



Meeting 17 Musical Me

Here are some fun activities that encourage Little Lambs to play and explore through music. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



MEETING LENGTH

60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about music.

STAR COMPLETED

MUSIC



Lamb Tales

10

MINUTES

MUSIC

Begin by having an adult play an instrument. Explain that there are many ways to make music. Read the book you selected. Then ask the children if they are ready to make some music.

MATERIALS NEEDED

- *Ah, Music!* by Aliko (HarperCollins, 2005) or a book of your choice





The following activities fulfill the requirements for the Music star.

See Me Move

10
MINUTES

WHAT YOU DO

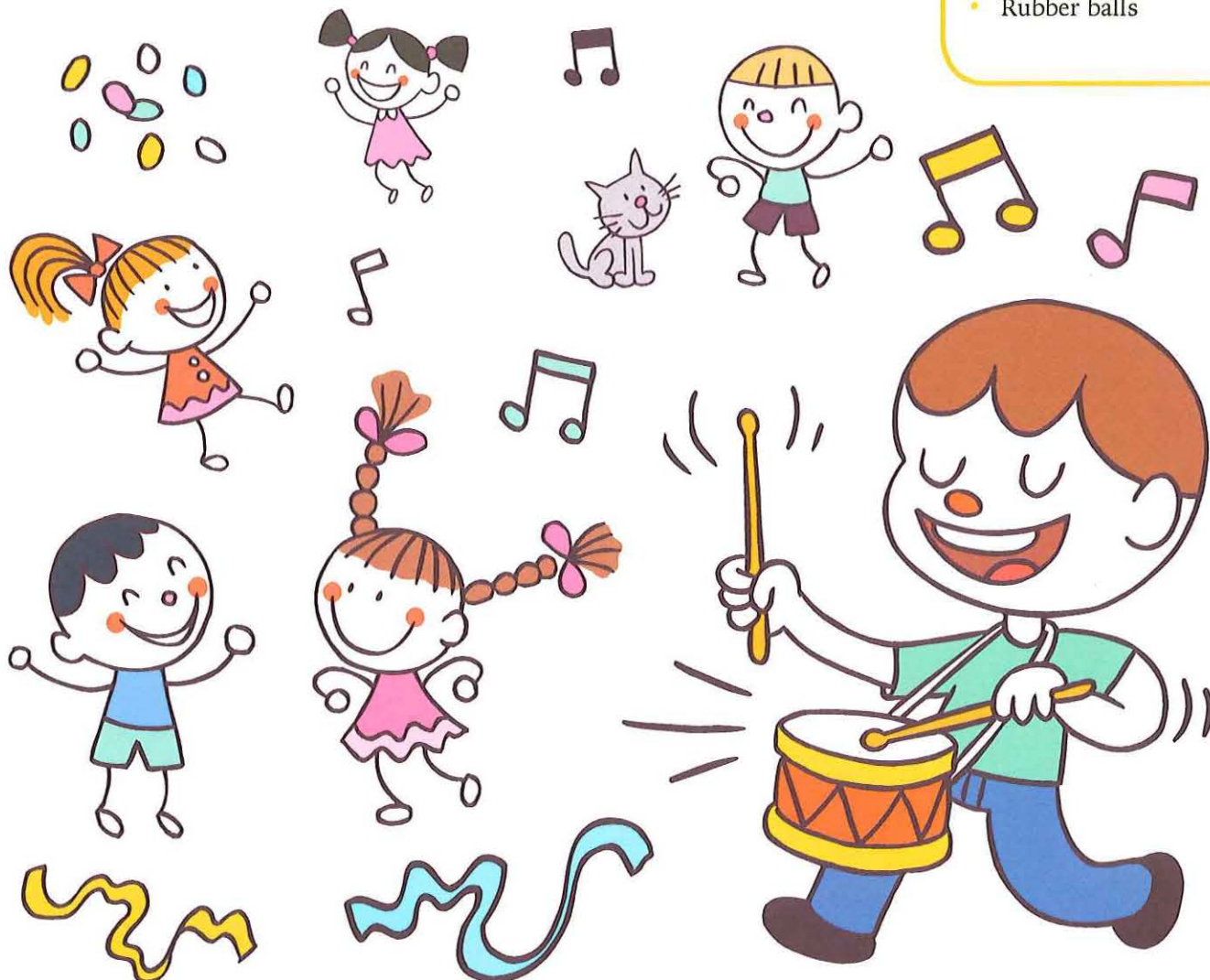
Ahead of time: Arrange for someone to play the drums or other percussion instrument.

Begin by having the children hop in place to the drum beat. Start slowly, then increase the speed. Once the children have the hang of it, mix up the beat. Then try other movements to the beat: walking, tossing a lightweight scarf in the air, bouncing a ball, tossing bean bags, clapping paper plates together, or toe touching.

1 ACTIVITY

MATERIALS NEEDED

- Drums or other percussion instrument
- Scarves
- Bean bags
- Paper plates
- Rubber balls





ACTIVITY

2

Making Music

10
MINUTES



MATERIALS NEEDED

Select from one or more of the following:

- **Rhythm sticks:** 8 in (20 cm) wooden dowels, acrylic paint, paintbrushes
- **Maracas:** 8-ounce empty water bottles with lids and the labels (if any) removed; unpopped popcorn, beans, rice, or small stones
- **Stamping sticks:** strong cardboard tubes, 2-3 ft (0.5-1 m) long; duct tape; acrylic or tempera paint and brushes or stickers

WHAT YOU DO

Ahead of time: Decide which of the instruments you'll have the children make. Then locate all of the supplies needed.

TIP

For more great ideas of instruments to make, check out *The Jumbo Book of Music* by Deborah Dunleavy (Jumbo, 2001).

