



# Don't Sweat It:

Song & Dance in Storytime



# Introductions



**-Sheila Olson**

Johnston Public Library  
Shimmie Shake/ Move & Groove  
Recorded music



**-Dee Shalon-Deur**

Clive Public Library  
Movers & Shakers  
Vocal music



# Quick Tips:

## Presenter:

- HYDRATE!
- Don't strain yourself
- You don't have to jump
- Directions = Opposite
- Facial Expressions
- Start and finish consistency



## Parents:

- Give them manipulatives
- We need the parent's help
- Set out fewer chairs
- Audience Suggestions
- Attention Grabbers

## Rambunctious Group?

- DANCE BREAK
- Creative movements
  - walk like a dinosaur, act like a monkey, etc.
  - follow the leader



# How To Move:

## Easy Movements:

marching  
jumping  
clapping  
twirling  
hopping  
arm direction  
kicking  
body tapping  
twisting  
balancing  
wiggle

## Easy Variety:

fast/slow  
big/small  
high/low  
start/stop  
left/right  
quiet/loud  
forward/backward  
up/down

## Focus on Body Parts:

wiggle your fingers.  
wiggle your toes.  
wiggle your hands.  
wiggle your nose.  
touch your head  
touch your shoulders  
touch your belly



# Types of Songs & Manipulatives

## Songs:

Action Songs  
Counting songs  
Starting-stopping songs  
Circle songs (big person help)  
Nursery Rhymes  
Finger Plays  
Regroup Songs  
Mirror Me Songs

## Manipulatives:

Shakers  
Tapping Sticks  
Scarves  
Parachute  
Bands  
Bells  
Bean Bags  
Balls  
Streamers

# Sheila's Process

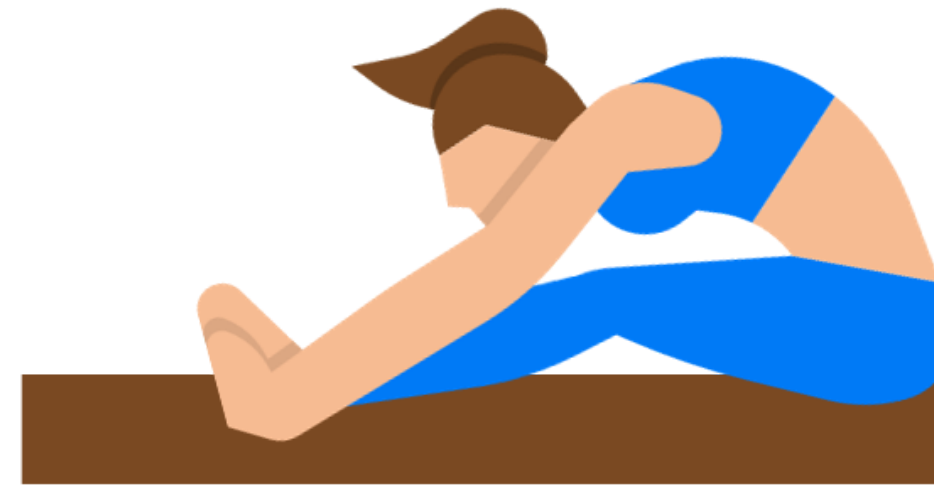
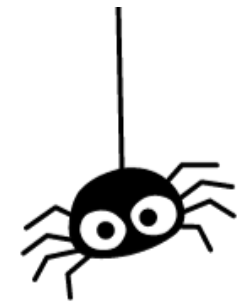
- Dance with music and noise makers as families enter (2-3 songs)
- Book - Action/Movement/Dance related (Not too long)
- Action Song / Mirror Me Song
- Shakers/Scarves/Stretchy Bands
- Circle Song/Parachute
- Cool Down Songs
  - "Toes Up, Toes Down" - Georgiana Stewart
  - "Winter's Come & Gone" - Elizabeth Mitchell
- Dance Party! "What I Like About You" (with bubbles)



Reach up high  
Big breath in  
*Whoosh* down & touch your toes  
"Who's got their toes?"  
"I got my toes!"



"Make your fingers little spiders."  
Then, crawl them up from your toes  
to your knees, belly, and face,  
then wiggle way up high.



"Take your feet and smush them together so our knees  
are little butterfly wings!  
If you were a butterfly, where would you fly?"  
"The park!" "The zoo!" "Grandma's house!"



# Dee's Process



- Opening Song (2x)
- ABCs
- Count our friends
- Shaky Egg songs (2-3)
- Song w/o manipulative
- Scarves/sticks/bells songs (2-3)
- Good-bye song
- Bubbles!!!



### Sleeping Bunnies

See the little bunnies sleeping till noon

Come and let us gently wake them with a merry tune

They're so still. Are they ill?

Wake up soon!

