

LOLLY HOPWOOD & THE LET'S PLAY TODAY BUNCH

GO! GO! GO! MUSIC TO INSPIRE IMAGINATION AND MOVEMENT!

Hello Hello

Learning how to say hello, smile and wave your hands to friends is so much easier with the Hello Hello song. This is a perfect way to start off the day or to get a class started. After we practice saying hello, touching our eyes and nose, reaching up and touching our toes, we like to dance, shake and get going! The end of the song has a refrain of 'Hello Hello Hello'. This is a great opportunity to get all of the kids singing along together and ready to start the next activity!

Let's Play Today

Play this song to get kids inspired to get off the floor and start playing! We use this as a fun way to get kids up and dancing or as fun background music during the games we play. Other variations: we like to pass out musical instruments and play them along with the song.

The Silly Illy Willies

This is a great way for kids to practice moving different parts of their bodies. We start off by telling kids that we get these crazy sillies sometimes and this song is all about shaking, dancing and wiggling those sillies out! We like doing the Silly Illy Willies dance while moving around in a circle. Follow along with the song – shake hands up in the air, then stomp the floor with your feet, next, wiggle legs up in the air to practice balance or move knees in out from each other, then flap and wiggle arms, and finally shake your head.

Do You Like to Play with Bubbles?

Get out the bubbles and start popping! There are so many ways to utilize this song.

Option #1: You could pretend to do an ocean adventure and take a submarine down into the water to look for animals. Pretend to swim around like their favorite fish, dolphins, whale or sea animal.

Ask, "how can we pop the bubbles?" Several options could be with the hand, foot, elbow, knee, head, thumb etc.

Option #2: You could also pretend the bubbles are butterflies, snowflakes, bees etc. and try to catch them or let them land on a finger or elbow or other body parts.

There is a fun, simple, catchy rhythm to the song, too. To teach the kids a little bit about rhythm with this song, you could have them clap along to the beat during the chorus!

All Aboard!

A kid's favorite- going on our pretend train ride! This song is a perfect way to encourage imaginative play and creative exploration. You can follow along to the music or you could add more instruction ahead of time, or ask the children what they would like to see on their pretend train ride and where they would like it to go!

1. Pretend to jump inside the train, and buckle your seatbelt and ask everyone to make the sound of a train. "Choo Choo!!"
2. Stretch up high and reach down low to get started.
3. Start moving around the room and pretend your arms are like the big train wheels.
4. As the train goes up the hill, move slower and lift legs higher to emphasize going up a steep incline.
5. Once you get to the top, we love to turn to the kids and say, "oh, we just got to the top, what happens now?" Start running faster down the mountain until you arrive at the train station.

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JUMP JUMP

Our super charged, hi-energy Jump Jump song will get kids moving right from the start to the end! Play music and jump, clap, dance, twist, and run!! Each verse ends with 'yeah yeah yeah', so this is another great opportunity to get the kids singing along to the music.

Other variations during each movement:

- Jump: Place a hula-hoop on the floor and pretend that we are jumping on a trampoline
- Clap: Clap hands while dancing around the hoop
- Dance: Start dancing in and out of the hoop or try twisting the hoop with fingers to make the hoop spin (or dance)
- Twist: Hula-hoop or twist with the hoop around your waist
- Run: Pretend the hoop is a steering wheel and run around the room. Or roll the hoop on the ground and run after it.

March Around

Join in on the animal circus parade! Keeping in mind how children like to stop and go and move fast and slow, we put together this song with different types of animals that do just that. You may want to pretend you are all going to be in a parade, or in a circus, or at the zoo and act out like different types of animals.

1. Start marching around the room pretending to go on an animal adventure, or a pretend circus.
2. March around like an elephant and swing your arm back and forth like an elephant trunk. (Slow animal)
3. Hop around the room like a kangaroo. Get creative and try lots of different types of hopping. Example: really high hops, small little ones, hop around in a circle, hop sideways (High-energy animal)
4. Take small quiet steps like a kitty cat, and say meow! (Slow animal)
5. Now, pretend to spread your wings down your arms and start flying quickly all around the room. Try moving up and down, leaping into the air, or flapping big and small.

Oh! Susannah

This is the only song on our album that's not an original, but is way too much fun for us not to include! Play this song and try skipping or galloping around the room. Then stop and pretend to play your banjo on your knee. We also love dancing with our friends to this song as well! This is a good one to play near All Aboard. If trains are a favorite with your group, you can easily use this familiar down-home song to continue the train ride.

Freeze

Play the music and start dancing, jumping, and shaking all around! When the music stops, FREEZE! Try freezing in lots of funny different ways! Try freezing on one foot, freezing and closing your eyes or freezing with different emotions – happy, scared, silly, quiet, mad, goofy, sad, and excited! If you have musical instruments around this is a great time for kids to play along and be a part of the band. All they have to do is stop playing when the music stops! If you don't have any instruments, there are lots of creative ways to make your own. We like taking Dixie cups and putting some rice inside and covering with some wax paper and a rubber band – this makes a great shaker, and they can decorate it too!

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STOP SLOW GO

The Stop Slow Go song is a fun twist on the red light green light game. Pretend to buckle your seatbelt, grab the keys, and then start the car! Ask, “ what sound does a car make?” VROOUMM, VROOUMM... Ask, “what sound does the horn make?” BEEP BEEP!” Before the song starts, we like to ask what happens when the light turn red. Or yellow. Or Green. Then we play!

1. Start by driving around the room and follow the song!
2. Variations: We use hula-hoops to act as a steering wheel, or little noodle pieces or paper plates. Each of the cars mentioned in the song have a specific characteristic. The Cadillac is smooth, so it's a good one to start off with. The Jalopy is silly, so encourage driving in silly ways. The motorbike does lots of tricks. See if you can get the kids to do crazy jumps in the air or other unique movements. The Mac Truck is tough. Get the kids to 'drive' steady and tough. And finally, we end with the motor scooter, which is a little mellower than the other vehicles. So it gives the group a chance to wind down. Get creative as you're driving and pretend to go over a bump and then jump in the air, or pretend to go over a gravel road that is very bumpy, or get low to travel through a tunnel!

Clap Clap

The Clap Clap song is a great way to improve rhythm, memory, concentration, and have lots of fun at the same time! We like to use this game as a transition to other activities to encourage children to focus and listen in a very playful way.

1. Follow along to the song!
2. Clap clap, stomp stomp, turn around and touch the ground, drum on your knees, jump up please, touch your feet and take a seat. Repeat, each time going a little faster.

It's Time to Say Goodbye

After all the fun and silliness, it's time to slow it down with the goodbye song. We play this song at the end of our classes or while we are practicing yoga stretches. This can also be used as an opportunity to get the kids to clean up their activities and to generally wind down and get ready to go. There aren't too many instructions within the song lyrics, so feel free to be creative with this one.

Stretches to try:

1. Triangle pose: Stand up and your separate legs. Form a triangle with your legs and reach sideways to touch one foot while lifting the other arm in the air. Then switch other side.
2. Keep your legs apart and reach arms hi into the sky and take a deep breath in to expand the belly. Then, on the exhale, drop arms down towards the floor and look in between legs and wave goodbye to your friends. (You should be upside down at this point – kids will giggle and think this is great fun!)
3. Next, sit down on the floor in a butterfly position, with knees out wide and feet together. Take a deep breath in through the nose and then breathe out while trying to touch your nose towards your feet.
4. Lay on your back. Practice breathing in to make the belly rise up. Practice breathing out to make the belly drop down. It may be helpful to place your hand on your belly to feel this.