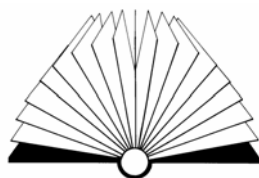


# How to Kit

## Music and Literacy



### **NWT Literacy Council**

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## Other *How to Kits* & Literacy Activities

This *How to Kit* was developed to help organizations celebrate NWT Literacy Week. This is one in a series of *How to Kits* available to download on the NWT Literacy Council website at [www.nwt.literacy.ca](http://www.nwt.literacy.ca).

### *How to Kits* developed to date:

- 1-2-3 Rhyme With Me
- Book Making
- Books in the Home
- Community Book Swap
- Culture and Traditions
- Election
- Environmental Print Games
- Facilitating a Workshop
- Family Literacy Activities Night
- Family Reading Party
- Games Night
- “Get Caught Reading” and other literacy promotion ideas
- Involving Families in Children’s Learning
- Literacy Activities for Holidays – Thanksgiving, Halloween, Christmas, Valentine’s Day, Easter, Birthdays
- Literacy Games for Adults
- Literacy Treasure Hunt
- Puppet Making
- Pyjamas and Book Party
- Readers Theatre
- Reading Circles and Story Extenders
- Scattergories
- Storytime on the Radio
- Talking Books
- Writing Contest
- Love You Forever
- Picture and Word Bingos
- Literacy Games
- Read for 15 Community Activities

### Other activities:

- Literacy Bingos
  - Reading Bingo
  - Picture Bingo
  - Word Bingo
  - Plain Language Bingo
- Memory Game
- Learning Activities Cards
- Baby Book Project
- My Family Booklet
- On the Right Track

Please feel free to photocopy and use these activities in your programs and adapt them to meet your needs.



## Music and Literacy

Interested in new and exciting ways to promote literacy with parents and young children? Music and literacy is a great way to promote movement, language, literacy and learning. In this kit, you will find:

- ✓ Information on how you can use music to promote literacy
- ✓ Ideas for making musical instruments
- ✓ Ideas for making props
- ✓ Some fun children's CDs
- ✓ Books based on songs
- ✓ Books for adults



## **Music, Movement, Learning and Literacy**

Children love to sing and move and experience the joy using their bodies. They love to wiggle, jump, crawl, dance, and climb. They love to clap, tap, rhyme and sing. Children naturally enjoy music which is why it is the perfect way to inspire learning.

### **Music is excellent for children's development**

It's true that activities and games that involve music are guaranteed to be fun. That alone is a great reason to include music in your program. But along with the fun, musical activities help brains and bodies grow. Through music children learn and improve skills that are important in all areas of development. Children develop their literacy, reading, and math skills, as well as their social and personal skills. Music and musical activities bring together all aspects of balanced development and give children a strong sense of self confidence.

### **Sing to your child**

The first music your child will likely hear will probably come from you. No matter how you think your voice sounds, it's the most beautiful voice your child will hear. Sing to your child as you rock, walk, change, bathe, feed, and play together.

### **Physical development**

Dancing and moving to music helps children develop spatial awareness, coordination and muscle control. When they make and play musical instruments, and make sounds like clapping and tapping, children develop their fine motor skills in their hands and fingers.

### **Communication skills**

Musical activities also help children develop communication skills. When you sing songs again and again or repeat a repetitive chant, you help children build up their confidence in using language. You also help them learn and remember new words. Listen to music or create music together on your instruments and talk about how it sounds and how it makes you feel. When you do this, you



## Music and Literacy

create an opportunity for children to express themselves, their emotions and their feelings.

### **Creative development**

Use music and musical activities to encourage children to use their imaginations, to communicate and to express their ideas. Help them recognize and express their emotions.

Using musical instruments lets children express themselves in ways other than speaking. When children have activities that let them be creative they have another avenue to develop their self-confidence and self-esteem. Healthy self-esteem and confidence help children in all aspects of their life and build a strong foundation for learning.

### **Personal development**

When you do singing, rhyming, and action activities you encourage children to listen closely. They learn about concentration, coordination, goal setting, and cooperation.

Musical activities also give children the chance to find out that music can be shared and enjoyed by everyone regardless of age or ability. Listen to music from other countries and cultures. Help children become aware of other cultures and places in the world. Help pass along a sense of curiosity and respect for differences.

### **Social development**

Musical activities also help children to develop their social skills. They learn to take turns, to work together, and to share.

When you include music and musical activities in your program, you help to create new and enjoyable experiences for parents and their children to enjoy each other in new ways. With singing and dancing you are creating another opportunity to strengthen the bond between children and their caregivers.



## **Language and literacy**

Singing and chanting repetitive songs and rhymes help to build up confidence in using language and help children to remember new words. Children also build the skills of listening, concentrating and recognizing different sounds, all of which are essential skills to learning and using language.

## **Math**

Math is a part of music too. Counting songs help children learn their numbers, and also teach about sequencing and order. When children hear and repeat a clapping pattern, they are using skills that are related to math.

Also, there are many opportunities to use math concepts when you make musical instruments. For example, measuring, counting, and sorting.

## **Exploration and life long learning**

Including music and movement in your program opens up many new opportunities to show children the fun involved in learning new things. Share the joy of life long learning. Show children by example. Be excited. Be curious. Ask questions. This helps lay the foundation for a child's own self-motivated learning throughout their life. Use everyday objects in new and unusual ways. Explore new ways of using your voice. Manipulate things to see what new noises and sounds can be made. These are all exciting ways to learn about the world while making music and having fun!



