

**It's action time-let's
MOVE!**

By Henry "Buzz" Glass

TRACK #1**SNEAKY SNAKE - Action Song and Pantomime**

Formation: Series of lines facing forward; scattered informally facing forward; or a single circle.

Music: SNEAKY SNAKE (4/4)

MEASURES	WORDS	ACTION
PART 1		
1-2	Boys and girls take warning,	In place, step LRL hold and RLR hold.
3-4	if you go near the lake	In place, step LRL hold and RL hold.
5-8	Keep your eyes wide open and look for Sneaky Snake.	FREELY PANTOMIME: Look on both sides, front and back, between legs. Twist and turn looking for the snake.
9-16	Now maybe you won't see him, Maybe you won't hear. But he'll sneak up behind you And drink all of your root beer.	Repeat actions of measures 1-8.
1-8	And then Sneaky Snake goes dancing, wiggling and a-hissing, Sneaky Snake goes dancing, A-giggling and a-kissing	Extend joined hands overhead and freely bounce or jump about on both feet, turning and moving at random. Wiggle hands, head, hips, shoulders, etc., while bouncing.
9-16	I don't like old Sneaky Snake, He laughs too much you see. When he goes wiggling through the grass. It tickles his underneath.	<i>Twist</i> freely in place, side to side, wiggling body at the same time. Or, hold hands at waist level and glide them alternately sideward left and right, 2 counts on each side.
PART 2		
1-8	Well, Sneaky Snake drinks root beer, And he just makes me sick. When he is not dancing, He looks just like a stick.	Repeat all of the actions of Part 1.
9-16	Now, he doesn't have any arms or legs, You cannot see his ears. And while we are not looking, He's stealing all of our beer.	
1-8	And then Sneaky Snake goes dancing, Sneaky Snake goes dancing, A-giggling and a-kissing.	Wiggling and a-hissing.
9-16	I don't like old Sneaky Snake, He laughs too much you see. When he goes wiggling through the grass, It tickles his underneath.	

TRACK #2

THE HAPPY ROBOT- Movement Exploration

Formation: Scattered informally. No partners necessary.

Music: THE SNYCOPATED CLOCK (4/4)

MEASURES	WORDS	ACTIONS
1-4	Happy robot, I'm your friend. See me move And see me bend.	Do mechanical actions of a robot, e.g.: move arms, head, and shoulders, bend from the waist, lift knee and put it down, bend and straighten arms, look or lean to either side.
5-8	(Repeat words)	(Repeat actions)
1-4	Walk and walk and go around. See me shake, Go up and down.	Walk about with stiff mechanical movements, Turn around. Shake and vibrate body. Move body and body parts up and down.
5-8	(Repeat words)	(Repeat actions)
1-4	I turn my head And wiggle my hands I twist my feet And follow commands.	Turn head. Wiggle hands. Twist feet, e.g., from side to side.
5-8	(Repeat words)	(Repeat actions)
1-4	I hear a noise that says, "Pop! Pop!" My motor says To go and stop.	Turn head and body as if listening to sounds Walk about with stop and go action.
5-8	(Repeat words)	(Repeat actions)

Repeat entire song and actions as described above.

TRACK #3

RIDE, COWBOY, RIDE - Movement Exploration

Formation: A large single circle with space between each person. All face center of circle. No partners necessary.

Music: SKIP TO MY LOU (2/4)

MEASURES	WORDS	ACTIONS
1-8	Ride 'em, cowboy, go, go. Ride 'em, cowboy, go, go. Ride 'em, cowboy, go, go. PARADE now at the rodeo.	(Chorus) Stand astride, legs spread knees bent slightly facing center of circle. Extend hands as if holding reins. Flex knees allowing heels to move up and down as if riding. May pat side as if whipping.
9-16	(Music for 16 counts)	March forward counterclockwise around the ring pretending to hold a flag as in the opening ceremony at a rodeo.
1-8	Ride 'em, cowboy, go, go Ride 'em, cowboy, go, go Ride 'em, cowboy, go, go	(Chorus) Ride in place as above.

9-16	GALLOP now at the rodeo. (Music for 16 counts)	All gallop forward counterclockwise in a circle. Free hand may whip.
1-8	Ride 'em, cowboy, go, go. Ride 'em, cowboy, go, go. Ride 'em, cowboy, go, go. BRONCOS now at the rodeo.	(Chorus) Ride in place as above.
9-16	(Music for 16 counts)	Do bronco-like jumps with free vigorous movement, e.g., jump sideward left and right weaving body and ducking and raising head, or jump up and kick feet in back.
1-8	Ride 'em, cowboy, go, go. Ride 'em, cowboy, go, go. Ride 'em, cowboy, go, go. ROPING now at the rodeo.	(Chorus) Ride in place as above.
9-16	(Music for 16 counts)	Circle right or left hand overhead as if throwing a rope. Circle several times, throw and hold.
1-8	Ride 'em, cowboy, go, go. Ride 'em, cowboy, go, go. Ride 'em, cowboy, go, go. TWISTING now at the rodeo.	(Chorus) Ride in place as above.
9-16	(Music for 16 counts)	Do twisting action as either a Brahma bull or as the rider on the bull.

