

Resources for an Exercise/Movement Storytime

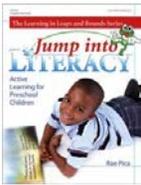
Resource Books

Starting With Stories by Pam Schiller



Pam Schiller's Starting With Stories is an excellent resource to use in developing storytimes for the diverse audiences you will encounter in public libraries. The **activities listed on pages 56-57** can be easily adapted to work with many of the books in this kit. But don't just stop there. The Gross Motor and Dramatic Play activities listed throughout the book may provide great inspiration for appropriate and educational movement activities for your storytime.

Jump Into Literacy: Active Learning for Preschool Children by Rae Pica



You can use Jump Into Literacy to plan storytime activities that help children practice early literacy skills through movement. This is a great resource to help incorporate children who have difficulty sitting still into storytime activities.

Some good movement activities for storytime include:

- **“A Time for Rhyme”** on page 57 is a multi-sensory activity that allows children the opportunity to hear, say, and act out rhyming words.
- **“All About the Alphabet”** on page 77 encourages children to replicate letters with their bodies and differentiate between letters with straight and curving lines.
- **“Retell Me a Story”** on page 96 explains how to help children practice their narrative skills by acting out stories.

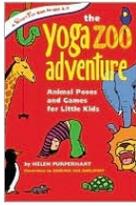
Parachute Play: For Indoor and Outdoor Fun by Liz and Dick Wilmes

Parachute Play provides advice in using parachutes with young children, eight parachute play programs, and fifty parachute games. Pick and choose activities to include in your storytime or use a whole program for a fun-filled playtime.

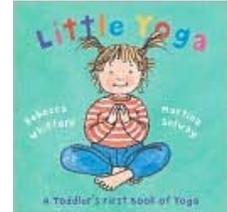
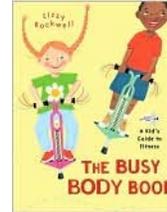
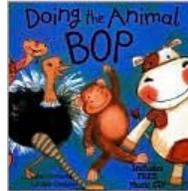
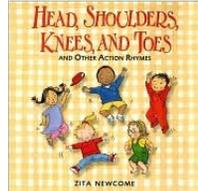
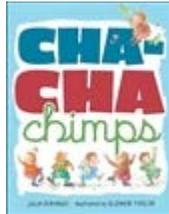
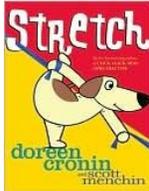
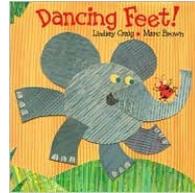
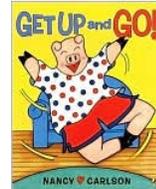
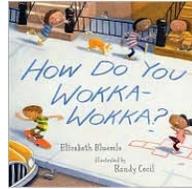
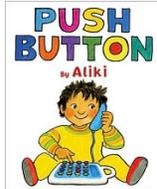
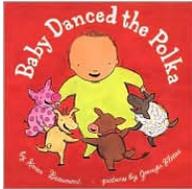


- **“Merry-Go-Round”** on page 58 will give children a chance to “get their wiggles out” while practicing listening and rhythm skills.
- **“Zoo Parade”** on page 70 is a fun activity that allows children to pretend to be animals on parade under a circus tent.
- **“Beehive”** on page 108 is a more active version of the familiar fingerplay.

The Yoga Zoo Adventure: Animal Poses and Games by Helen Purperhart



Exercise and Movement Books



Push Button by Aliki

Baby Danced the Polka by Karen Beaumont

How Do You Wokka-Wokka? By Elizabeth Bluemle

From Head to Toe by Eric Carle

Get Up and Go! By Nancy Carlson

Dancing Feet! By Lindsey Craig

Stretch by Doreen Cronin

Cha-Cha Chimps by Julia Durango

Head, Shoulders, Knees, and Toes and Other Action Rhymes by Zita Newcome

Doing the Animal Bop by Jan Omerod

The Busy Body Book by Lizzy Rockwell

Little Yoga by Rebecca Whitford and Martina Selway

Songs and Fingerplays

Dance Your Fingers Up

Dance your fingers up, dance your fingers down
Dance your fingers to the side, dance them all around.
Dance them on your shoulders, dance them on your head
Dance them on your tummy, and put them all to bed.

Dance Like Snowflakes

Tune: Frere Jacques
Dance like snowflakes
Dance like snowflakes
In the air
In the air
Whirling, twirling, snowflakes
Whirling, twirling, snowflakes
Here and there
Here and there.