## **Help children develop thinking skills\***

Children develop thinking skills by:

- ✓ Completing patterns
- ✓ Pretending
- ✓ Using their senses
- ✓ Playing memory games
- ✓ Doing puzzles
- ✓ Sorting things
- ✓ Noticing similarities and differences
- ✓ Dramatizing
- ✓ Answering “what if” questions



## **Help children develop social skills\***

Children learn social skills by:

- ✓ Sharing
- ✓ Taking turns
- ✓ Pretending together
- ✓ Cooperating
- ✓ Helping each other
- ✓ Expressing their feelings





## **Help children develop fine motor skills\***

Children develop fine motor skills by:

- ✓ Gluing
- ✓ Lacing
- ✓ Drawing
- ✓ Tearing
- ✓ Cutting
- ✓ Stacking
- ✓ Tracing
- ✓ Sewing



## **Help children develop gross motor skills\***

Children develop gross motor skills by:

- ✓ Jumping
- ✓ Running
- ✓ Twisting
- ✓ Climbing
- ✓ Walking
- ✓ Throwing
- ✓ Catching
- ✓ Skipping
- ✓ Balancing
- ✓ Bending
- ✓ Bouncing a ball
- ✓ Dancing



## Help children learn language\*

Children learn language by:

- ✓ Singing songs
- ✓ Imitating sounds
- ✓ Making rhymes
- ✓ Asking questions
- ✓ Answering questions
- ✓ Listening
- ✓ Explaining
- ✓ Doing finger plays
- ✓ Pretending
- ✓ Explaining their ideas
- ✓ Describing things
- ✓ Comparing things
- ✓ Telling stories
- ✓ Sharing books
- ✓ Following directions
- ✓ Describing patterns
- ✓ Playing make believe



## **Help children learn about math, space and time\***

Children learn about math, space and time by:

- ✓ Sorting things
- ✓ Putting things in order
- ✓ Counting
- ✓ Recognizing numbers
- ✓ Doing puzzles
- ✓ Grouping things
- ✓ Matching things
- ✓ Making patterns
- ✓ Creating charts and graphs
- ✓ Drawing and labelling shapes
- ✓ Talking about more and less
- ✓ Talking about above and below, under and over, on top of, underneath, and beside

\* From *Families at School: A Handbook for Parents* by Adele Thomas, Lynn Fazio and Betty Stiefelmeyer



## **Make some instruments**

This section gives instructions on how to make 13 different kinds of musical instruments using everyday material.

### **Important Reminder!**

Many instruments included in this *How-to-Kit* use very small objects. For example, popcorn kernels, dried beans, small jingle bells, and other small items.

These can be a choking hazard to small children.

Please be sure to keep all small items away from younger children. Please be sure to tape or glue pieces together well so that instruments do not break open and small items inside do not spill out.

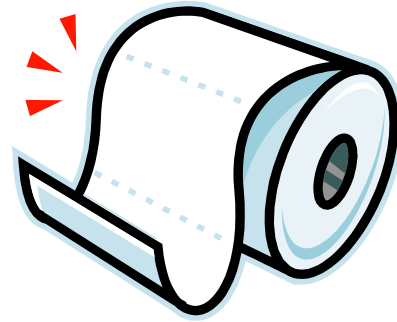


# Toilet Paper Roll Kazoos

A kazoo is a simple instrument that makes a buzzing sound when you hum or sing into it.

## You will need

- ✓ toilet paper rolls
- ✓ elastics
- ✓ wax paper
- ✓ markers
- ✓ glue
- ✓ blank paper



## Instructions

1. Cut the blank paper to size so that it fits around the toilet paper roll.
2. Decorate the paper with the markers or skip the paper and decorate the roll directly.
3. Cut the wax paper into a 4" x 4" square.
4. Attach the wax paper to one end of the tube with an elastic.
5. Hum or blow into the other end of the tube and listen to the sound you make. Change how hard you blow or buzz your lips to get different sounds.



# Make a Rain Stick

## You will need

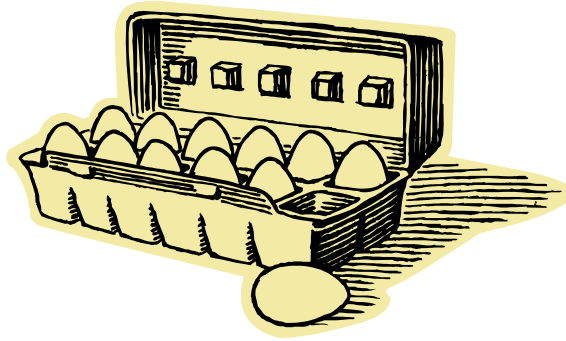
- ✓ one long wrapping paper tube - use its full length or cut it in half
- ✓ beans, lentils, rice, popcorn, beads and bells
- ✓ pipe cleaners
- ✓ blank paper
- ✓ markers
- ✓ glue stick
- ✓ cardboard egg cartons
- ✓ tape
- ✓ optional: feathers, ribbon, wool

## Instructions

1. Cut the blank paper to fit around the outside of your tube. Colour and decorate anyway you wish.
2. Knot together a good length of pipe cleaners and curl them so they will fit inside your tube. You want it long enough and wound tightly enough so it will restrict the flow of the “noise makers” and cause a delayed sound.
3. Cut out two egg cups from a cardboard egg carton. These will be used as the ends of your rain stick. Colour or decorate them if you wish.
4. Start by placing your wound pipe cleaners in the tube. Attach one end with a piece of tape and once you have successfully pushed your length of pipe cleaner through, secure it at the other end with another piece of tape.
5. Pour in your choice of noise makers. Use a variety. This will help in giving it a slower, more delayed sound. Don't fill the tube too full. Add just enough to give it a nice sound.
6. Close the open end with the second egg cup and secure it with tape.



7. Glue on your decorated paper.
8. If you choose to, add an elastic band or string attached to your feathers, braided wool, or ribbons.



Use your rain sticks when singing songs about rain.

**For example:**

### **It's Raining, It's Pouring**

It's raining, it's pouring;  
The old man is snoring.  
Bumped his head  
And he went to bed  
And he couldn't get up in the morning.





### **Rain, Rain, Go Away**

Rain, rain, go away  
Come again another day;  
Little Johnny wants to play.

### **Itsy Bitsy Spider**

Itsy Bitsy spider  
Climbed up the water spout;

Down came the rain  
And washed the spider out;

Out came the sun  
And dried up all the rain;

And the Itsy Bitsy spider  
Climbed up the spout again.



## Tambourine

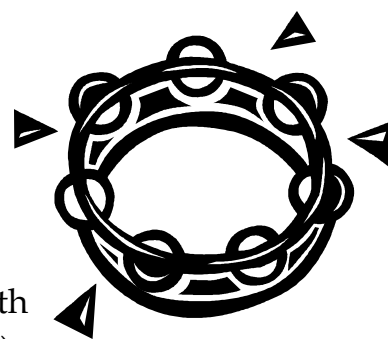
Use the tambourine for any songs to jingle out a rhythm.

### You will need

- ✓ two paper plates, large or small (Royal Chinette is best)
- ✓ a hole punch
- ✓ string or yarn
- ✓ bells
- ✓ marker

### Instructions

1. Colour the undersides of the plates. Do any sort of design or decorations you wish.
2. To assemble the tambourine, place the plates together with the “top” of the plates (the surface you’d normally eat on) together.
3. Punch holes around the outside rims of both plates. Be sure the holes line up.
4. Thread the string or yarn through the first hole and string the bell or bells.
5. Continue until you have gone all the way around.
6. Tie the ends together tightly.



