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## Welcome to Jump for Joy Music!

CAEYC Annual Conference & Expo - San Jose Convention Center

Saturday, March 16, 2013 2:30 - 4:00 PM Room 212AB

## Getting Smarter Through Music

Encouraging the development of the whole child with songs that promote cognitive, social, and motor skills

### Infants are born with approximately 100 billion neurons

"Scientists believe that language is acquired most easily during the first ten years of life. During these years, the circuits in children's brains become wired for how their own language sounds. An infant's repeated exposure to words clearly helps her brain build the neural connections that will enable her to learn more words later on. Language can be learned a multitude of ways, like casual conversation, songs, rhymes, reading, music, story-telling and much more."

<http://umaine.edu/publications/4356e/>

### The importance of nurture

Laura E. Berk, in *Infants, Children, and Adolescents* Pg 255, Berk writes:" And as infants attend to the parent's face, and the parent talks and smiles, babies knit their brows, open their eyes to coo, and move their arms and legs excitedly, gradually becoming more emotionally positive until, between 6 and 10 weeks, the parent's communication evokes a broad grin called the **social smile** (Lavelli & Fogel, 2005; Sroufe & Waters, 1976). Social smiling becomes better organized and stable as babies learn to use it to evoke and sustain pleasurable face-to-face interaction with parent."

### Stimulation is vital to survival of neurons

Experiences, physical, cognitive, and social-emotional, help to shape brain structures! Brain increases in size from 30% of its adult weight to 70% by age 2. *Op Cit pg 170.*

Still face video <http://www.youtube.com/watch?v=apzXGEbZht0>

#### Goals for today:

- Equip teachers with great new songs for preschool and K-6 levels
- Develop relevant themes which songs introduce
- Demonstrate easy motions which accompany songs
- Introduce supportive actions and activities
  - Sing along
  - Dance along
  - Play along
  - Follow up classroom activities



Participants will learn **8-12 wonderful songs** for use in the classroom. We will demonstrate easily learned activities including American Sign Language, art projects and field trips.

Also included are following: - **Fun dance steps:** several songs have dance steps that can be learned in 15 seconds or less. - **American Sign Language:** Teachers will learn the signs for a sensitive ballad, with a tempo that helps the classroom energy wind down. - **Environmental and Social Themes:** Rock out with *What's That, Habitat!* (by Remy Rodden) as the whole group dances and sings together. *The Merry Go Round* tells a fun story that children can identify with. *Angel Peekaboo* is a fanciful song that engages the imagination and encourages movement. *So Many Ways to Be Smart* (by Stuart Stotts & Tom Pease) reminds us how intelligence can be evident in many ways.

**Teacher resources:** Here are websites for children's music and activities

American Sign Language Free Instruction - [www.aslpro.com](http://www.aslpro.com) & [www.handspeak.com/](http://www.handspeak.com/)

Children's Crafts & Activities - [www.things2make.com](http://www.things2make.com) & [www.coloring.ws/](http://www.coloring.ws/)

Children's Music Network- [www.cmnonline.org](http://www.cmnonline.org)

Children's Music Web- [www.childrensmusic.org/](http://www.childrensmusic.org/)

Fun & silly camp songs - [games.greenghoulie.com/](http://games.greenghoulie.com/)

Musician's United in Songs for the Classroom - [www.learningfromlyrics.org/u](http://www.learningfromlyrics.org/u)

Songs for Teaching - [www.songsforteaching.com/](http://www.songsforteaching.com/)

K-12 instrumental practice guides - [www.gregfishmanjazzstudios.com](http://www.gregfishmanjazzstudios.com)

First School - Preschool Activities & Crafts - [www.first-school.ws/INDEX.HTM](http://www.first-school.ws/INDEX.HTM)

Kid's Music Connection - [kidsmusicconnection.com](http://kidsmusicconnection.com)

More resources are listed on our links page at [www.jumpforjoymusic.com/links.htm](http://www.jumpforjoymusic.com/links.htm)

NY Times article - Early Music Lessons Have Long Term Benefit <http://well.blogs.nytimes.com/2012/09/10/early-music-lessons-have-longtime-benefits/>

Music & the Brain - Linking Early Music Instruction & Cognitive Ability - <http://musicandthebrain.org/related-websites.htm>

### ***The Merry Go Round***

- Wiley Rankin and Deborah Rankin ©1999 Jump For Joy Music

Chorus:

Ahhhhhhhhh!

