

**Lesson guide & resources**

**“Water, Water Everywhere!”**

*Escape to a musical island where lively rhythms*

*mingle with breezy tunes at the shore*.

**Musical Play ~** [**Video 3**](https://youtu.be/ica2nv09v68)

**ACTIVITIES: dance at the beach with Penelope,**

**rhyme Brow Brinky, drumming, learn to hula!**



**Bring the wonder of**

**music into your**

**home or program**

Looking for music experiences?

Engage younger learners with easy activities and

high quality music-centered resources. Multi-cultural

and intergenerational. No music skills needed.

Sing songs, tell stories and let the music move you!

Celeste Pine, MT | LadeedaMusicCompany.com

 **Overview**

Children at this age are learning music skills, motor and social-emotional skills, as well as language, humor and pretend play. Help your child grow these skills and and more as they sing and play, watch Penelope solve a problem with a song and a dance, say a fun rhyme about our wonderful faces, join in drumming and marching. **Choose one or all of the activities, any order you wish.**

**Focus question**

What can we name and describe about the beach? What can we name and describe about our faces?

**Ages**

**3 – 6+ yrs Invite open-ended play, discovery, discussion. Interactment and observing are both ok.**

**Tots Invite open-ended play, discovery, discussion. Interactment and observing are both ok.**

**0 – 14 mo** Adapt the activity focusing on lovely experiences in sensory enrichment, language, interactment, dancing, rocking/bouncing, bonding.

*Follow the child's natural personality, their way of being and learning. This may sometimes have you modeling*

*the activity and being playful while they watch.*

**Video duration**

6:41 Pause often to enjoy the moment, explore and improv!

**Materials**

**Instruments** if you have them.

**Found objects** can be instruments too like a box, containers filled with anything (rice/beans/sand/?), laundry basket, kitchen instruments, your ideas?

**Body percussion** is fun too **(**clap, pat, swish).

**Streamers or scarves** for movement or colorful ribbons and kitchen towels work well. Whatever you have is fine!

**Beach towel** or any towel is fine for a song about the beach. Hula dance props towel or fabric to wrap around your waist. Scarves for your head, wrists, ankles.

**Internet-connected device** to view the video and view the suggested links or listen to music selections.

**Preparation**

No preparation needed.

**Procedure**

**Part one: Before the video**

**Step 1: Develop background knowledge.**

Ask children if they were going to a beach - what do you see, feel and hear? Hot sand, cool shade, splashing

water, bright sun, talking/laughing voices, rocking boats, and more. Read a picture book about the beach.

**Part two: Let's make music!**

**Step 2: Meet Penelope, watch her sing and dance**

What does Penelope like to do at the beach? Can you make the ASL signs for swim, ball and music? What would you like to do on a pretend visit to the beach?

**Step 3: Pretend play and dance**

**Inside** Spread a beach towel or any towel on the floor. Imagine sand all around it, now tiptoe through the sand. Pretend it's hot – then JUMP on your towel and pull your feet up! You're ready for the dance! Play [Hot Sand | Little Hands](https://www.youtube.com/watch?v=G2KZJATtOeI)

**Outside** on a sunny day Now try the dance outside on a sidewalk, patio or driveway with your towel and your bare feet. How does the warm pavement feel on your feet? How does the towel feel?

**Make up a song** What is Penelope's problem? How does she solve it? (hot sand; she tip toes, then jumps on her towel). Name a problem or task. How can you solve it? Make up a simple song using the “Hot Sand” tune, or your own tune. Add dance movements if you like! Song examples: getting dressed, washing our hands, helping pick up toys, sharing with a friend, your ideas?

**Step 4: Rhyme, drum to “Brow Brinky”**

**Say the rhyme.** Pat the beat on your lap. Say it again, tap each part of your face in a mirror or copying each other. Enjoy laughing about the funny words. Make silly faces together!

**Rhymes and cuddles** Invite your child to sit on your lap, or sit in front of you on the floor (ask which they prefer). Say the rhyme. Gently tap your own face for each part, or tap each other's faces (ask if that's ok with them). If your child isn't interested in cuddles today, that's okay - skip this activity.

**Drum** Play Brow Brinky with your drum (or floor or other object). Instruments away. Now stand up and try marching as you say the rhyme.

**Rhythm play** Say “brow, brow, brinky brow” 4 times slowly with a steady beat. Now pat the words on a drum, lap, a box, a book or a pillow. Ask the children for words like “eye, eye, winky eye” or “arm, arm, swinging arm.” Mix up your words or create phrases for rhythm patterns. Let's hear your ideas!

**Step 5: Dance with Hula dancers!**

Watch or join in with the beautiful hula music and dancing. Try to copy their moves. Can you make a hula costume? Ideas: towel or fabric tied around your waist, scarf around your head, your wrists and ankles.

[Link: He mele No Lilo | Hawaiian Hula Choreography | Student dance performance](https://www.youtube.com/watch?v=tWeqgY6uRx0)

**Step 6: Return to the focus question** What fun things would you do at the beach? What activities did you enjoy today?

**Part three: Pause and breathe**

**Step 7: Rest** Remember the beautiful gentle movements in this video and the happy faces? Sit or lie down in a comfortable position. Imagine you are there. Take several slow deep breaths.

[Link: The Most Relaxing Waves Ever – Playa de Piticabo Ocean Sounds | Naturaleza Viva- Sonidos y Paisajes Incredibles](https://www.youtube.com/watch?v=vPhg6sc1Mk4)

**Rhyme--- Brow Brinky**

Brow brinky

Eye winky

Chin choppy

Nose nobby

Cheek cherry

Mouth merry.

Enjoy making silly faces together! :-)

**Links in Musical Play 3**

[Hot Sand | Little Hands](https://www.youtube.com/watch?v=G2KZJATtOeI)

[He mele No Lilo | Hawaiian Hula Choreography | Student dance performance](https://www.youtube.com/watch?v=tWeqgY6uRx0)

[The Most Relaxing Waves Ever – Playa de Piticabo Ocean Sounds | Naturaleza Viva- Sonidos y](https://www.youtube.com/watch?v=vPhg6sc1Mk4)

[Paisajes Incredibles](https://www.youtube.com/watch?v=vPhg6sc1Mk4)

**Enjoy a musical day!**

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