# Shakers

From: <http://www.ecewebguide.com/instruments.html>

These work just as well without the popsicle stick handle. Just use them as hand shakers in your fist. If you choose not to add the handle, you don't need to cut the slit in the lid.

## You will need

- ✓ film containers and lids\*
- ✓ popcorn kernels, rice, lentils or beans
- ✓ hot glue gun
- ✓ a sharp knife
- ✓ popsicle sticks
- ✓ blank paper
- ✓ markers
- ✓ glue stick

## Instructions

1. Cut blank paper to fit around the film canister. Colour and decorate it as you wish.
2. Use a sharp knife to cut a small slit in the lid.
3. To assemble the shaker, glue your paper around the film canister using a regular glue stick.
4. Fill the canister 1/3 full with your choice of noise makers.
5. Glue gun the lid securely on the canister so that it will not come off. An adult should do this part as you will need to apply it carefully. Hold the lid down for a few seconds.
6. Insert the popsicle stick into the slit on the lid. Hold it by the stick and shake, shake, shake!



## Celebrate Literacy in the NWT

**\* No film containers?** *Use plastic soft drink bottles. Have the children paint the outsides of them with brightly colored paint. Fill each one with a different size "rattle object" - beans, rice, pebbles, etc. Screw the lids back on and you have great shaking instruments.*



# Make a Coffee Can Drum

From [www.kinderart.com](http://www.kinderart.com)

Drums are an important part of life and ceremony in many cultures. Here is a simple method for you and your students to create a fun sounding drum as you celebrate the cultures of the world.



## You will need

- ✓ an empty coffee can with a plastic lid (small, large, whatever you have).
- ✓ construction paper, glue & scissors.
- ✓ paint or markers.
- ✓ paintbrushes & water.
- ✓ wooden dowels or sticks from trees in the park.
- ✓ string, leather, feathers, beads ... any bits of scrap material you might have.

## Instructions

1. You have two options here. Either paint the coffee can with paint or cover the can with construction paper. Leave the plastic lid on the coffee can ... this will be your drum head.
2. If you cover the coffee can with construction paper, you can paint or draw designs and creatures on the coffee can. Have a look at pictures of different kinds of drums and the images found on them. (Try covering the can with aluminum foil for a neat effect.)
3. After the paint is dry, you can glue all sorts of wonderful things to your drum.
4. Using wooden dowels or simply wooden sticks, drum away on your new coffee can drum.
5. Older students may want to try pounding the bottom of the coffee can with a rubber mallet to make a Caribbean-style steel drum.



# Coffee Can Bongos

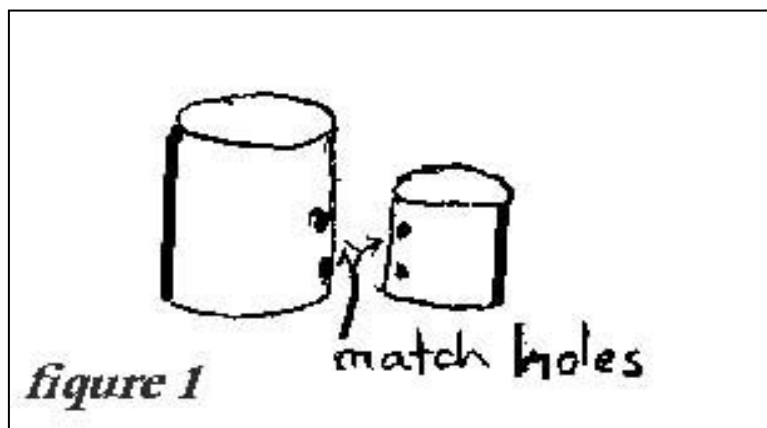
From: <http://www.mudcat.org/kids>

## You will need

- ✓ two coffee cans of different sizes with lids,
- ✓ 2 wing nuts,
- ✓ 2 bolts
- ✓ a nail
- ✓ a can opener

## Instructions

1. Open both ends of the cans.
2. With a nail punch 2 holes in each can. Put the holes in a straight line one on top of each other. Line them up so that the bolts will go from one can into the other.
3. Put the bolts through the holes and add the wing nuts to secure them.
4. Decorate the drum bodies if you want to.
5. Add the plastic lids for the drum heads.



## Make a Garden Hose trumpet

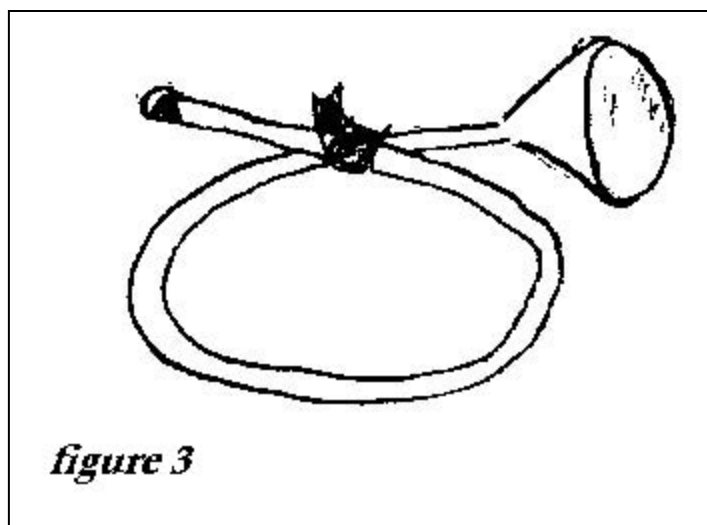
From: <http://www.mudcat.org/kids/>

### You will need

- ✓ a piece of garden hose
- ✓ a funnel or a plastic bottle
- ✓ duct tape

### Instructions

1. Cut a piece of hose about three feet long.
2. Cut a piece of duct tape about four or five inches long.
3. Put the small end of the funnel into the hose, or if you are using a bottle put the neck of the bottle into the hose. Note: The larger the funnel, the louder the sound.
4. Tape it into place.
5. Coil the hose into a circle and hold it in place with tape.



## Make a Mouth Drum

### You will need

- ✓ your hands
- ✓ your mouth

### Instructions

1. Open mouth slightly.
2. Lightly hit your cheeks with your open hands.
3. It works best when your hands are straight and your fingers are together.
4. Try changing the position of the mouth for different sound: opening and closing, tightening lips.