Open Them, Shut Them

Open them, shut them
Open them, shut them
Give a little clap.
Open them, shut them
Open them, shut them
Put them in your lap.

Creep them, creep them
Creep them, creep them
Right up to your chin.
Open up your mouth
But do not put them in.

Dance Thumbkin Dance

Dance Thumbkin Dance
(hold thumb upward in closed right fist)
Dance, thumbkin, dance!
Thumbkin cannot dance alone,
So dance, my merry men, every one.
(Hold up left hand fingers in motion)
And dance, Thumbkin, dance
Dance, Pointer, Dance...
Dance, Middleman, Dance....
Dance, Ringman, Dance...
Dance, Littleman, Dance...

If You're Happy and You Know It

If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, clap your hands
If you're happy and you know it, stomp your feet...
If you're happy and you know it, shout hooray...
If you're happy and you know it, do all three...

Boom Bang!

Boom, bang, boom, bang!
(bang on instrument)
Rumpety, lumpety, bump!
(drum)
Zoom, zam, zoom, zam!
(slide hands back and forth)
Clippety, clappety, clump!
(bang on floor)
Rustles and bustles
And swishes and zings
(hung shoulders and rock)
What wonderful noises and thunderstorm brings!

There's a Spider On the Floor, On the Floor

Have the children make wiggly spiders with their fingers.

There's a spider on the floor, on the floor
Oh who could ask for more
Then a spider on the floor
There's a spider on the floor, on the floor

There's a spider on my leg, on my leg
There's a spider on my leg, on my leg
Oh he's really really big
This old spider on my leg
There's a spider on my leg, on my leg

There's a spider on my stomach, on my stomach
There's a spider on my stomach, on my stomach
Oh he's just a dumb old lumack
That old spider on my stomach
There's a spider on my stomach, on my stomach

There's a spider on my neck, on my neck
There's a spider on my neck, on my neck
Oh I'm gonna be a wreck

I gotta spider on my neck
There's a spider on my neck, on my neck

There's a spider on my head, on my head
There's a spider on my head, on my head
Oh I wish that it were dead
That old spider on my head
There's a spider on my head, on my head
But he jumps off and...

There's a spider on the floor, on the floor
Oh who could ask for more
Then a spider on the floor
There's a spider on the floor, on the floor

Five Little Footballs

Five little footballs trying hard a point to score
One makes a touchdown!
Hear the crowd roar!
(countdown to one)
One little football trying hard a point to score
It makes a touchdown!
Hear the crowd roar!

Flannelboards, Manipulatives, and Props

Bouncy Balls

Here is a big round bouncy ball
I bounce it 1,2,3.
Here is a ball for throwing.
I can catch it,
Watch and see.
Here is a ball for rolling.
Please roll it back to me.
Bouncing, throwing, rolling balls;
Let's count them: 1,2,3.

Sensory and Movement Activities

Can you Move with Me?

Tune: Do Your Ears Hang Low?

Can you wiggle like a worm?
Can you squiggle? Can you squirm?
Can you flutter? Can you fly like a gentle butterfly?
Can you crawl upon the ground
Like a beetle that is round?

Can you move with me?

Can you flip? Can you flop?
Can you give a little hop?
Can you slither like a snake?
Can you give a little shake?
Can you dance like bee
Who is buzzing round a tree?
Can you move with me?

The Hokey Pokey

Put your right hand in, put your right hand out
Put your right hand in, and you shake it all about
You do the Hokey Pokey and you turn yourself around
That's what it's all about.
Put your left hand in...
Put your right foot in...
Put your left foot in...
Put your head in...
Put your whole self in...

Ring-A-Ring of Roses

Ring-A-Ring of Roses,
A Pocket full of posies
A-tishoo, a-tishoo!
We all fall down.

The cows are in the meadow,
Lying fast asleep,
A-tishoo, a-tishoo!
We all get up again.

A ring, a ring o'roses,
A pocket full of posies,
Ash-a, ash-a!
All stand still.

The King has sent his daughter
To fetch a pail of water,
Ash-a, ash-a!
All bow down.

Shake My Sillies Out

Gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out

And wiggle my waggles away.
Gotta clap, clap, clap my crazies out...
Gotta jump, jump, jump my jiggles out...
Gotta yawn, yawn, yawn my sleepies out...
Gotta stretch, stretch, stretch my stretchies out
Gotta shake, shake, shake my sillies out...

