

## ***CREATIVE MOVEMENT RHYTHMIC EXPRESSION***

### ***BY HAP PALMER***

These songs provide actions, images and challenges which the child can act out in his own way without previous demonstration. It is best if the teacher does not give specific responses. In this way the material provides the participants with an opportunity to think and create independently. It is a chance for spontaneous informal fun.

The material can be used for play day and holiday programs. Many of the songs can also be used for finger and hand games. Participation will be spontaneous and rapid because the stories and challenges suggest broader movements which go for a longer period of time (four - eight measures) than conventional finger and hand games.

When space is available, the class can move freely and respond with their whole body. In this way, the activities will help to enhance the child's perception of space, teach body control, develop kinesthetic awareness of body parts and foster non-verbal expression of feelings and ideas.

#### **TRACK 1. MOVING GAME - Part 1**

Hey, let's play the moving game  
Can you move like the things that I  
name? Loosen up and don't be afraid  
When you move do it in your own way

Can you move like a tree in the wind,  
a tree in the wind, a tree in the wind?  
Can you move like a tree in the wind,  
a tree in the wind, a tree in the wind?

Can you move like a big jet plane, a big  
jet plane, a big jet plane?

Can you move like a big jet plane, a big  
jet plane, a big jet plane?

Can you move like you're riding a horse,  
riding a horse, riding a horse?

Can you move like you're riding a horse,  
riding a horse, riding a horse?

Can you move like a rocket ship, a  
rocket ship, a rocket ship?

Can you move like a rocket ship, a  
rocket ship, a rocket ship?

## **TRACK 2. FISHING TRIP**

Went out to do some fishing on a bright  
and sunny day

Got into my rowboat and I rowed the  
boat away.

Got out in the lake and I put on my bait.

Rocking in the boat I had to sit and wait.

Then, I felt a tug and my fishing pole  
was bending.

Time to bring the fish in and so I started  
reeling.

Suddenly, it got darker

The weather it was changing

The wind began to blow

And, it started raining.

Knew I must get back to shore

Before the boat went under

So I started rowing

Through the rain and thunder

I made it back to shore

I had given it my best

The sun came out again

And I took a little rest.

### TRACK 3. COLORED RIBBONS

Once I had a basket filled with colored  
ribbons  
And I played a game that I thought was  
lots of fun  
I tied one ribbon on my foot, I tied one  
ribbon on my foot.

I tied another ribbon on my other foot,  
on my other foot, on my other foot.  
I tied another ribbon on my foot  
And, I had a ribbon on each foot.

My friend tied a ribbon on my wrist, my  
friend tied a ribbon on my wrist,  
My friend tied another ribbon on my other  
wrist, on my other wrist on my other  
wrist.  
My friend tied another ribbon on my  
other wrist.  
And, I had a ribbon on each wrist.

If you have the color of a stop sign, hold  
the color high, hold the color high.  
If you have the color of the sky, hold the  
color high, hold the color high.  
If you have the color of a tree, hold the  
color high, hold the color high.  
If you have the color of a school bus,  
hold the color high, hold the color  
high.  
Show me the color you like best, you like  
best, you like best  
Show me the color you like best  
Show me your favorite color.

Boys, If you bought a brand new shirt  
Show me the color you would choose  
Girls, if you bought a brand new dress  
Show me the color you would choose  
Show me two colors you like best  
Show me two, show me two  
Show me the two colors you like best  
and now make the two colors touch.

#### **TRACK 4. TEACHER WHO COULDN'T TALK**

There once was a teacher who could  
not talk  
And everyone wondered how she taught  
Her little secret we will now tell  
For you know she really taught quite well.

She had many instruments lying around  
and each one had a different sound  
The sound told the class what to do  
The class learned easily - how about  
you?

A slow drum beat means you should walk  
A fast drum beat means you should run  
A slow drum beat means you should walk  
A fast drum beat means you should run

The triangle means - kneel down  
The woodblock means stop and put your  
hands in the air  
The triangle means - kneel down  
The woodblock means stop and put your  
hands in the air

There once was a teacher who could not  
talk and everyone wondered  
how she taught

Her little secret was quite clever  
Now, let's see if you can remember.

