



## Movin' and Groovin' with Music

Children react naturally to music. Take time to watch a child move and sway when some music is played. They let their bodies take over and move freely to the rhythms they hear. Music makes learning fun. Music and movement activities can keep children busy and active in positive ways.

Play some music. Let imaginations go wild! Encourage the children to move in time to the music. Let them know they can move around the room in any way, as long as they do not hurt themselves or anyone else. Tell them that they do not have to do what anyone else does, but they can look to others for ideas to get started. Dancing is a great way to exercise and use up energy.

### Variations include:

- Give the children some simple rhythm instruments, such as sticks, bells, shakers, and drums.
- Encourage them to clap or stamp their feet in time to the music.
- Tell them they can sing along and make up their own words.



### IF YOU'RE HAPPY AND YOU KNOW IT

Have the children use body part movements while singing this old favorite.

If you're happy and you know it,  
clap your hands.

(Clap, clap)

If you're happy and you know it,  
clap your hands.

(Clap, clap)

If you're happy and you know it,  
your face is gonna show it.

If you're happy and you know it,  
clap your hands.

(Clap, clap)

Others verses include the following, but you and the children can add others:

- Shake your head
- Stomp your feet
- March in place
- Shake you hips
- Touch your toes
- Roll your head
- Wiggle your nose
- Wave your hand

# Bear Time

- Plan a day about bears.
- Have the children bring in their favorite bear from home (or favorite stuffed animal if they do not have a bear.)
- Have a Teddy Bear Picnic at snack time and include the stuffed animals.
- Talk about what bears do in winter.
- Sing “The Bear Went Over the Mountain” — see at right.
- Then play the circle game “Going on a Bear Hunt.”
- Act out the finger play listed below.
- End the day by reading Bill Martin, Jr.’s “Brown Bear, Brown Bear” story.



## THE BEAR WENT OVER THE MOUNTAIN

The bear went over the mountain,  
the bear went over the mountain,  
the bear went over the mountain,  
to see what he could see.

To see what he could see,  
to see what he could see.  
The bear went over the mountain  
to see what he could see.

The other side of the mountain,  
the other side of the mountain,  
the other side of the mountain,  
was all that he could see.

Was all that he could see,  
was all that he could see.

The other side of the mountain  
was all that he could see.

### Bears Everywhere (Finger Play)

**Bears, bears,  
bears everywhere!**  
(Point in all directions)

**Bears climbing stairs.**  
(Pretend to climb)

**Bears collecting fares.**  
(Reach out for fares,  
put hands in pockets)

**Bears giving stares.**  
(Stare at each other)

**Bears washing hairs.**  
(Pretend to wash hair)

**Bears, bears,  
bears everywhere!**  
(Point in all directions)



**Pennsylvania Pathways**

Professional Development  
for Child Caregivers

PENNSTATE



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