## Make a Clatter Stick

From: <http://www.mudcat.org/kids/>

### You will need

- ✓ a cork
- ✓ a sharpened pencil
- ✓ an unsharpened pencil
- ✓ some metal washers
- ✓ some jingle bells
- ✓ string
- ✓ heavy tape
- ✓ glue

### Instructions

1. Twist sharpened pencil into the cork to make a small hole. Take the pencil out and fill the hole with glue.
2. Put the unsharpened pencil into the hole filled with glue and let the glue dry.
3. Now add the washers and bells. The washers just slip onto the pencil, while the bells get attached with string. Alternate between washers and bells.
4. Once all the bells and washers are on the pencil, wrap enough tape on the end so that the washers and bells don't fall off.



## Make a Comb Kazoo

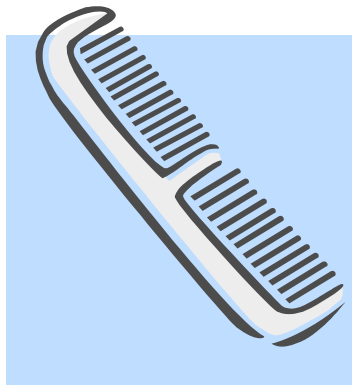
From: <http://www.mudcat.org/kids/>

### You will need

- ✓ a comb
- ✓ some waxed paper or wrapping paper

### Instructions

1. Fold piece of paper in half.
2. Place comb inside the folded paper.
3. To play, hold one end of comb. Place lips slightly against paper. Experiment with different sounds or sing your favourite song.

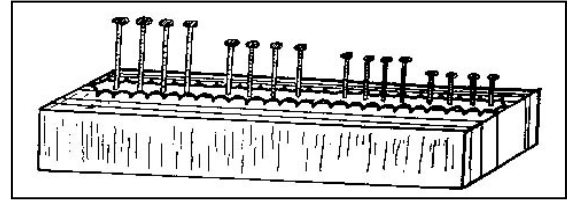


# Make a Nail Rasp

From: <http://www.mudcat.org/kids/>

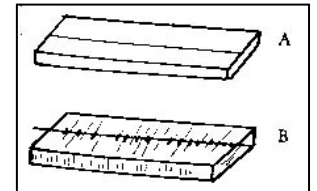
## You will need

- ✓ a block of wood 10" x 2" x 2" (Try to have the grain of the wood going across rather than lengthwise this keeps the wood from splitting when hammering nails).
- ✓ nails of different sizes (16 were used in the diagram)
- ✓ one large nail for strumming
- ✓ a hammer
- ✓ paint or marking pens (optional)



## Instructions

1. Draw a line down the length of the wood in the center (A).



2. Mark off where you will place the nails (B).

3. Group the nails by size (picture C) and hammer into the marked spots.



4. If you wish, decorate the block of wood with paint or markers.
5. Use the large nail to run down the line of nails. The different lengths of nails make a soft sound like a bell.



# Sandpaper Blocks

From: <http://www.mudcat.org/kids/>

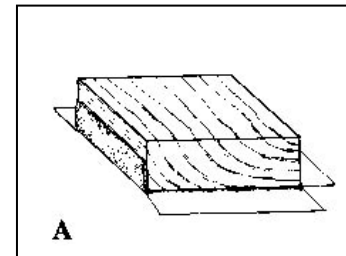
Here is another kind of scraper. Rub the blocks together to make a swishing or a whispering sound. Clap the blocks together to make a louder and more rhythmic effect.

## You will need

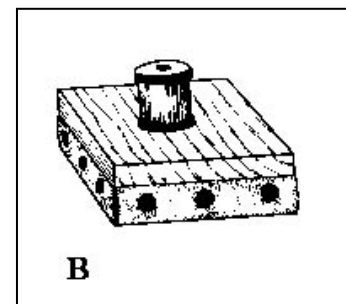
- ✓ two small blocks of wood about 1" x 4" x 5" (the size isn't really important)
- ✓ sandpaper (try out different grades of sandpaper to hear the different effects.)
- ✓ thumbtacks (the flat kind)
- ✓ empty thread spools or other type of knob
- ✓ glue or screws

## Instructions

1. Cover one side of each block with sandpaper. To do this, fold the sandpaper over the edges and fasten it with thumbtacks. Cut the corners so the sandpaper will fold neatly around the block. (*picture A.*)



2. Trim off any extra sandpaper.
3. For handles, glue the thread spools or knobs to the other side of each block. (*picture B.*)



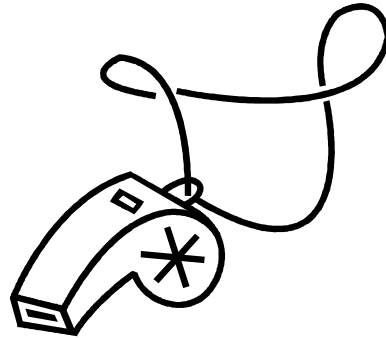
# Make a Clay Whistle

From: <http://www.mudcat.org/kids/>

Work with clay to turn an ordinary whistle into something special.

## You will need

- ✓ salt
- ✓ water
- ✓ flour
- ✓ a small whistle
- ✓ lentils or beads for decoration



## Instructions

1. Mix together in a sauce pan: 1 cup water, ½ cup flour, 1 cup salt.
2. Heat the mixture over low heat. Stir it continually until it is thick and rubbery.
3. Put mixture on a floured surface.
4. Roll half the clay into a ball around whistle. Be careful not to cover the mouthpiece or the opening.
5. Work with the clay. Have fun. Create wings, a heads, or legs,. Make anything you like. Use beads, lentils for eyes or decorations.
6. Allow the clay to dry for a day before blowing.



# Make Some Jingle Bracelets

From: [www.nancymusic.com](http://www.nancymusic.com)

## You will need

- ✓ sewing elastic
- ✓ elasticized gold thread
- ✓ scissors
- ✓ jingle bells



## Instructions

1. Cut the sewing elastic into seven inch lengths.
2. Make bracelets by tying ends in a knot.
3. Use elasticized thread and tie four jingle bells onto each bracelet. Space them equally around the bracelet.



# Make Some Hand Clappers

From: <http://www.ecwebguide.com/instruments.html>

When the children hold onto them and shake them, the "hands" will "clap" together!