## **TRACK 5. PERCUSSION INSTRUMENTS**

*( no lyrics )*

## **TRACK 6. GRANDPA BUILDS A TABLE**

Grandpa came over to dinner  
Mother opened the door  
Told him we didn't have a table  
Said we're going to eat on the floor  
Grandpa said, "I can make a table."  
Mother said, "Are you really able?"  
Grandpa said, "Yes, I know how and I'm  
going to make you one now."

ZZZ,ZZZ,ZZZ went the saw  
ZZZ went Grandpa's saw  
BANG, BANG, BANG, went the hammer  
BANG went Grandpa's hammer.  
WHIRR, WHIRR, WHIRR went the  
hand drill.  
WHIRR, went grandpa's hand drill  
TURN, TURN, TURN, went the  
screwdriver  
TURN went Grandpa's screwdriver  
SWISH, SWISH, SWISH, went the  
paint brush  
SWISH, went Grandpa's paint brush

Grandpa said " I can make a table."  
And, boy, he sure was able.

## **TRACK 7. FAST AND SLOW MARCH**

We're going to do the fast and slow  
march

Listen to the rhythm of the music and  
you'll know what to do.

We're going to do the fast and slow  
march

Listen to the rhythm of the music and  
you'll know what to do.

Listen to the drummer, as he plays  
his drum

Try to stay right with him, it just takes a  
little rhythm

We're going to do the fast and slow  
march

Listen to the rhythm of the music and  
you'll know what to do

You will know what to do.

We all did the fast and slow march

We listened to the rhythm of the music  
and we knew what to do

We all knew what to do.

## **TRACK 8. OUT TO THE COUNTRY**

Let's take a trip, out to the country

Ooo. Ooo far from the city

Let's go where you can find fresh air

Let's take a trip to the country

Drivin' our car out to the country

Ooo, Ooo far from the city

Drivin' our car out to the country

Everybody's goin' to the country

Wheels keep a-turnin'

Turn, turn

Wheels keep a-turnin'

The road is a-winding out to the country  
This way, that way  
Far from the city  
Road is a-winding out to the country  
Everybody's goin' to the country

Road's gettin' bumpy  
Out to the country  
Bumpy - Country

Road's gettin' bumpy  
Out to the country  
Bumpy - Country

Here we are out in the country  
Breathe deep, smell that fresh air  
Breathe deep, love that fresh air  
Everybody's home in the country.

## **TRACK 9. HOW MANY WAYS**

Draw me a square, draw it in the air  
Up, down, here, there, draw it anywhere  
Use your hands and use your feet  
Knees, head, elbow anything at all  
How many ways can you draw me a  
square  
How many ways, yes, how many ways?

Draw mw a circle  
Draw it in the air  
Up, down, here, there  
Draw it anywhere  
Use your hands or use your feet  
Knees, head, elbows anything at all  
How many ways can you draw me a  
circle  
How many ways, yes, how many ways?

Draw me a triangle  
Draw it in the air  
Up, down, here, there  
Draw it anywhere  
Use your hands or use your feet  
Knees, head, elbows anything at all  
How many ways can you draw me a  
triangle  
How many ways, yes how many ways?

Draw the figure eight  
Draw it in the air  
Up, down, here, there, draw it anywhere  
Use your hands or use your feet  
Knees, head, elbows anything at all  
How many ways can you draw a  
figure eight  
How many ways, yes how many ways?

## **TRACK 10. MOVING GAME - PART II**

Hey, let's play the moving game  
Can you move like the things that I name  
Loosen up and don't be afraid  
When you move do it in your own way

Can you move like a big elephant, a big  
elephant, a big elephant?  
Can you move like a big elephant, a big  
elephant, a big elephant?  
Can you move like a bird in the sky,  
a bird in the sky, a bird in the sky?  
Can you move like a bird in the sky,  
a bird in the sky, a bird in the sky?

Can you move like you're playing ball,  
bouncing, throwing, and catching the  
ball?



Can you move like you're playing ball,  
bouncing, throwing, and catching the  
ball?

Can you move like a circus clown,  
A circus clown, a circus clown?  
Can you move like a circus clown,  
Making people laugh as he dances  
around.



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