TRACK #4

DRAWING SHAPES - Action Rhymes/Movement Exploration

Action rhymes are excellent for psychomotor activities as well as creativity. The material provides for a multi-sensory approach to language and reading with visual, auditory, and kinesthetic values.

Formation: Scattered informally in lines or a circle. No partners necessary.

Music: FRERE JACQUES (4/4)

WORDS

Make a circle.
Make a circle.
Move around...move around.
Show it there in action.
Show it there in action.
That's the way...that's OK.

Make a square, etc
Make a triangle, etc.

ACTION

Move in a circular pattern on the floor.

Stand in place and do a circular movement with any body part-head, arm, leg, foot, hand, etc.

Follow the same directions as above drawing the appropriate shapes with

Make a rectangle, etc.

entire body and body parts.

TRACK #5

IMAGINATION - Action Chant/Movement Exploration

Formation: Sitting, kneeling, or standing in any formation; with or without partners or in groups.

Music: TUXEDO JUNCTION (4/4)

MEASURES

WORDS

ACTION

1-8

1. Use your HANDS with imagination.
Use your HANDS as the music plays.
Use your HANDS with imagination
Use your HANDS in many ways.

Explore movement using hands in different ways, e.g., circle, swing, stretch, shake, curve, thrust, roll chop, dig, pound, etc.

9-16

(Music only for 8 measures)

Continue creative movement, e.g., trying different levels, changing force from weak to strong, turning in place.

1-8

2. Use your FEET with imagination, etc.

Explore movement using feet in different ways.

9-16

(Music only for 8 measures)

1-8

3. Use your ARMS with imagination, etc.

Explore movement using arms in different ways.

9-16

(Music only for 8 measures)

1-8

4. Use your FINGERS with imagination, etc.

Explore movement using fingers in different ways.

9-16

(Music only for 8 measures)

1-8

5. Use your KNEES with imagination, etc.

Explore movement using knees in different ways.

9-16

(Music only for 8 measures)

TRACK #6

STICK GAME - SETS OF SEVENS AND THREES-Movement Exploration

Formation: Sitting or standing, scattered informally, in lines facing forward, or in a circle. No partners necessary. Each person has a pair of rhythm sticks.*

Music: SEVEN STEPS (2/4)

Note: Follow the pattern of the music which moves in sets of: 7, 7, 3, 3, 7, 3, 3, 7.

Words

Sticks can hit and sound like this.
Sticks can hit and sound like this.
Click, click, click,
Click, click, click,
Sticks can hit and sound like this.

Actions

Strike sticks high seven counts.
Strike sticks low seven counts.
Strike three times left.
Strike three times right.
Strike seven times at chest level.

Click, click, click,
Click, click, click,
Sticks can hit and sound like this.
(Repeat 5 times)

Strike three times left.
Strike three times right.
Strike seven times at chest level.
Create combinations in place

**Rhythm sticks may be made of plastic tubes, rolled newspapers fastened with masking tape, wooden rhythm sticks, or doweling. Sticks may be from 12-18 inches in length.*

TRACK #7

THE HAPPY FARMER - English Singing Game.

"The Happy Farmer" depicts the complete growing cycle. It is excellent for movement exploration and also for science activities and reading and language experiences.

Formation: Children are huddled on the floor and scattered at random. One child is the farmer and moves about pretending to scatter the seed, one child is the sun and the others are the wind, rain, and corn.

Music: THE HAPPY FARMER (6/8)

MEASURES

WORDS

ACTION

1-8

1. The farmer plants the corn.
The farmer plants the corn.
Sing high, sing low,
The farmer plants the corn.

The farmer moves about scattering the seed.

1-8

2. The wind begins to blow
The wind begins to blow.
Sing high, sing low.
The wind begins to blow.

The wind enters with appropriate action.

1-8

3. The rain begins to fall.
The rain begins to fall.
Sing high, sing low,
The rain begins to fall.

The rain enters with appropriate action.

1-8

4. The sun begins to shine.
The sun begins to shine.
Sing high, sing low,
The sun begins to shine.

The sun (or sunbeams) enters with appropriate action.

1-12

5. The corn begins to grow.
The corn begins to grow.
Sing high, sing low,
The corn begins to grow.
Sing high, sing low,
The corn begins to grow.

The corn grows upward. End with arms extended swaying in the breeze

1-12

6. The farmer cuts the corn.
The farmer cuts the corn.
Sing high, sing low,
The farmer cuts the corn.

The farmer moves about cutting the corn with a "scythe" movement. As the farmer passes, each individual ends in the jackknife (bent over from

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|------|--|---|
| 1-12 | Sing high, sing low,
The farmer cuts the corn.
7. The farmer shocks the corn.
The farmer shocks the corn.
Sing high, sing low,
The farmer shocks the corn.
Sing high, sing low,
The farmer shocks the corn. | the waist down) position.

The farmer motions to sets of 2, 3,
or 4 people to stand back-to-back
as shocked corn. |
| 1-8 | 8. We all are happy now.
We all are happy now.
Sing high, sing low,
We all are happy now. | Each group moves freely in place showing
happiness. |
| 1-12 | 9. The harvest is completer.
The harvest is complete.
Sing high, sing low,
The harvest is complete.
Sing high, sing low,
The harvest is complete. | All pretend to carry farm tools and move
away. |



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