The merry go round!      Very merry go round!  
There's nary a frown      As we're spinnin' around!  
We sing and squeal!      How good we feel!  
We're never done...      Havin' fun!

1) First I step up to ride on a carousel that's wide  
Now they're high, now they're low, now I'm ready to go

Then I look around to see my friends  
We get spun and the fun never ends.

Chorus

2) There's a horsey who's tall and a pony who's small  
How can I choose whose saddle to use?

There's a mouse and a kangaroo  
There's a red one and there's a blue

Chorus

3) As I step to the ground from my merry go round  
As the trees seem to spin, I'm reminded again

And I try to stand up straight  
Of the cotton candy I'm sorry that I ate.

Chorus

We're never done      Havin' fun, havin' fun!

# Epigenesis

Laura E. Berk, in *Infants, Children, and Adolescents* Pg 88, Berk writes "Epigenesis means development resulting from ongoing, bidirectional exchanges between heredity and all levels of the environment."

## Brain Plasticity

Norman Doidge, M.D., *The Brain That Changes Itself*, pg 226. Doidge writes "The left hemisphere generally processes the *verbal-linguistic* elements of speech, as opposed to the emotional-musical ones, and analyzes problems using *conscious* processing. Babies have a larger right hemisphere, up to the end of the second year, and because the left hemisphere is only beginning its growth spurt, our right hemisphere dominates the brain for the first three years of our lives. Twenty-six-month-olds are complex, "right-brained" emotional creatures but cannot talk about their experiences, a left-brained function. Brain scans show that during the first two years of life, the mother principally communicates nonverbally with her right hemisphere to reach her infant's right hemisphere."

Pete the Cat - I Love My White Shoes, with little girls singing: <http://www.youtube.com/watch?v=HpZ9mOQ6iSU>

*All My Love to You* - Wiley Rankin and Deborah Rankin ©2004 Jump for Joy Music

Time to sleep  
Travel off to dream land  
I will send all my love to you  
Sweet dreams glide on a ride so tender  
Angels sing by your side they send a  
Lullaby  
Don't you cry  
Good night...good night (x3)  
Goodnight...sleep tight

### *Singing! Singing!*

**Activities:** We sing "let's shake our head, with our friend Ted. Let's tap our toes, with our friend Rose." Can you make more rhymes with your friends' names? It can be totally silly, ie. weather & Heather, tall & Paul.

*Teacher* - Here's an easy way to make rhymes with all the children's names. Use this phrase, "Let's clap again... for (child's name) our friend." Or, play a game where you find a rhyme for each child's name.

- \* The song ends with "everyone" in different languages. Do you speak another language besides English?
- \* What are some things that are more fun and easier when we do them together?
- \* Have a more physical version of the song - jumping, hopping, stomping, all together!
- \* Name other things that work together, ie baseball players on a team, or even bones and muscles work with each other. Can you think of other things that work together?

### *Jump for Joy*

**Activities:** Describe a time when you were so happy you felt like jumping up and down. What made you happy and what did you do?

- \* Make up a step or move and call it your happy dance. Teach your friends how to do it.

### *Clean Air*

**Activities:** This song is about our wonderful fresh air. Talk about the things you can see and do when the sky is clear, either in daytime or nighttime. Write or tell about your favorite thing to do outside in the clean air. Discuss - How do we help keep the air clean?

- \* Draw a picture showing some of the fun things you can do outside in the clean air.
- \* Field trip - Take a trip to a local park and enjoy the fresh air.

*You Are You* - by Kevin Roth ([www.kevinrothmusic.com](http://www.kevinrothmusic.com))

**Activities:** Isn't it wonderful that we are each different? Talk about how other children play and live in areas very different from where you are. Do you like to go to the ocean or mountains? What do you think someone does for fun when they don't live near an ocean or mountain?

