Preschool Choir – Keep Things Moving!
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Hula Hoops, Stories, Nursery Rhymes, Props & Movement Games - all combine to create an active, exciting rehearsal! Explore ideas to keep your preschoolers attention while teaching foundational musical concepts such as steady beat and discovering/developing their singing voice.

Welcome Song
“So Happy You’re Here Today”
From: Hap Palmers’ - “So Big”—Activity Songs for Little One

Movement
Animal Groovin & Movin
GIG - All Creation Sings Fall - Preschool, 2017 #17

STEADY BEAT - Studies have shown that if a child cannot keep a steady beat they are much less likely to be able to match pitch. Therefore, it is imperative that we make sure every rehearsal is filled with activities that provide opportunities for preschoolers to experience steady beat!

Ideas:

1. ATTENTION GETTER.
   - Pat parts of the body to a steady beat.
   - Invite the children to join you.
   - Move from one area of the body to another.
   - Perform each motion 8 x’s before moving to the next.
     - Pat Legs
     - Touch Waist
     - Beat Chest
     - Touch Elbows
     - Touch Shoulders
     - Pat Head
     - Nod Head
     - Touch Eyes
     - Flip Ears
     - Clap Hands
     - Both Fingers over mouth.
2. **STEADY BEAT ADD ON.**
   - Start by clapping to a steady beat 8 x’s
   - Ask for a volunteer to identify another part of the body on which we can put the steady beat (i.e. shoulders).
   - Clap 8 x’s and then tap shoulders 8 x’s
   - Ask for another volunteer and continue “adding” to the pattern as desired.

3. **RHYTHM LADDER or MOVEMENT LADDER.**
   - Write various command movements on card stock.
   - Punch holes in the tops and bottoms of the cards and loop them together with yarn, ribbon or string.
   - Make a loop on the top card for it to hang easily.
   - Commands may include:
     --Clap Hands
     --Pat Legs
     --Sway back & forth
     --Hop
     --Flap Arms
     --March
     --Tap Foot
     --Pat Head
     --Touch Fingers together
     --Nod Head
   - Display the Rhythm Ladder. Perform each motion 8 x’s. Play a recording of a song you are working on or will introduce. Perform the motions as the recording plays.
   - This allows the children to hear the song before attempting to sing as well as feeling the steady beat.

4. **WALK THE BEAT.**
   - Walk in a circle as the recording is played.
     (NOTE: Preschoolers have a hard time keeping a circle round. Have them march around a table or group of chairs or a circle you have drawn with tape on the floor.)
   - Stop the music at random.
   - Each time the music stops preschoolers should FREEZE in place.
     (For variation have them freeze like a snow man; freeze like a statue; freeze like Super Man; freeze like a baseball player up to bat; freeze like a basketball player about to shoot a hoop; Swimmer; etc.)
   - **VARIATION:** After each time the music stops have them change from walking to some other movement: hopping, skipping, hop on one foot, jumping like a frog, walk like an elephant, etc.
   - Play a drum beat as the music is played to help the children feel the steady beat.
5. **WALK THE BEAT AROUND HOOPS.**
   - Place several Hula Hoops on the floor.
   - Have the preschoolers walk around the hoops to the steady beat as the recording plays.
   - When the music stops have them step inside a hoop.
   (Note: You can have enough hoops for 1 per child or have them “pack inside” two or three hoops. Older preschoolers and younger children might enjoy the challenge of “packing inside a hoop” and then removing a hoop each time.)

6. **USE A PROP.**
   - Ball Bounce (HA, HA, HA, WHEE...)
     (Vocalise + Steady beat and watching director)
   - Ball pass to the steady beat (circle activity)
     Song: Alleluia! Alleluia! (All Creation Sings Fall – Preschool, 2017) #15
     Groovin & Movin (All Creation Sings Fall – Preschool, 2017) #17
   - SWIM NOODLE rhythm sticks
   - SWIM NOODLE scrapers

7. **Using Movement & Choreography**
   A. **Song: Sing Praises to the Lord**  
      (All Creation Sings Fall – Preschool, 2017) #1
      SONG TEACHING STEP Link to Choreography (#10 on Main Listing)
      --Choreography
      --Add Hand Streamers
   B. **Other Choreography ideas from GIG, All Creation Sings Fall – Preschool, 2017**
Discovering & Developing the Singing Voice.
--It is vital that we provide many opportunities for preschoolers to find and experiment with their singing voice.
--The task of helping a child match pitch becomes more difficult the older they become.
--Preschool years are the most opportune time to capitalize on their eagerness to learn and uninhibited nature.
--The use of VOCAL EXPLORATION is one tool to help in developing the singing voice.

