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THIS HANDOUT INCLUDES OUR 4/23/23 SET LIST & RELATED RESOURCES

Welcome to Jump for Joy Music!

CAAEYC CONFERENCE - Sunday 4/23/23 - 8 AM to 9:30 AM

Marriott Santa Clara, 2700 Mission College Blvd, Santa Clara, CA 95054

Room Location: CB, Salon 5

Getting Smarter Through Music™

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

https://www.youtube.com/channel/UCKGpI4bwhS33Ci_wxtour3g -YouTube music channel

<https://www.youtube.com/jumpforjoymusic> - YouTube video channel

<https://www.facebook.com/jumpforjoymusic> -Facebook

<https://www.instagram.com/wileyrankin/> -Instagram

<https://www.jumpforjoymusic.com/> -Website

<https://www.jumpforjoymusic.com/academy/tips-for-parents-teachers/> - You will find this handout here.

Goals for today:

- Equip teachers with great new songs for preschool and elementary ages
 - Develop relevant themes which encourage hope and healing
 - Demonstrate easy motions which accompany songs
 - Introduce supportive actions and activities
- Sing along Dance along Play along Follow up classroom activities.

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. **See us on YouTube!** - www.youtube.com/watch?v=d7hpBQOn1cU - our elementary school excerpt

Participants will learn **some wonderful songs** for use in the classroom. We will demonstrate easily learned activities including American Sign Language, art projects and field trips. **Fun dance steps:** several songs have dance steps that can be learned in 15 seconds or less. - **American Sign Language, Environmental and Social Themes: Zipper Songs, Songs that challenge and encourage the imagination!**

Neuroplasticity & Trauma Recovery

"In the book "Principle of Psychology" written over 100 years ago, William James presented the first theory of neuroplasticity, suggesting that the human brain is capable of reorganizing. It was not until 1948 when the term Neuroplasticity was first used by a Polish Neuroscientist named Jerzy Konorski, who suggested that over time neurons that had 'coincidental activation due to the vicinity to the firing neuron would after time create plastic changes in the brain'.^[4] But it was not until the mid to latter half of the 20th century, following a wide range of research which showed that many aspects of the brain remain changeable even into adulthood, that the term Neuroplasticity came to prominence."

Source: <https://www.physio-pedia.com/Neuroplasticity#>

We can rewire our brains by changing our thought patterns.

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."

Stroke victims can recover much of their functionality with physical therapy, determination, and patience. Children can recover from trauma with help and support from family, teachers, and their community. Caregivers can help children "shift" from sympathetic nervous system to parasympathetic nervous system. They can play the role of "manual transmission" or "caring transition", a soothing switch from high gear to low gear.

Words have power. When words are received, neurons fire, and the power of the words is actuated in the child's body, in her brain. This new configuration within her brain can have many effects. We all need to be careful with our words.

What is the narrative that we are building for our children's lives? Children are both resilient and incredibly vulnerable. They often accept that they need to be taught and are eager to learn. This puts a tremendous responsibility on us, their caregivers, teachers, and parents.

Maslow's Hierarchy of Needs. In 1943, Maslow published the epoch-making article of his career, *A Theory of Human Motivation*, which appeared in the journal, *Motivation and Personality* (DeCarvalho, 1991).

<https://www.simplypsychology.org/maslow.html>

Dan Hughes, Ph.D Theory of Healing: "PACE" (Playfulness, Acceptance, Curiosity, Empathy)
<http://www.danielhughes.org/p.a.c.e..html>

The use of Humor in Healing. It's good to have a laugh!

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/> For more details and free downloads,

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, & the parent talks and smiles, babies knit their brows, open their eyes to coo, & 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 & stable as babies learn to use it to evoke & sustain pleasurable face-to-face interaction with parent."

Stimulation is vital to the 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>

Teacher resources: Here are websites for children's music, fun activities, & research on the benefits of music.