## You will need

- ✓ construction paper
- ✓ lids off of frozen juice cans
- ✓ popsicle sticks
- ✓ scissors
- ✓ tape
- ✓ crayons and markers

## Instructions

1. Trace children's hands onto white construction paper. Cut them out.
2. Then let the children color or decorate them however they want.
3. Take two juice lids, one for each hand.
4. Glue one lid onto the backside of each hand.
5. Take two popsicle sticks and tape the upper portion to the backside of each hand.
6. Bring the hands together with the lids facing each other, and the popsicle sticks pointing toward the floor.
7. Tape the two popsicle sticks together near towards the bottom of the sticks.
8. Shake. Shake. Shake.



# Make Paper Mache Fruit Shakers

From: [www.nancymusic.com](http://www.nancymusic.com)

## You will need

- ✓ vegetable spray or cooking oil
- ✓ pieces of fruit, such as oranges, apples, and bananas
- ✓ newspaper torn in to small pieces
- ✓ large tray to catch mess
- ✓ masking tape
- ✓ paste made of 3 parts water to 1 part white glue
- ✓ paints and clear finish material (water-based Polyurethane is recommended)
- ✓ paint brushes



## Instructions

1. Put a thin coating of vegetable spray or oil on piece of fruit.
2. Dip pieces of newspaper in glue or starch, removing excess by pulling paper between fingers.
3. Completely cover fruit with several layers of newspaper. Allow to dry for a couple of days.
4. Cut fruit in half with a serrated knife, and remove fruit and skin. Discard or compost.
5. Put rice or other filler in paper fruit. Use small amount of masking tape to seal halves together.
6. Repeat with several more layers of glue-dipped newspaper, and again allow to dry.
7. You can lightly sand any rough edges before painting. Paint with appropriate fruit colors, and seal with Polyurethane.





# Make Xylophone Water Music

## You will need

- ✓ six glasses
- ✓ food colouring
- ✓ a tea spoon

## Instructions

1. Fill six glasses with different levels of water.
2. For extra fun add a few drops of food colouring to each glass. Create new colours. Demonstrate how:
  - ✓ yellow and red make orange
  - ✓ red and blue make purple
  - ✓ blue and yellow make green
3. Carefully tap each glass with a spoon. Each glass will make a different sound.
4. Challenge the children to listen for the differences. Ask:
  - ✓ Which sound is highest?
  - ✓ Which sound is the lowest?
  - ✓ Ask them to predict how the sound will be affected by the amount of water in each glass.
  - ✓ When we add water how does the sound change?
  - ✓ When we take away water how does it change?



# Make a Tubular Glockenspiel

From: <http://www.mudcat.org/kids/>

The tubular glockenspiel has a brilliant ringing tone. It is made from electrical conduit pipe or any other type of metal pipe.

Making this instrument is a bit of a project. Plan a session or two for parents only and set to work to make it!

## You will need

- ✓ a 10 foot piece of ½ inch conduit or other metal pipe
- ✓ a hack saw
- ✓ foam rubber or felt

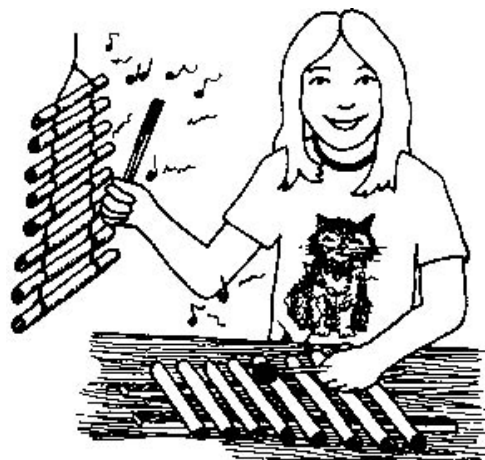
## Instructions

1. With a hacksaw cut your tube to these exact lengths:

11", 10 ¼", 9 ¾", 9 ½", 8 7/8", 8 ½", 7 7/8",  
and 7 5/8".

Now you have a set of tubes already tuned.

2. Set the tubes on two strips of foam rubber or felt.
3. Place the strips under the nodes to allow the tubes to vibrate freely.
4. Make a beater to hit them with by wrapping the end of a scrap of your conduit with three or four layers of tape.
5. Make additional tubes if you like.  
Remember the shorter the tube the higher the pitch will be.



## Make Some Props

Props such as motion wands, bean bags, hula hoops and flowing scarves are easy ways to add fun and learning to your program.

Children get the opportunity to learn new concepts, develop fine and gross motor skills, and use their imaginations.

Plan a parent's night and spend the evening making props.



## Make a Motion Wand

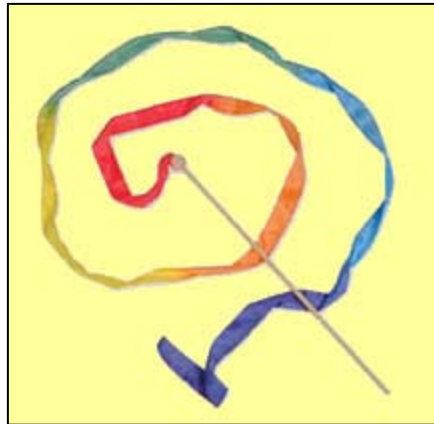
Use these colourful, flowing wands when you are dancing or moving to different songs.

### You will need

- ✓ chopsticks or doweling cut to 12 inches
- ✓ plastic fluorescent surveyors tape in different colours

### Instructions

1. Cut strips of the surveyors tape to different lengths.
2. Choose three different coloured strips of the surveyors tape.
3. Knot the surveyor's tape around one end of each stick.
4. Write each child's name on the wand so that they can find it the next time.



## Make Some Beanbags

Have children practice balancing a beanbag on their heads. When singing songs, throw and catch beanbags on a particular word in the song. Use your imagination and have fun!

### You will need

- ✓ old socks or some fabric
- ✓ dry rice or beans
- ✓ a measuring cup or serving spoon
- ✓ white glue (optional)
- ✓ coloured markers.

### Instructions

1. Pour  $\frac{3}{4}$  to  $1\frac{1}{2}$  cups of rice or beans into a sock. The amount will vary depending on the size of your sock.
2. Shake the rice or beans down to the toe of the sock.
3. Tie a knot working it down so that it is about an inch or two above the filling.
4. For extra protection, run a little white glue along the cracks of the knot and at the top of the knot to prevent fraying.
5. Use different coloured markers to decorate the bean bags.



## Make Some Play Scarves

Having lightweight, flowing, colourful scarves on hand are great for many things. Use them to dance and move to music or use them as make-believe wings.