Five Dancing Ballerinas

Five dancing ballerinas
Prancing on their toes
They twirl and spin and jump
Then off the stage she goes.
(count down to one)
One dancing ballerina
Prancing on her toes
She twirls and spins and jumps
Then off the stage she goes.

We Can Jump, Jump, Jump

Tune: Turkey in the Straw
We can jump, jump, jump.
We can hop, hop, hop.
We can clap, clap, clap.
We can stop, stop, stop.
We can nod our heads for yes.
We can shake our heads for no.
We can bend our knees a little bit.
And we can sit down slow.

This is the Way You Bat the Ball

Tune: Mulberry Bush
This is the way you bat the ball,
bat the ball,
bat the ball,
this is the way you bat the ball
when you play Baseball.
Add these refrains:
...catch the ball...
...throw the ball...
...run the bases... (run in place)

Games and Activities

Make a Balance Beam

Mark off an area which is 4 inches wide by 16 feet long with masking tape and practice balancing on your "balance beam."

Walking, Walking, Walking

Walking, walking. Walking, walking.

*Hop, hop, hop. Hop, hop, hop.

Running, running, running. Running, running, running.

Now let's stop. Now let's stop. (Place both hands out in front of you, palms facing forward.)

Walking, walking. Walking, walking.

*Hop, hop, hop. Hop, hop, hop.

Running, running, running. Running, running, running.

Now let's stop. Now let's stop. (Place both hands out in front of you, palms facing forward.)

Tiptoe tiptoe. Tiptoe tiptoe. (Walk on your toes.)

Jump jump jump. Jump jump jump.

Swimming swimming swimming. (Make a swimming motion.)

Now let's sleep. Now let's sleep. (Rest your head against your hands or lie down on the ground and pretend to sleep.)

Wake up! (Eyes open! Look alert!)

It's time to go! (Look at your watch.)

Are you ready to go fast? (Run in place quickly.)

[quickly]

Walking, walking. Walking, walking.

*Hop, hop, hop. Hop, hop, hop.

Running, running, running. Running, running, running.

Now let's stop. Now let's stop.

Walking, walking. Walking, walking.

*Hop, hop, hop. Hop, hop, hop.

Running, running, running. Running, running, running.

Now let's stop. Now let's stop.

Whew! (Wipe your brow with your forearm.)

See this song performed at storytime here: <http://supersimplesongs.com/cd1-5.html>

Kids in Motion by Greg and Steve

This cd has lots of great songs to encourage movement and dance at your storytime.

Check out the links below for inspiration:

Freeze Dance

http://www.youtube.com/watch?v=Bg0S_gZdMv0

Animal Action

<http://www.youtube.com/watch?v=RyHziG0PZmM&feature=related>

Dance for the Sun by Kira Willey

This cd contains both calming and upbeat songs that can support yoga and other creative movement activities. See the following videos for inspiration on how to incorporate yoga into your storytime:

Dance for the Sun

http://www.youtube.com/watch?v=V_SZ0A7iXA8&feature=related

Children's Yoga Class

http://www.youtube.com/watch?v=4JXmQc3_m_k

Parachute Games and Songs

There are lots of great ideas for parachute games in the included book. But here are a few more ideas for inspiration:

Pop the Bubbles

<http://www.youtube.com/watch?v=PM2nEczMWC8>

Ring Around the Rosie

<http://www.youtube.com/watch?v=i7Xkmpo0DhU&feature=related>

Craft Ideas

Templates for all crafts are located in the folder and on the flash drive.

Ribbon Stick

Use a paper towel roll or roll up a piece of construction paper. Have the children decorate their “stick.” Tape streamers to the inside of the top of the stick.



Baseball Cap

Template for cap is in the “Baseball Cap” PDF file on the flash drive and in the folder. Trace cap pattern onto construction paper. Attach another long thin strip of construction paper so that the cap will fit on a child’s head. Allow the children to decorate the cap with crayons, stickers, and/ or Ellison cutouts.

Ballerina Finger Dancer

Template is in the “Ballerina1” PDF on the flash drive and in the folder. Cut out the ballerina have the children color and/or decorate with a tissue paper tutu. When they are finished they can use their fingers as the ballerina’s legs and hold their own recital.



Fancy Ballerina

Template is in the “Ballerina2” PDF on the flash drive and in the folder. Photocopy the ballerina and give a copy to each child. Let them decorate their ballerinas with crayons, feathers, glitter, sequins, and tissue paper.