Hop little bunnies, hop, hop, hop

Hop little bunnies, hop, hop, hop

Hop little bunnies, hop, hop, hop

Hop little bunnies, hop, hop, hop

### Shake Your Shakers

Tune: London Bridges

Shake your shakers, shake, shake, shake shake, shake, shake, shake, shake shake  
Shake your shakers, shake, shake, shake

Shake your shakers

Verses: Shake your shakers high,

high, high

Shake your shakers low, low, low

Shake your shakers fast, fast, fast

Shake your shakers slow, slow, slow

### What Color Are You Wearing?

(Tune: Mary Had a Little Lamb)

If you're wearing red today, red today, red today

If you're wearing red today, stand up and shout Hooray!

### Grrr Grrr Went the Big Brown Bear

Grrr, grrr went the big brown bear one day.

Grrr, grrr went the big brown bear.

Grrr, grrr went the big brown bear one day.

And they all went grrr, grrr, grrr.

But... We know bears go huggy, huggy, hug huggy, huggy, hug huggy, huggy, hug

We know bears go huggy, huggy, hug

They don't go grrr, grrr, grrr

Other Verses:  
Turtle- Slow, cowabunga dude



## MOVERS & SHAKERS



FRIDAYS AT 9:15 AM & 10 AM  
FEBRUARY 23- APRIL 26

### Tiny Tim

I had a little turtle his name was Tiny Tim

I put him in the bathtub to see if he could swim

He drank up all the water

He ate up all the soap

Now he's home sick in bed with bubbles in his throat.

Bubble, bubble, bubble, bubble

bubble, bubble, bubble, bubble,

bubble, bubble, bubble.... POP!

### Popcorn Kernels

Popcorn Kernels, Popcorn Kernels

In the pot, in the pot

Shake them, shake them, shake them

Shake them, shake them, shake them

Til they pop, Til they pop

### Little Red Car

Driving round in my little red car

Driving round in my little red car

Driving round in my little red car

Zoom zoom zoom zoom zoom

repeat with other colors

end by putting it in park

### If you have some rhythm sticks

(Mary Had a Little Lamb)

If you have some rhythm sticks, rhythm sticks, rhythm sticks

If you have some rhythm sticks, you can tap them now

Verses: Rub, Hammer, Drum

### Tick Tock

Tick tock, tick tock goes the clock

Waiting for someone to knock, knock, knock

My oh my It's a... cat! (hold sticks to face like whiskers)

Try: bunny, duck, walrus, alien

### Zoom, Zoom, Zoom

Zoom, zoom, zoom  
We're going to the moon.

Zoom, zoom, zoom  
We're going to the moon.

If you want to take a trip climb aboard my rocket ship.

Zoom, zoom, zoom  
We're going to the moon.

In 5, 4, 3, 2, 1

Blast off!

### Row, Row, Row Your Boat

Row, row, row your boat

Gently down the stream

Merrily merrily, merrily, merrily

Life is but a dream

Expand upon the song and use your imagination.

### Walking, Walking

Tune: Frère Jacques

Walking, walking (repeat)

hop, hop, hop (repeat)

Running, running, running (repeat)

Now we stop.

Verse: Tip toe, Marching

### Tap Your Sticks

(If You're Happy and you Know It)

Tap your sticks in the air, in the air

Tap your sticks in the air, in the air

Tap your sticks in the air, do it with a flair

Tap your sticks in the air, in the air

Tap your sticks on the floor, on the floor

Tap your sticks on the floor, on the floor

Tap your sticks on the floor, then do it some more

Tap your sticks on the floor, on the floor

### Five Green and Speckled Frog

Five green and speckled frogs

Sat on a speckled log

Eating some most delicious bugs

Yum, yum!

One jumped into the pool,

Where it was nice and cool

Then there were four green-speckled frogs

Glub, glub

(Count down from 5 to 1)

### Bread & Butter

Bread and butter

Marmalade and Jam

Let's say goodbye as quiet as we can (whisper: goodbye)

...loud as we can

...slow as we can

...fast as we can

...high as we can

...low as we can

...nice as we can



# Pros & Cons



## Music Based

### Pros:

- subs don't need to know the lyrics
- YOU don't need to know the lyrics
- full repertoire on one device
- don't have to sing

### Cons:

- technical difficulties
- hard to stop mid song
- no call and response
- can get loud

## Voice Based

### Pros:

- complete flexibility; change the words, speed, volume, etc.
- no tech- low budget
- kids can choose actions

### Cons:

- forgetting the tune/words
- subs don't always feel comfortable- sick days
- loud groups- hard to be heard



# Let's Move



- Ob La Di Ob La Da- Casper Babypants
- Shake Your Shakers- Jbrary
- Clap- Dragon Tales
- Itsy Bitsy Spider
- Row Row Row Your Boat



# Submit Your Favorite Songs



**Please submit by Sunday, April 21st**

**List will be emailed out to everyone who submits and posted on  
LibraryTalk**