American Sign Language Free Instruction - www.handspeak.com/ & www.aslpro.com

Children's Crafts & Activities - www.coloring.ws/

Children's Music Network- <https://childrensmusic.org/>

Fun & silly camp songs - www.greenghoulie.com/games/

Musician's United in Songs for the Classroom - www.learningfromlyrics.org/

Songs for Teaching - www.songsforteaching.com/

K-12 instrumental practice guides - www.gregfishmanjazzstudios.com

First School - Preschool Activities & Crafts - www.first-school.ws/INDEX.HTM

IFL Science article - Jamming with your Toddler: How Music Trumps Reading for Childhood Development -

<http://www.iflscience.com/brain/jamming-your-toddler-how-music-trumps-reading-childhood-development>

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://www.musicandthebrain.org/>

A Symphony in the Brain (book) by Jim Robbins -the Evolution of the New Brain Wave Biofeedback

The Boy Who Was Raised As a Dog (book) by Bruce D. Perry, M.D., Ph.D. and Maia Szalavitz

More resources are listed on our links page at www.jumpforjoymusic.com/about-us/cool-links/



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."

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

Songs & Resources - Getting Smarter Through Music

1) Prelude # 1 - by J.S. Bach, from Well Tempered Clavier, Book 1

<http://www.youtube.com/watch?v=PXMVkJQ70I88> (not our performance) & downloadable at

<http://www.jumpforjoymusic.com/academy/additional-songs/>

2) Angel Peekaboo - Click on our YouTube Music Channel!

3) Open the Circle - by Frank Hernandez & Ted Warmbrand

<https://www.facebook.com/Francisco.Manuel.Hernandez/videos/vb.100000666492728/1140852089280330/?type=2&theater>

4) So Many Ways to Be Smart - by Stuart Stotts From CD "Everybody Started Out Small"

Purchase <http://stuartstotts.com/recordings-stores/>

Lyrics <http://stuartstotts.com/songlyrics/so-many-ways-to-be-smart/>

5) Make Believe - Click on our YouTube Music Channel!

6) What's That Habitat! - by Remy Rodden <http://remyrodde.com/music>

7) Leapfrog - Click on our YouTube Music Channel!

8) Pick It Up - by Woody Guthrie - Click on our YouTube Music Channel!

9) Wishy Washy Washer Woman - traditional

http://games.greenghoulie.com/games/songs/the_wishy_washy_washer_woman.htm

10) All the Rivers Run - by Alex Bevan http://twoofakind.com/?post_type=albums

11) Singing! Singing! - by Wiley & Debbie Rankin Click on our YouTube Music Channel!

13) Seed Song - © 1985 Tom Hunter <http://tomhunter.com/>

14) Rainbow 'Round Me - by Ruth Pelham

<http://www.ruthpelham.com/store/store.htm>

15) Circle of Life - by Johnette Downing <http://johnettedowning.com/>

<https://www.youtube.com/watch?v=Z78AjkNozWI>

16) Love Grows - by Carol Johnson <http://www.songsforteaching.com/caroljohnson/lovegrowsonebyone.htm>

17) Everybody Started Out Small - by Stuart Stotts & Tom Pease

<http://stuartstotts.com/recordings-stores/>

18) Merry-Go-Round - by Wiley & Debbie Rankin Click on our YouTube Music Channel!

20) Circle the Earth (with Peace) - by Joanne Hammil <http://www.joannehammil.com/> and

https://www.amazon.com/s?k=joanne+hammil&x=0&y=0&ref=nb_sb_noss & Click on our YouTube Music Channel!

21) Rainbow Round Me by Ruth Pelham <https://www.amazon.com/Rainbow-Round-Me/dp/B0012C41FA>

22) I'm a Little Seed by Carole Peterson Stephens <http://www.macaronisoup.com/>

Teaching Tools and Concepts:

1) What's your favorite melody? What's a tune you can sing for me? What song makes you feel like you're free?

That's a special song. Yes that's a special song....

What's the name of my song? What's the name of my song?....

Here is how I use it...

What's the name of this instrument?...

In Spanish it's.... In French it's..... In Hindi it's..... In Mandarin it's...

Conveying concepts through melody assigns a new scaffold to each learning event. Verbal conveyance now includes melodic content. The association with melody causes retention to rise dramatically.

2) Example "Truck Song", ©2007 Philip Alexander <http://singplaygrow.com/videos/>

This song functions as music & movement, a resonator bell song, a story-telling song, and a 2-4 part round. Each truck is described by a distinct melody with its own movement. Each melody combs through a different segment of the major scale, using different (but related) melodic shapes. Children can sometimes memorize this song after singing it once or twice.

3) **Ten Little Fingers** ©2016 Jump for Joy Music

Verse 1 1 little 2 little 3 little fingers, 4 little 5 little 6 little fingers 7 little 8 little 9 little fingers, 10 fingers waving at our friends!