### You will need

- ✓ lightweight, flowing fabric  
(Nylon is best because it does not need to be hemmed.  
Also it is lightweight and floats well when you toss it or swing it in the air.)

### Instructions

1. Cut or rip the nylon into squares. Make a small cut in the nylon with a pair of scissors, and then simply tear it. Nylon will tear nice straight lines.
2. If you are using stretch nylon you will need to cut it.
3. If you are using another type of fabric you may need to add a hem so that it does not fray.
4. For kindergarten aged children and older make 22" to 36" squares. For younger children make the squares a little smaller, about 18" to 22".



# Make Some Hoops

Adapted from: [www.happalmer.com](http://www.happalmer.com)

Why hoops? Because you can use them in so many ways. For example, ask children to:

- Jump in/out, in front of/behind, to the side of, and around their hoop.
- Use different foot patterns, such as jumping from one foot to two feet, two feet to two feet, two feet to one foot.
- Stand in their hoop and hold it up high above their head, or down low.
- Hold the hoop in their left/right arm, as far away/as close to their body as they can.
- Move the hoop around their body with their hands.



## You will need

- ✓ flexible polyethylene pip (usually at hardware stores or plumbing stores)
- ✓ couplings
- ✓ a sharp knife or hacksaw

## Instructions

1. Cut the pipe with a sharp knife or hacksaw.
  - Four feet of pipe makes a circle about 15 inches in diameter.
  - Six feet of pipe makes a circle about 23 inches in diameter.
  - Eight feet of pipe makes a circle about 30 inches in diameter
2. Make a circle by joining the ends of the pipe with a coupling. Dip the ends of the pipe into warm water before joining the ends together. It will help the coupling slip in more easily.



## Celebrate Literacy in the NWT

- ✓ **Play Musical Hoops:** Lay the hoops on the floor. Play some music. Children move around without touching their friends or the hoops on the floor. When the music stops, children jump into the nearest hoop.
- ✓ **Be Make-believe Bubbles:** Have children hold the hoop at their waist and pretend to be a bubble. Think up ways in which the children can travel. For example, hop, walk, jump, skip, gallop, run.
- ✓ **Pretend to drive a car:** Have the children hold the hoop in front of them like a steering wheel and pretend they are driving a car. Change directions and have the children 'back up' their cars by walking backwards. Practice directions: left, right, forward and backward.





## Some Fun Children's CDs

There are many excellent children's CDs available. Most of the CDs listed here have won awards including Juno awards and parent choice awards. The list below gives you a starting point to find CDs of your own. It is important that the music and songs you choose appeal to you and work for your program. Take some time to listen to music clips from the CDs listed here on your computer.

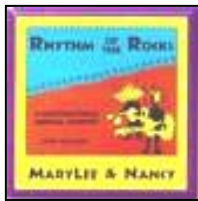


### **Little Songs for Little Me**

by Nancy Stewart

This is a collection of traditional songs. It comes with an activity kit with finger play activities. Finger play helps develop small motor skills, and keep kids interested and involved with the songs.

It also has pre-marked felt cut-outs, lyrics, chords. (Ages 0-5). Listen to song clips, download activities and read about the artists at: [www.nancymusic.com](http://www.nancymusic.com) or <http://pipergrrove.com/maryleemusic/>



### **Rhythm of the Rocks**

by Mary Lee and Nancy

This is a collection of songs from around the world—beautifully performed with acoustic instruments.

(Ages 3 -12). Listen to song clips, download activities and read about the artists at: [www.nancymusic.com](http://www.nancymusic.com) or <http://pipergrrove.com/maryleemusic/>



### **Singin' Sidesaddle**

by Mary Lee and Nancy.

Sing-along songs of the Old West sung in true country style—all acoustic and vocal harmonies.

(Ages 3 and up). Listen to song clips, download activities and read about the artists at: [www.nancymusic.com](http://www.nancymusic.com) or <http://pipergrrove.com/maryleemusic/>





### **Wee Chant**

by Mary Lee and Nancy

Chants, Songs and Lullabies from around the world

(Ages 0 to 103) Listen to song clips, download activities and read about the artists at: [www.nancymusic.com](http://www.nancymusic.com) or

<http://pipergrove.com/maryleemusic/>

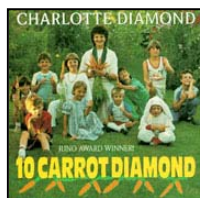


### **Song Of The Month 2CD Collection**

by Nancy Stewart

This two volume set includes all 48 "song of the month" songs that are on her website. It comes with activity pages. Listen to song clips, download activities and read about the artists at:

[www.nancymusic.com](http://www.nancymusic.com)



### **10 Carrot Diamond**

by Charlotte Diamond

Charlotte Diamond is an award winning children's musician. *10*

*Carrot Diamond* is a bestseller. Listen to music clips at:

[www.charlottediamond.com](http://www.charlottediamond.com)

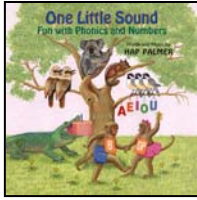


### **So Big**

by Hap Palmer

These easy-to-learn activity songs are designed for pre-school and primary grade learners. They tap children's natural desire to move, sing and make-believe. From a tiny chick curled inside an egg, to the vigorous movements of a galloping pony, a full range of images and movement possibilities are explored. While clapping, stamping, turning, reaching, falling, throwing, catching, bending, twisting, crawling, walking, hopping, running and soaring, the whole child is engaged in developing movement skills, enriching language, experiencing basic math and science concepts, and stimulating imaginative powers.

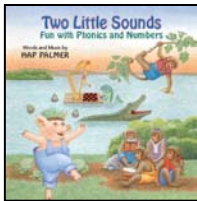




### **One Little Sound**

by Hap Palmer

Here is a fun musical way for children to learn about reading, writing, and mathematics. Phonics and numbers are presented in a meaningful way through rhymes and stories. With hand and finger motions, full body movement, and opportunities for verbal expression, children are fully engaged in the learning process.



### **Two Little Sounds**

by Hap Palmer

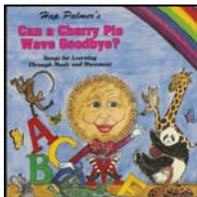
Add fun and variety to reading and math programs with this unique adaptation of traditional favorites. The songs stimulate learning by encouraging children to listen, think, move, and sing. Subjects include letter sounds, word families, alliteration, rhyming, syllables, patterns, addition, subtraction, and number place.



