respect a 'NO' when you hear it or see it in body language: ENTHUSIASTIC CONSENT IS A MUST
- Universal Design for Learning means ACCOMMODATIONS are likely to meet multiple needs

ENVIRONMENTAL ACCOMMODATIONS

- Space control (Indoor/Outdoor, Enclosed/Open)
- Visibility (Audience/Privacy)
- Volume control (Quiet/Loud)

PHYSICAL AND COGNITIVE ACCOMMODATIONS

- **Non-sighted, Low Vision** Rhythmic, vibrational, clear language
- **Deaf, hearing Impaired** Rhythmic, vibrational, gestural
- **Limb Differences** Lyrical, modified percussion (ie: snaps or taps instead of claps)
- **Limited Mobility, Chair User** Lyrical, seated adaptations, modify language, warming-time (pre-ideate)
- **Non-verbal, Selectively Verbal** Rhythmic, vibrational, percussive
- **Attention and Energy Differences** Modifications and in-out participation (joining and re-joining)
- **Language Learning** Gestural, incorporate multiple languages

INSTRUCTIONAL ACCOMMODATIONS

- Oral, Written, and Visual
- Competition and Elimination vs Collaboration and Encouragement
- Time to ideate and pre-plan before being called-on, to eliminate panic

OVERVIEW OF PROGRAMS

Circle Games

- **Boppity Bop**
- **Ride the Pony**
- **Beaver Tails/Taps**
- **Big Boogie**

Call & Response Songs

- **Funky Chicken**
- **Hum-tee-dum-tee**
- **Show Us How You Get Down**
- **Feesta! Fasta!**

Accommodations

- **Environmental**
- **Physical and Cognitive**
- **Instructional**



ALTERNATIVES TO ELIMINATION

Rethink 'competitive play'

Having games wind down naturally as players are eliminated is a great way to create some logical boundaries on game-play. Try to reframe "being out", "being eliminated" and "losing" as something 'bad' and instead as an inherent part of gameplay. Play is a safe way to learn how to face disappointment with grace so we have the skill in real life. Prepare children prior to play that elimination is a part of the game, and brainstorm what to do when eliminated. Review expected behaviours. Acknowledge and validate strong reactions, and guide to appropriate expressions. Model light-hearted or humorous eliminations and good sportsmanship when you, yourself are eliminated. Keep the energy fun and lively.

Alternatives to elimination:

- **Switch Roles** (can the most recently-eliminated player have a role as a caller? Up to three people can usually collaborate to call; three or more can start their own secondary game beside the initial game)
- **Three Lives** (can players have 'multiple lives', as in video games? Making sure the first person out the *first* time isn't the first person out *every* time goes a long way to reassuring feelings of ability and aptitude)
- **Limbo/Stasis/Hospital** (can another player 'redeem' or 'save' someone back into the game?)
- **Countdown** (can a player have a stoppage clock but are allowed back 'in' after a short time?)
- **Turncoat** (can a player become a 'distraction' to other players as an increased challenge in a way that is still fun for everyone?)

CIRCLE GAMES

Boppity Bop



A collaborative, build-as-you-go, community story game. 1 caller, 3 initial rules, cumulative fun. Modify for program plans, themes, interests and culture.

- Bop
- Boppity Bop
- Toaster

Ride the Pony



Ride, ride, ride the pony
Ride, ride, ride the pony
Ride, ride, ride the pony
This is how it goes:
Front-to-front-to-front my pony
Back-to-back-to-back my pony
Side-to-side-to-side my pony, this is how it goes!

Beaver Tails/Taps



Modifying for body needs, players lie stomach-down in a circle, interlocking their arms. A tap is sent around the room: single taps go clockwise, double taps go counter-clockwise. First error, lose a hand, second error flip onto back and pat your stomach as a distraction to other players (but not the floor!) Last player is the champion!