Chorus1 Waving at our friends, waving at our friends 10 fingers waving at our friends! (Repeat)

Verse 2 1 little 2 little 3 little fingers, 4 little 5 little 6 little fingers 7 little 8 little 9 little fingers, 10 fingers patting our knees!

Chorus2 Patting our knees, patting our knees 10 fingers patting our knees! (Repeat)

Verse 3 1 little 2 little 3 little toes, 4 little 5 little 6 little toes 7 little 8 little 9 little toes, 10 toes tapping to the tune!

Chorus3 Tapping to the tune, tapping to the tune 10 toes tapping to the tune!

Verse 4 1 little 2 little 3 little friends, building on the love that never ends

Seeing each other through a brand new lens, so many friends around world!

Chorus4 Friends around the world, friends around the world So many friends around the world!

4) **I'm Not Scared** by Bob Blue

http://twoofakind.com/?song_lyrics=im-not-scared-2 Lyrics (free)

<https://www.songsforteaching.com/index.php?p=product&id=3490> mp3 file (small cost)

5) <https://www.nammfoundation.org/sites/default/files/facts%20and%20quotes.pdf>

6) **Jane Cobb**, a children's librarian and college instructor recently commented in a workshop that babies can see accurately only a short distance, coincidentally matching the distance from her eyes to mother's eyes, when mother is holding infant in nursing position. Until 6 months, infants see everything fuzzy beyond that distance. Face to face interaction is vital for brain development. Reference Still Face Video.

7) Listening, performing, composing, reading, dancing all involve brain-based mechanisms. **This Is Your Brain On Music** (book) by Dr. Daniel J. Levitin <http://daniellevitin.com/publicpage/books/this-is-your-brain-on-music/>

8) **Brain Gym** <http://braingym.org>

9) **Lev Vygotsky**

https://scholar.google.com/scholar?q=vygotsky+scaffolding&hl=en&as_sdt=0&as_vis=1&oi=scholar&sa=X&ved=0ahUKEwjw_8-2gIrQAhVDyVQKHw

10) **Howard Gardner- Multiple Intelligences** <http://www.tecweb.org/styles/gardner.html>

"Getting Smarter Through Music" Set List Plan for Presentation at CAAEYC 4-23-23

1. Welcome & Introductory info. Music involves brain-based mechanisms...

2. "Prelude No. 1 in C Major" by J.S. Bach. Recording by Jump for Joy Music ©2016

<http://www.jumpforjoymusic.com/academy/additional-songs/> **free download!**

3. "What's your favorite melody?" Wiley uses "For He's a Jolly Good Fellow" (public domain). Choose your own! Sing your ideas!

4. Resonator Bells. <http://www.westmusic.com//p/basic-beat-bbr8-8-note-resonator-bells-w-case-200240>

See pp 6 & 7 of this handout for much more info on resonator bells!

Incorporate Melodic Recognition Exercises- teacher plays melody on resonator bells or another instrument.

Students identify songs by hearing melody, rather than being told song title.

5. "Shake! Shake! Shake!" ©2016 Wiley & Deborah Rankin Jump for Joy Music (ASCAP)

<http://www.jumpforjoymusic.com/academy/additional-songs/> **free download!**

6. "Open the Circle" ©2006 Frank Hernandez & Ted Warmbrand

<https://www.facebook.com/Francisco.Manuel.Hernandez/videos/vb.100000666492728/1140852089280330/?type=2&theater>

7. "Alligator Pie" ©1974 Dennis Lee and ©1987 Joanne Hammil From CD "Pizza Boogie"

<http://www.joannehammil.com/recordings/recordings.html>

8. "Ten Little Fingers" ©2016 Wiley & Deborah Rankin Jump for Joy Music (ASCAP). From CD "Family Fun Vol. 1"

<http://www.jumpforjoymusic.com/academy/additional-songs/> **free download!**

9. Discussion of Mirror Neurons, referencing pg 89-90 in The Boy Who Was Raised As a Dog (book) by Bruce D. Perry, M.D., Ph.D. and Maia Szalavitz, See page 2 of this handout.

10. "How Do We Spell My Name?" by Wiley & Deborah Rankin, Jump for Joy Music (ASCAP)

11. "Truck Song" ©2007 Philip Alexander <http://singplaygrow.com/videos/>

12. "Face of Love" ©2016 Wiley & Deborah Rankin Jump for Joy Music (ASCAP). Click on our YouTube Music Channel!