### **Peek-A-Boo**

by Hap Palmer

This CD presents a light hearted look at the world of young children: waking up, eating, using the potty, getting dressed, taking a bath, hearing a favorite bedtime story, and play. The message of self acceptance and pride are woven through out the CD with compassion and humour.



### **Can Cherry Pie Wave Good-Bye?**

by Hap Palmer

Young children learn best by doing and these songs invite active involvement in mastering a range of vocabulary. Music, movement and social interaction come together and celebrate learning. Subjects include colors, numbers, letters, phonics, days of the week, animals, opposites, occupations, and body awareness.

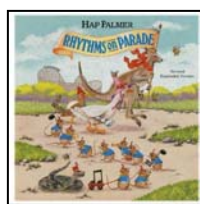




### **Can a Jumbo Jet Sing the Alphabet**

by Hap Palmer

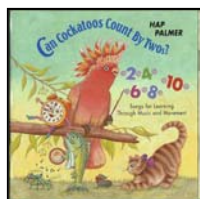
Using a variety of musical styles from around the world, these songs invite active involvement in mastering a wealth of vocabulary and concepts. The joy of moving generates enthusiasm to learn about: shapes, letters, numbers, counting, phonics, fractions, cultural diversity, and creative problem solving.



### **Rhymes on Parade**

by Hap Palmer

Rhythm, melody, and active involvement mean learning with a smile. These songs use an enjoyable combination of music and movement to facilitate comprehension by involving the whole child in thinking, moving, and relating to others.



### **Can Cockatoos Count By Two?**

by Hap Palmer

Twenty four lively songs introduce the joy of rhythm. A variety of playful images help children explore basic musical concepts, expand vocabulary, and develop math and motor skills. Concepts include: loud and soft, slow and fast, rhythmic patterns, note value, counting, rhymes, and alliteration. Includes instructions for making rhythm instruments.

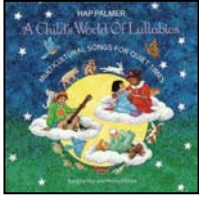


### **Getting to Know Myself**

by Hap Palmer

These movement oriented songs and activities take advantage of a child's natural desire to explore, experience and discover. They help a child name parts of the body, learn the capabilities of each part, develop awareness of space and direction, and identify feelings and emotions. The activities use problem solving, guided exploration, and free exploration. Children are engaged and experience success.

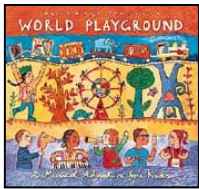




### **A Child's World of Lullabies**

by Hap Palmer

Gentle songs weave a theme of appreciation and respect for the diversity of life. Original songs are combined with lullabies from many lands. Soothing voices accompanied by acoustic guitar, piano, string quartet, woodwind ensemble, and instruments from around the world.



### **World Playground: A Musical Adventure for Kids**

by Putumayo Recordings

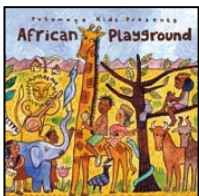
This collection of world music from around the world takes children and their families on an inspiring musical and cultural journey around the world. A trip to the World Playground makes exploring other cultures a fun adventure for music fans of all ages.



### **World Playground 2**

by Putumayo Recording

The musical adventure continues on this follow-up to the award-winning World Playground CD.



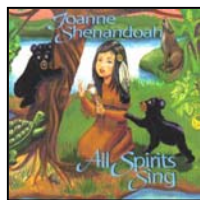
### **African Playground**

by Putumayo Recordings

Travel to Africa, a continent that is rich in music and culture. This CD is filled with great songs by artists from Senegal to South Africa. Children and their families will love the upbeat rhythms and appealing melodies on this musical tour. Parents and educators will appreciate the accessibly presented cultural information and musical fun facts. *African Playground* includes entertaining and informative multi-lingual liner notes, song lyrics, cultural information, a music glossary and colorful illustrations.







### **All Spirits Sing**

by Joanne Shenandoah

Award-winning Iroquois singer and storyteller Joanne

Shenandoah presents this epic musical journey of a young Iroquois girl searching for her own voice and song. Join her in her quest

filled with adventure and magic, as she gets crooned to by the moon, meets a turtle who speaks in "funny riddles", and sings with the wolves. The music offers a beautiful blending of traditional Iroquois chants and Shenandoah's expression of her culture's values through song. There's a warm and humorous message for anyone who has ever felt shy about singing, yet wished more than anything that they could. This CD is an audio journey into a universe of music vibrating to the infinite songs of being.



### **Favorite Pre-K Songs**

by Kidzup Productions

This collection of 25 preschool songs is guaranteed to get everyone singing and learning. Through fun songs and lyrics, children will learn colors, shapes, counting, letter recognition and more.



### **Kindergarten Songs**

by Kidzup Productions

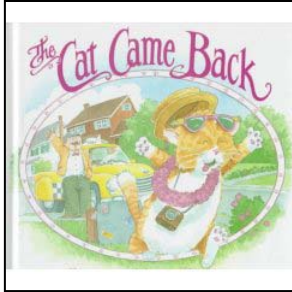
Kindergarten here we come! Kids will have lots of fun learning basic skills through upbeat songs and repetition. It includes 25 songs with lyrics.

Checkout the websites listed below. You will find all of the CDs that have been listed here. You will be able to listen to clips of many songs, print resources, and get some ideas.

- ✓ [www.nancymusic.com](http://www.nancymusic.com)
- ✓ [www.maryleemusic.com](http://www.maryleemusic.com)
- ✓ [www.charlottediamond.com](http://www.charlottediamond.com)
- ✓ [www.happalmer.com](http://www.happalmer.com)
- ✓ [www.putumayo.com](http://www.putumayo.com)
- ✓ [www.joanneshenandoah.com](http://www.joanneshenandoah.com)
- ✓ [www.kidzup.com](http://www.kidzup.com)



## Some Books Based on Songs

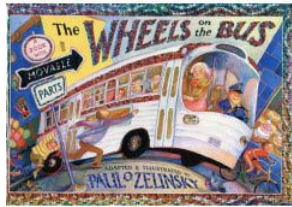


### **The Cat came Back**

by Bill Slavin

This book is based on the traditional song about a cat whose owner can't get rid of him. The cat is sent away again and again, but it always returns. The music for the song is included at the back of the book.