Vocal Exploration
- The aim of vocal exploration is to increase the flexibility of the voice (vocal folds).
- The exercise does not require the child match exact pitches.
- The exercise is usually perceived as a game or fun activity.

4 Channels of the Voice
(Echo speak/sing the following phrases rhythmically)

This is my TALKING (speaking) voice.
This is my OUTSIDE (calling, shouting) voice.
This is my WHISPERING voice.
This is my SINGING voice. (sing this phrase on one pitch – approx.. G above middle c)

Image Cards
--Image cards, posters & visuals make it fun for children to imitate sounds that help them find their singing voice and extend their vocal range.
--These may be “hand-made” or are often found in GROWING IN GRACE and CMS materials.

Props
Noodle
Slinky
Mr. Pop UP Man (Man in a Cone)
Pinky Pig/Dudley Donkey (for posture)
Flash Light – (Turn off lights. Move the light along the wall. Have the children slide their voices to reflect the direction of the beam.)
Party Favor Blowouts (Steady beat)

Tubes
To assist with HEARING THEMSELVES SING.
--Uncertain singers need opportunities to sing alone and hear themselves.
Body Scale & Solfege

--Echo Sing short melodic patterns using the Body Scale
   Sol-mi-mi (5-3-3)
   Sol-mi-sol (5-3-5)
   Sol-sol-sol (5-5-5)
   Sol-la-sol (5-6-5)
   Sol-la-sol-mi (5-6-5-3)
   Sol-mi-do (5-3-1)
   mi-re-do (3-2-1)

--Activity J: Toss the Melody Cube
   All Creation Sings Fall-Preschool 2017

Singing/Listening Games

--Before children can become good singers they must become GOOD LISTENERS.

Activities/Games

HULA HOOP ACTIVITIES (Most of these activities are performed best as Small group or early arriver activities)

• CONCEPT: HIGH/LOW Sounds
  --Place Hoops at random on the floor
  --Have preschoolers stand inside the hoop with their eyes closed.
  --Play HIGH/LOW sounds on resonator bells or piano.
  --Ask the children to raise their hands HIGH when it sounds high or reach low when it is a low sound.
  --Play the activity again this time ask the children to step outside the hoop when the sounds are high and step inside the hoop when the sounds are low.

• CONCEPT: SAME/DIFFERENT
  --Place Hoops at random on the floor as above.
  --Have preschoolers stand inside the hoop.
  --Play a simple pattern on the step bells (G-E) and repeat it over and over several times. Tell the children each time they hear this pattern they should be standing INSIDE the hoop. When the pattern changes step outside the hoop. (The second pattern needs to be dramatically different i.e. C-C or G-C-C.)
  --VARIATION:
    --Perform the same activity RHYTHMICALLY.
    --Play a STEADY BEAT for inside the hoop and a different pattern for outside the hoop.
• **CONCEPT: SINGING/LISTENING**
  -- One child stands blindfolded inside the hoop - "It".
  -- 2 or 3 other children stand outside the hoop and hold onto the hoop making a circle around the child in the middle.
  -- Children holding the hoop walk in a circle as they sing and act out the song.
  -- The child in the middle guesses the action of the song.
  -- Rotate Children outside the circle to inside the circle until all children have had a chance to be "It."

**SONG:**  
*Hey, Ho, Round We Go*

<table>
<thead>
<tr>
<th>Song in:</th>
<th><em>Stepping Stones to Matching Tones</em></th>
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<tbody>
<tr>
<td>By: Betty Bedsole &amp; Derrell Billingsley</td>
<td>Broadman Press.</td>
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<tr>
<td>-- May order it through LIFEWAY as a &quot;Print on Demand&quot;</td>
<td>Product</td>
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**Stories**

-- Consider using stories that can easily incorporate vocal exploration or simply for imagination and creativity.

A. **THE PRINCE & THE PRINCESS**

B. **SING SOPHIE**
   By: Dayle Ann Dodds
   Candlewick Press, Cambridge, MA

C. **FISHING TRIP**
   Hap Palmer - Creative Movement & Rhythmic Exploration
   -- children act out the story as it unfolds