\* Talk about a country different from where you live. Maybe one of your classmates used to live somewhere else. Think and talk about what that would be like. Is the food different? What kinds of games do they play? What animals live there?

\* How are you different from some of your friends? Do you like one sport or game and they like another?

### ***Splish Splash - by Bobby Darin and Jean Murray***

**Activities:** This is a fun, dancing song. Can you make up your own silly dance?

\* This song has a line that says, "Forgot about the bath". Have you wanted to forget about taking your bath, or doing something that you know you should do? Why does it feel fun to skip doing something you usually have to do? What would be your first choice of skipping something you usually do?

### ***Going to Kentucky***

**Activities:** This is an easy song to include different children's names.

\* Have you ever been to a carnival or a fair? What were some of the things you saw and did? Was there special food you ate? What are some of your favorite foods?

### ***Join In! Have Fun!***

**Activities:** This talks about community, and how we can all help each other. Do you think there is anyone in your town or community who could use some help? What could you do to help them? You can even think about people that are farther away. Is there any way you can be helpful to others who don't live near you?

\* Doesn't it feel good to play with your friends? Do you think we should make sure everyone feels included when we play games? Have you ever felt left out?

\* Has someone ever helped you when you needed it? Tell us about that time. How did it make you feel when they helped you?

### ***Circle the Earth (with Peace) - by Joanne Hammil ([www.joannehammil.com](http://www.joannehammil.com))***

**Activities:** Make posters of each of the different words for "peace" in other languages. Add drawings that are related to the country i.e., their flag, the shape of their country, the animals that live there, is it mountainous, is there an ocean, do they like certain foods?

\* Has anyone visited another country? What are some of the ways it was different from our country? What did you like the most?

### ***Leap Frog***

**Activities:** This song is about taking turns.

\* Is it sometimes hard to wait your turn? What makes it hard? Is it a good idea that we let each other take turns? Why? What would things be like if we didn't take turns?

### ***All My Love to You***

**Activities:** For those times when the children need to transition to quieter activities. This lullaby is excellent for nap times.

\* Can anyone tell me about a favorite dream they've had?

### ***What's That, Habitat! - by Remy Rodden ([www.thinkabout.ca/](http://www.thinkabout.ca/))***

**Activities:** Make posters of the 4 words "food, water, shelter, space". Have the children do their own drawings about each of those topics, perhaps choosing their favorite animals.

\* What is a bear's home/habitat? How is that different from a whale's habitat, or a bird's habitat? If you could choose any type of home/habitat, what would it be like?

**Song Lyrics** - Complete lyrics for the songs learned today are available at [www.jumpforjoymusic.com/lyrics.htm](http://www.jumpforjoymusic.com/lyrics.htm)

**Recordings-** *Singing! Singing!* CD and individual song downloads are available from us directly and also at CD Baby [cdbaby.com/cd/jumpforjoymusic](http://cdbaby.com/cd/jumpforjoymusic)

**Videos demonstrating songs-** [www.jumpforjoymusic.com/av.htm](http://www.jumpforjoymusic.com/av.htm)

**See us on YouTube!** - [www.youtube.com/watch?v=d7hpBQOn1cU](http://www.youtube.com/watch?v=d7hpBQOn1cU) - our elementary school sample

### **About the presenters-**

Jump for Joy Music is Wiley and Debbie Rankin, plus their wonderful musical friends. Wiley performs at thousands of children's shows, where his infectious music and sense of humor draw in kids of all ages. He was featured with an original song on the Disney Channel. Jump for Joy Music, based in California, tours throughout the USA and England. Wiley has played his blues harmonica with the Yardbirds, the legendary rock group, and with jazz great Les Paul. Both have sung with Les at the Iridium Club on Broadway, in 2004 and 2007. Also Wiley played **Carnegie Hall** in 2004! Their CD, *Singing! Singing!* was awarded the **Children's Music Web Award** and they have been voted "**Best of the Best**" by the readers of Bay Area Parent Magazine. Visit us at [www.jumpforjoymusic.com](http://www.jumpforjoymusic.com)