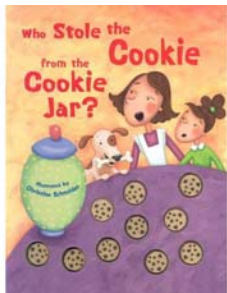
Ages 6-11.



### **The Wheels on the Bus**

by Paul O. Zelinsky

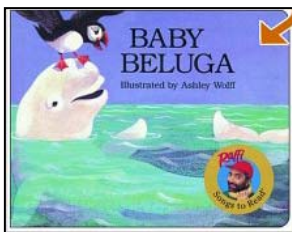
This traditional song is a favorite of children everywhere. It is an interactive book with movable parts, flaps, and wheels that spin. Pull one tab to make the "wipers on the bus go swish swish swish," and another to see the "babies on the bus cry Waah! Waah! Waah!" Ages 3-8.



### **Who Stole the Cookie from the Cookie Jar?**

by Margaret Wang

This is an overall fun book that kids want to read over and over again. I remember playing the "who stole the cookie jar" game as a kid and so the title caught my eye. Like the children's game, this book has a rhythm which is catchy and fun to read.

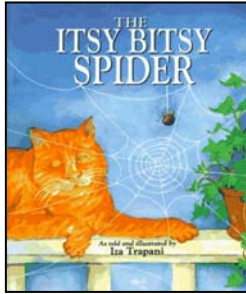


### **Baby Beluga**

by Raffi

Baby Beluga swims wild and free with his mother in the deep blue sea. The story and the song have a rhythm and rhyme that make it easy to remember and sing.





### **The Itsy Bitsy Spider**

by Iza Trapani

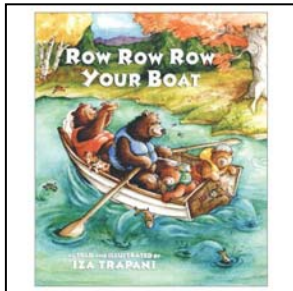
“Up came the sun and dried out all the rain.” Did you think that was where the story ended? In this story the little spider has many more misadventures.



### **There Was an Old lady Who Swallowed a Fly**

by Simms Taback

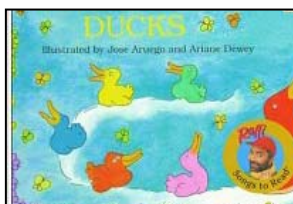
This book is based on the song about the old lady who swallowed a fly. Full of rhymes and humour.



### **Row Row Row Your Boat**

by Iza Trapani

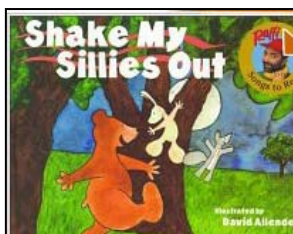
This book comes with a CD in which the words are both sung and read. After a greeting from the author, Trapani and a child sing each verse in the book, The CD can be used as either a lullaby to lull children to sleep or as a read-along to help them improve their reading skills.



### **Five little Ducks**

by Raffi

This is a simple story with bright and cheerful illustrations. A fun counting and quacking book!



### **Shake My Sillies Out**

by Raffi

Fun illustrations of a moonlit night in the woods where both animals and campers are struck by the urge to shake, clap, jump, waggle, and eventually, yawn.



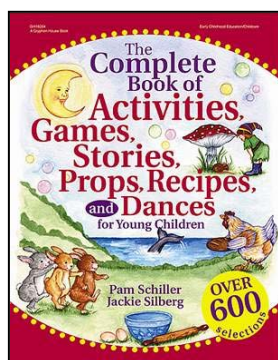


## Some Books for Adults

There are many excellent books available to help parents, and teachers have fun while teaching and learning through music, movement and dance. You do not need any special training. You don't need a fabulous singing voice either. There are books and CDs available for all ages and stages of a child's development.

Here are a few to get you started.

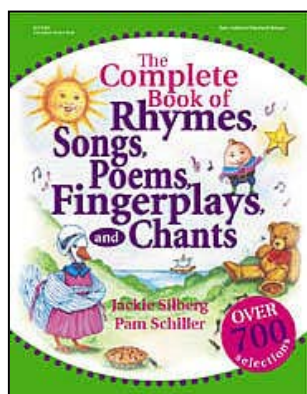
**Have fun!**



### **The Complete Book of Activities, Games, Stories, Props, Recipes and Dances**

By Jackie Silberg and Pam Schiller

*The Complete Book of Activities, Games, Stories, Props, Recipes, and Dances*, is an excellent resource by best-selling authors Jackie Silberg and Pam Schiller. There is a materials index, theme connection index, and a thematic chart that explains how to use the selections in the book to round out any curriculum.

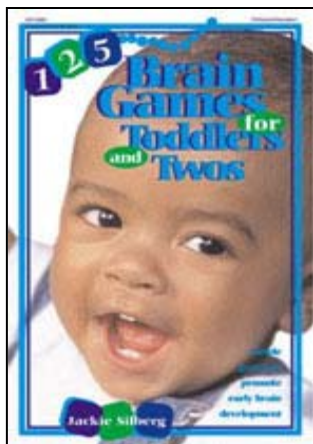


### **The Complete Book of Rhymes, Songs, Poems, Fingerplays and Chants**

By Jackie Silberg

There are more than 700 rhymes, songs, poems, fingerplays, and chants for children ages 3 to 6 in this book. Children will have fun with sounds of language as they build a strong foundation in skills such as listening, imagination, coordination, and spatial and body awareness.

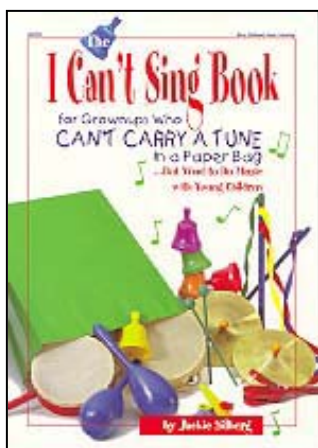




### **125 Brain Games for Toddlers and Twos**

By Jackie Silberg

A young child's brain grows at a phenomenal rate in the first years of life. This book is a fun-filled collection of ways to lay the groundwork for your child's future. It is packed with everyday opportunities to contribute to brain development during the critical period from 12-36 months. Each game is accompanied by information on related brain research and a description of how the activity promotes brainpower in your child.



### **The I Can't Sing Book**

By Jackie Silberg

For grownups who feel they can't sing but want to do music with young children. There are excellent easy to do activities that help any adult show children the magic of hearing and making music. There are activities that use music to develop language skills, listening skills, motor skills.

