

## **Under 5s Performance Workshop for Eden Court**

### **Circle dance to Traditional Reel (Warm Up)**

- 1. 16 walks round and back**
- 2. Walk in for 8**
- 3. Walk out for 8**
- 4. Run in for 4**
- 5. Run out for 4**
- 6. Clap 8**
- 7. 16 Light Claps in a circle in front of body**
- 8. Rub hand by left ear for 8, then right ear for 8**
- 9. Rub hands in Front**
- 10. Pat chest for 8**
- 11. Stamp for 8**

### **2. Wave your hands to say Hello (to Shetland Tune: Bonnie Tammie)**

**Wave your hands to say Hello**

**Say Hello**

**Say Hello**

**Wave your hands to say Hello**

**Say Hello to Everyone**

**La La etc**

**Clap your hands/Dance around etc.**

### **2a Sally go round the Sun Song**

**Sally Go Round the Sun**

**Sally Go round the Moon**

**Sally go round the Chimney Pots**

**On a Saturday afternoon.**

**Material: Yellow cloth round large cardboard circle for children to sing and walk round.**

### **3. Up and Down game on Metallophone (Led by Leader and Children)**

**Materials: Metallophone Keys CDEGA CDEGA**

**Use low C (down) and then octave C (up) (sitting and standing)**

**DDD = stamp your feet**

## **High CEC for Pat your head**

### **4. Breakfast clap**

**Materials: Shakers, claves, tambourines, bells**

**Cereal cut outs on sticks**

**Say it and Do it:**

**Toast 1 clap**

**Coco Pops on thighs Co Co Pops so 3 pats, hands separately**

**Po rridge stamp the ground**

**Wheet a bix – pat head 123 (bring into song on percussion)**

**Song: What did you have for breakfast today? (Original song by Alpha Munro)**

**Breakfast today**

**Breakfast today**

**What did you have for Breakfast today**

**Early in the morning!**

**Sing La La to tune again while playing instruments**

**I had ..... for breakfast today etc.**

### **5. Down the Road**

**Materials: A drum to circle round**

**In addition: Make kids guess the drum beat for walking, running or jumping**

**Down the road,**

**Down the road**

**Everybody .....Down the road**

**(Gaelic version sung too)**

### **6. Charlie Over the Ocean (spoken in different voices)**

**(Materials: Fish, Material for sea for everyone to hold)**

***Charlie Over the Ocean***

***Charlie Over the Sea***

***Charlie caught a big fish***

***Can't catch me***

**Walk round the circle and place fish behind child who chases Leader back to her place.**

**7. Funga A la fia (Good Health or Peace) African Greeting song (Call and Response Song)**

**Funga A la fia (Touch head and extend open arms)**

**A she A she (Touch lips and extend arms)**

**Funga A la fia (Touch heart and extend arms)**

**A she A she (Lift left arm perpendicular to floor, gesture right hand to stroke sleeve up and down)**

*7A Rain sequence with everyone using claves: a) light rain (soft gentle taps) b) heavy rain (fast and furious taps) c) call and response taps with Leader or Child.*

*Start Light rain by tapping children on shoulder.*

**8. 5 little Monkeys hand rhyme/song (in the African jungle)**

**Materials: Crocodile Puppet**

**5 little monkeys sitting on a tree (monkeys are fingers of left hand, croc is the right hand)**

**Along came a crocodile as quietly as can be**

**Hey Mr Crocodile you can't catch me!**

**SNAP! (One finger is bitten off by crocodile)**

**4 little monkeys etc. On no little monkeys..... 'miss me tee hee!'**

**(waggle little finger)**

**9. Story time! With the Hippos meeting all their friends in the Jungle and getting lost.**

**Materials: Cardboard Hippos on sticks for children to hold, Puppets of other animals on chairs around room.**

**Song: Crash Crash Bang (Cymbal and djembe)**

**Wandering through the jungle with a**

**Crash, Crash Bang!**

**Gist of story: Hippos meet monkey, snake, bird, frog and croc and then reverse the order as they sing the song below.**

**Sssh sssh sssh**

**Ssssh ssssh ssssh**  
**Tiptoe through the jungle**  
**With a sssh ssssh sssh**

**10. Old Macdonald had a Band Song with instruments. Arranged so instruments are cumulative.**

**11. Conducting exercise by Leader and Children in turn. Arms up for f and down for p for example. Arms gesturing together for individual instruments to play.**

**12. Fairy Lullaby, Traditional Scottish lullaby using Starry material for all to hold**

**13. Starlight, starbright, first star I see tonight, I wish I may, I wish I might, Have the first wish tonight. *Do you have a wish? Children make wishes***

**14. Goodbye SONG as Hello Song**

**Alpha Munro**  
**Music Rhythm and Rhyme 2008**