13. "Listening Is A Two-Way Street" ©2006 Monty Harper & Wiley Rankin. Click on our YouTube Music Channel!

14. "Clean Air" Click on our YouTube Music Channel! Happy Earth Day!

15. "Children of Wakonse" - It's fun to move and laugh!

14.. Question & Answer Session.

THANKS to those who attended our workshop! We hope to see you again soon. Please contact us with any questions; it would be great to hear from you. We have art project ideas we can send you, related to some of these songs. Best to all, Wiley & Debbie

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RESONATOR BELLS TEACH US HOW TO LEARN, PLAY, & START OUR DAY!

Music teaches us to be multi-lingual! Besides spoken words, we have at least 3 music languages:

1. Note names (in LETTERS)
2. Note NUMBERS, and
3. Solfege (DO RE MI) names

London Bridge Is Falling Down (Public Domain)

Note Name (LETTERS)	G	A	G	F	E	F	G	D	E	F	E	F	G
Note NUMBERS	5	6	5	4	3	4	5	2	3	4	3	4	5
DO RE MI Language	Sol	La	Sol	Fa	Mi	Fa	Sol	Re	Mi	Fa	Mi	Fa	Sol
	Lon-don Bridge is fall-ing down, fall-ing down, fall-ing down,												

Note Name (LETTERS)	G	A	G	F	E	F	G	D	G	E	C
Note NUMBERS	5	6	5	4	3	4	5	2	5	3	1
DO RE MI Language	Sol	La	Sol	Fa	Mi	Fa	Sol	Re	Sol	Mi	Do
	Lon-don Bridge is fall-ing down, My fair la - dy										

The notes are easiest to demonstrate with resonator bells (or a music keyboard) that span(s) at least one octave. The notes in the octave (in the key of C Major) are named as follows:

Note Name (LETTERS)	C	D	E	F	G	A	B	C
Note NUMBERS	1	2	3	4	5	6	7	8
DO RE MI Language	Do	Re	Mi	Fa	Sol	La	Ti	Do

Numbers are probably the easiest to start. You can see them clearly on the resonator bells. When you know the location of the note called "Number 1", you immediately know where the other 7 numbers are located.

Feel free to contact us (see contact info above) with any questions.

RESOURCES FOR PURCHASING RESONATOR BELLS

Regarding resonator bells, our company Jump for Joy Music does not manufacture them. We don't make or receive any funds from the companies listed below for our listing them here.

We can tell you what products we use, and what we are interested in considering for our own use. What you buy is your own choice and responsibility.

We make no price guarantees. The information below reflects our April 2018 research. All prices are subject to change, as you know. Tax & shipping are additional. Click each link to learn current price.

Here's the link to the resonator bells that I use:

<http://www.westmusic.com//p/basic-beat-bbr8-8-note-resonator-bells-w-case-200240>

Musician's friend has another product, don't know its quality.

http://www.musiciansfriend.com/classroom-kids/rhythm-band-rb2130-plastic-resonator-bells/4680720000000000?cntry=us&source=3WWRWXGP&qclid=EAIaIQobChMI7dyY-vy-1wIVIF5-Ch0U6q6qEAQYASABEqIvg_D_BwE&kwid=productads-adid^221925979422-device^c-plaid^323968622863-sku^4680720000000000@ADL4MF-adType^PLA

Here's one that I plan to get as an add-on. I prefer starting with the 8 note scale that I showed you. (Starting with fewer notes makes it easier for beginners.)

This one below has 2 octaves, and includes the 12 note scale (chromatic scale) for each octave. Total 25 notes.

https://www.amazon.com/Rhythm-Band-Chromatic-Bell-Beginners/dp/B0060NUCF4/ref=sr_1_12?ie=UTF8&qid=1510693961&sr=8-12&keywords=resonator+bells+in+case

Good luck in your shopping and your resonator bell music sessions!!

Also, here's a very interesting book which includes reference to use of resonator bells, published by Wisconsin Dept of Public Instruction

https://books.google.com/books?id=B0_ZAAAAMAAJ&pg=PA76&lpg=PA76&dq=resonator+bell+literature&source=bl&ots=IeSiTwWVE2&sig=XNvw7Rjdhc9c1nSRKwM_Yqe7UXM&hl=en&sa=X&ved=2ahUKEwiyqCX4tDeAhVbJjQIHTmNCWwQ6AEwEHoECAIQAQ#v=onepage&q=resonator%20bell%20literature&f=false