Rhythm sticks—Australia, Zimbabwe, and Mexico: Percussion instruments that you hit together.

Give each child two wooden dowels to decorate with acrylic paint.

Maracas—The Carribean and Brazil: Percussion instruments that you shake.

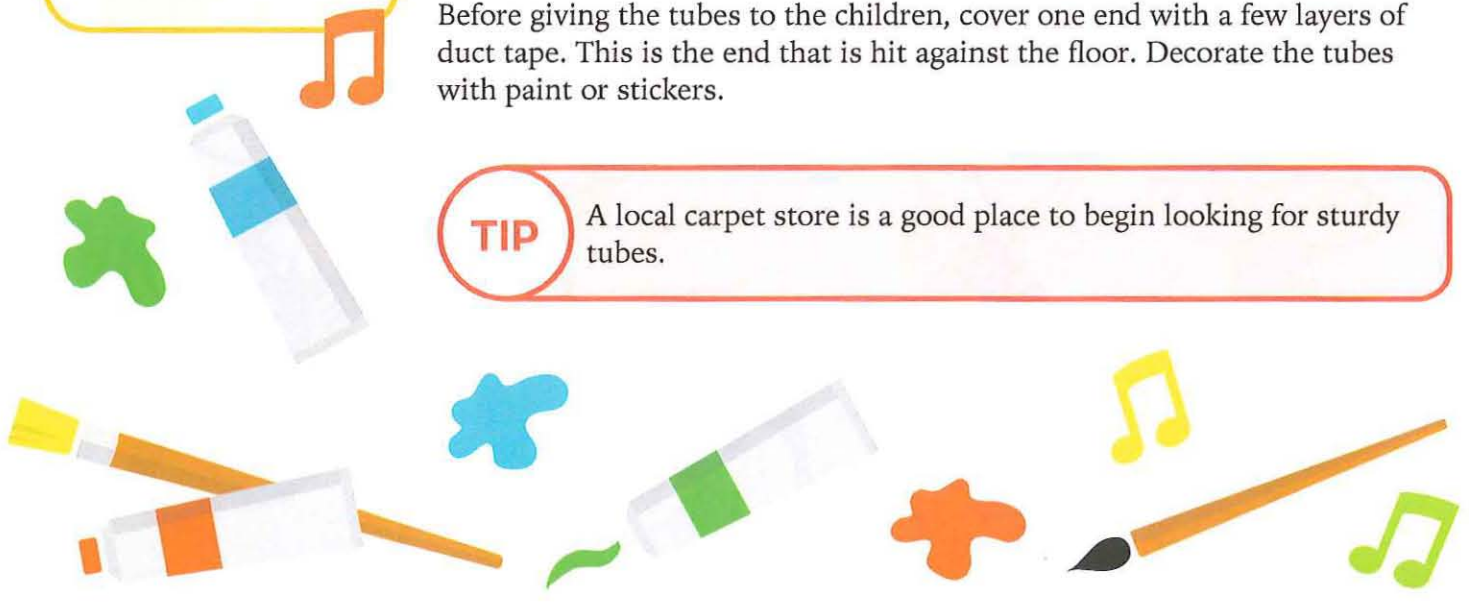
Give each child two empty 8-ounce water bottles with lids. Fill with a teaspoon or two of popcorn, beans, rice, or small stones.

Stamping sticks—Fiji and Australia: Percussion instruments that you bang on the floor (not carpet).

Before giving the tubes to the children, cover one end with a few layers of duct tape. This is the end that is hit against the floor. Decorate the tubes with paint or stickers.

TIP

A local carpet store is a good place to begin looking for sturdy tubes.





Sounds Around

10
MINUTES

WHAT YOU DO

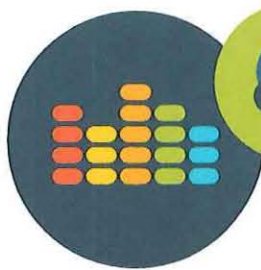
Ahead of time: Record different sounds and have the children listen and guess what they hear. Suggested sounds: the wind blowing, water running, the Little Lambs as they are coming into the meeting, dogs barking, wind chimes, musical instruments, car horns, walking on gravel, rain.

Have all of the children listen to the sound at once, or they can use headphones at multiple stations. Have them guess the sounds.

3 ACTIVITY

MATERIALS NEEDED

- Phone, tablet, or other audio recording device
- Headphones (optional)





ACTIVITY

4

Hand Clap

10

MINUTES

WHAT YOU DO

Deborah Dunleavy writes in *The Jumbo Book of Music* (Jumbo, 2001) that African hand clapping is a very old part of African music. Hand clapping rhymes have become a fun part of American children's culture too. Teach the children the following hand clap rhyme (or one you already know):

MATERIALS NEEDED

- Hand clapping songs (suggested resource: *Miss Mary Mack: A Hand-Clapping Rhyme* by Mary Ann Hoberman and Nadine Bernard Westcott [Little, Brown, 2003])

Clapping Instructions for Double, Double

Hold your hands up with fingers pointing to the ceiling. As you say the rhyme, turn your hands back and forth. When you say "double," your palms face you; when you say "this that," your palms face away from you.

Each time you repeat the rhyme, chant it a bit faster until the children dissolve into a giggling heap! Or you can clap your hands together for each syllable of "double" and clap the palms of a partner for "this that." Additionally, you can substitute any two-syllable word for "this that" (i.e. pizza, cupcakes, ice cream).

Double, Double

Double double this that,
Double double that that,
Double this, double that,
Double double this that.



Good-baa Little Lambs

5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What's one way you can make music? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



Star: Music

