

ETSU Conference 2009
“Green is the Sound of Growing”

Using the colors and sounds of music to help grow better babies and toddlers, by Katherine Dines

Katherine Dines (www.hunktabunkta.com) is a songwriter, recording and teaching artist who performs throughout the world. She has worked with parents, caregivers and educators since 1992. To date she has created 10 award-winning cd's in the acclaimed series known as Hunk•Ta•Bunk•Ta® MUSIC. Her songs have been Grammy nominated; licensed by Disney, Hallmark, and Build-A-Bear Workshops; featured on major airlines, and can be heard regularly on XM satellite radio. For more information on her songs, workshops, or keynotes, call 888/663-7122, or e-mail kdines@hunktabunkta.com

Songs from today's workshop can be found on these 6 cds:

Hunk-Ta-Bunk-Ta® FUNsies Volumes 1 and 2; CHANTS; TWINKLE; WIGGLE; BED. All 10 Hunk-Ta-Bunk-Ta® cds and activity guides are at Northside Music and Authors' booth.

1. FOCZ. Find Your Own Comfort Zone!

A. Paint a stage that works for YOU-- a calming environment, or naturally lit area, with soothing colors.

- 1) Soft/lowered lighting - (filter with cellophane, paper or fabric)
- 2) Carpeted floors (carpet squares, heavy blankets or baby blankets)
- 3) As quiet a place as possible (turn off fans, and muffle background noises)

2. Props can be VERY important!

- 1) Armless chair, short stool or bench
- 2) Big pillow or bolster; Yoga mat or cushy blanket
- 3) See suggestions for specific props in handout.

3. Wiggly welcomes. Introduce children to their surroundings and to one another.

A. ANY music will do- the more rhythmic the better - Walk/move rhythmically through entire space; nod to one another; meet/greet everyone by name.

“**Friends. Friends. 1. 2. 3.**” (finger play/circle dance)

4. Warm Up!

A. All bodies need it-no matter what age or stage

- 1) Massage/manipulation slow rhythmic strokes.
- 2) Stretching - **"So Big So Small"**

5. Oh, What a Feeling: Textures! (Feathers, socks, sponges, stroking, etc.)

A. Babies and toddlers love to touch and to be touched. Tickling stimulates diaphragm and digestion

- 1) **"The Ticklebug"** (puppet/socks/balls/sponges)

6. Turn Up Musical Tastes.

A. Research suggests that children learn languages more easily if they are taught 40 words in nonnative language before the age of five.

- 1) Read/speak/sing/use at least one word in another language or make up a word or unusual sound, name or phrase each day.

TIGER TIGER - Dee Lillegard and Susan Guevara

- 2) Play different musical genres. Move to them.

Putamayo's World Playground

7. Use it or lose it! 0-3 years are the essential years of opportunity.

A. Heart/ear/brain connections (Drawing #A)

- 1) Position of heart to organs that will become hearing mechanism.

B. Whole brain and functions (Drawing #B)

- 1) Music/sound dance throughout the brain.

8. Three R's = Repetition, Repetition, Repetition!

Repetition builds familiarity, and creates immediate comfort zone for both caregiver and child. **"Beach Ball Baby"** (beach balls/lap bouncing/knee bending toddlers)

9. Three U's = Use Unique Unexpected sounds to ignite dendrites, fire synapses, and promote listening.

A. Use a unique instrument to gain control and focus attention. **"Spoons Spoons Musical Spoons!"**

B. Orchestrate story times with voices and instruments

10. The Three V's = Vocalize. Vocalize. Vocalize!

A. USE WORDS clearly, and play with language as if it were a symphony! The voice is one of our most valuable tools.

- 1) Language (lyrics) - chants, and story times

- 2) Pitch (high/low)
- 3) Tone (loud/soft)
- 4) Tempo (fast/slow)

"Roly Poly Puddin' Pie" - Victoria Robasky @2 yrs.

11. Build Specific Skills

- A. **"Row Row Row (The Baby)."** Arm/shoulder mobility; balance and coordination.

12. Stop Look Listen... and Encourage Movement in ALL Directions! "Rock Wiggle and Roll."

- A. Up/down
- B. Front back
- C. Near/far
- D. Cross mid lines

13. Shhhhhh. ALWAYS end sessions and prepare babies to transition on a quiet note - Waltzes; Lullabies

- A. **"Angels are Dancing With You"** (scarves; rocking rhythm)

•HOME MADE INSTRUMENTS/SOUND EFFECT IDEAS•

Containers (film canisters; eggs) with different things inside (rice, beans, beads, etc)
 Bells (bells on cloth or chenille stems)
 Global percussive instruments (gourds; cowbells; bean pods; gongs; hand drums)
 Small paper/plastic plates with string through holes
 Gong or pot lid with a spoon
 Metronome
 Bang sticks, bottles or tubes
 Eggbeater
 Keys on keychain
 Kazoos
 Whirligigs
 Whisk broom or paintbrush stroked across cardboard, paper or other textures.

•PROP IDEAS FOR SPECIFIC SONGS•

"The Ticklebug" – glove or hand lady bug puppet; feather; sock; paintbrush; damp sponge; felt or pile squares; feathers or fluffy chenille stems - (Michael's or Hobby Lobby); cotton balls on straws or wooden craft sticks;

"Beach Ball Baby" - Armless chair; blow up beach balls (Target; WalMart; Oriental Trading Company); exercise balls. (Include at least ONE ball cover for latex sensitivity)

"Musical Spoons" Large plastic cooking spoons (Bed Bath and Beyond); Target; kitchen supply stores. Crumpled paper; cardboard boxes; baskets; cookie sheets

"Roly Poly Puddin' Pie" – kazoos; long tubes; paper towel tubes; baby blankets for rolling on floor

"Angels Are Dancing With You" - Small squares of soft billowy fabric; scarves; finger puppets; paper or fabric "wings."

•LITERATURE/LANGUAGE LINKS•

1. "Sooo Big Soooo Small"

Where Is Baby's Belly Button? Karen Katz. ISBN#0689835604

Clap Hands. Helen Oxenbury. ISBN#0689819846

What's On My Head? Margaret Miller. ISBN#068989129

2. "Tickle Bug"

Tickly Under There. Debi Gliore. ISBN#0439244048

Toes Are To Tickle. Sheer Raddie, Kady MacDonald Denton. ISBN#188367249

Ten Little Ladybugs. Melanie Gerth. ISBN # 9781581170917

3. "Beach Ball Baby"

Ball. Ross Asquith & Sam Williams. ISBN#0789434865

Balls. Elmo's World. John Barnett, Mary Beth Nelson ISBN#0375805745

Catch The Ball! Eric Carl. ISBN#059032845X

4. "Spoons Spoons Musical Spoons"

The Baby Goes Beep. Rebecca O'Connell

Clap Your Hands. David Ellwand

5. "Roly Poly Puddin' Pie"

If You Give a Mouse a Cookie. Laura Joffe Numeroff.

ISBN#0060245875

6. "Row Row Row Your Baby"

Row Row Row Your Boat. Annie Kubler. ISBN#0859536580

Row Row Row Your Goat. Bernard Most. ISBN#0152012508

Baby's Boat. Jeanne Titherington. ISBN #0688085555

7. "Rock Wiggle and Roll"

The Baby's Game Book. Isabel Wilner. ISBN#0688159168

8. "Angels Are Dancing With You"

Mama Mama. Jean Marzollo. ISBN#0694012459

Baby Angels: Board Book. Jane Cowen-Fletcher, ISBN#

0763604143

Time for Bed. Mem Fox. ISBN#0152010661