

## Gary & Carol Crees

### Adventures in Music, Movement & Wellbeing

#### NEWS Oct 09

Welcome to our second newsletter

In this newsletter:

- Training workshops to join or why not host some training at your centre.
  - Fingerplays and Rhyming activities for fun and learning.
  - Multisensory Music
- The CSIRO Wellbeing Plan for Kids (Overview - Science) (<http://www.csiro.au/science/WellbeingPlanForKids.html>)

#### **TRAINING WORKSHOPS TO JOIN OR HOST AT YOUR CENTRE**

##### **Like to host an inservice workshop at your centre?**

If you are planning for 2010 it could be a great time to learn some new music for new children or look at relaxing activities for finishing a busy day. Carol or Gary are happy to discuss leading a session at your centre. Topics cover many aspects of music, movement, yoga, relaxation and wellbeing for children.

We suggest \$35 per person (minimum 10 participants) or a session charge of \$350 in Sydney. If you only have a small number of staff wanting to attend but are interested in hosting a workshop, please contact us. We may be able to help by linking in with others

We are winding down training for this year with just one more open workshop in Sydney before a trip to the South Coast.

#### **Artarmon**

#### **Yogaplay and Relaxation**

Date: Mon 9th November 6 - 8 pm  
Venue: Learning Resource Centre, Lev1/22 Elizabeth St  
Bookings: Marguerite - 94102355- [admin@lrca.com.au](mailto:admin@lrca.com.au)

#### RHYMING and FINGERPLAYS

**Rhyming and beat support speech pattern development but also vital movement strategies such as motor timing and motor planning. Fingerplays have been a vehicle for early learning in all cultures. As our fingers take up a large number of brain connections, at all ages they help with focus, concentration and settledness.**

#### **BICKLE BOCKLE BLUEBOTTLE**

*Bickle bockle blue bottle, fishes in the sea  
If you want a partner please choose me  
blue bottle, blue bottle 123 (x2)*

**I begin teaching this rhyme as a fingerplay, and then move to body percussion to keep the beat. When the children know the rhyme and have experimented with dynamics ( soft/ loud, fast/slow ) we introduce a pass the parcel, then a parachute and lastly, a chasing game around the circle.**

#### Activity 1

##### **As a fingerplay to learn the rhyme.**

*Bickle bockle blue bottle, fishes in the sea  
fishes in the sea  
If you want a partner please choose me*

Touch fingertips together, pulsing fingers to the beat  
Press palms together and move like a fish swimming  
Place 2 fingers in the air, bounce to beat

#### Activity 2

**Pass a parcel around the circle** as the children say the rhyme to keep the beat. I wrap a fish puppet in several layers of pretty paper. When the rhyme stops the child with the parcel unwraps a layer and guesses what it might be. Once the fish is discovered introduce a parachute as the ocean with children making big and little waves to keep the beat on the rhyme. Place the fish in the middle of the parachute and toss the fish or other suitable item on 1, 2...3!

#### Activity 3

**One child skips around the outside** of the circle as the others say the rhyme, keeping the beat with body percussion. On partner they tap someone on the shoulder who must chase them around the circle.

### ***Making Music a Fun, Multisensory Experience for Young Children***

Lots of varied movement for young children is so important. Brain research now suggests that thinking and moving are closely linked. Through sensory motor activities, connections are made that provide the framework for higher thinking. Also a child's self esteem is enhanced when their motor skills are highly developed. Using varied props in grossmotor and fine motor activities encourages hand and eye and foot and eye co-ordination. This lays the building blocks for eye convergence, essential for reading and writing. Our children need a rich sensory experience to fully engage the brain and multi-sensory music and movement activities provide a strong basis for achieving this.

A few good things to read in this area are listed below.

Carla Hannaford. *Smart Moves*. Available through Amazon.

Sally Goddard Blythe, *Why do our children roll and tumble?* *First Steps Magazine*.  
(Institute for Neuro-Physiological Psychology)

#### **A great new resource for parents**

The CSIRO Wellbeing Plan for Kids (Overview - Science) (<http://www.csiro.au/science/WellbeingPlanForKids.html>)

Here is a really informative and practical book on giving children a healthy start to life. The book has loads of great recipes for healthy eating along with really practical ideas for changing children's tastes and family habits to healthier options. There are chapters on keeping kids active, a parent tool kit and menu plans, lots of suggestions for making changes progressively.

This would be a great book for centres to stock so parents can borrow it, or be encouraged to purchase for home.

#### **NEWS - New website and YOGAPLAY DVD**

Recently we've been busy updating our website to a more contemporary look & with the view to expanding what we offer online, including videos of what we do as well as digital downloads of our resources. Check out our new look at

[www.adventuresinmusic.com.au](http://www.adventuresinmusic.com.au)

#### **NEW RESOURCES**

##### **New YOGAPLAY DVD**

Our yogaplay resource now has a DVD that shows the sequences, stories and some games and compliments the book and CD currently available.

##### **New OFF THE WALL DANCES compilation CD**

Off the Wall Dances for young children Vol.1 and Vol.2 have now been combined onto one CD. All the dances fitted, thus making it a value packed resource with fun dances & wonderful music to enjoy with your children. So for those who found Off the Wall Vol.1 out of stock for a short time there is now a CD with all your favourites and more...

Until next time  
Happy singing, dancing & moving.  
Gary & Carol



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