

MOVE IT!

HOW YOU CAN ORGANIZE A SUCCESSFUL
MUSIC AND MOVEMENT PROGRAM FOR YOUR COMMUNITY

Jasmine Parker | Jordan Wright | Elissa Zimmer
Librarians | Ferndale Area District Library
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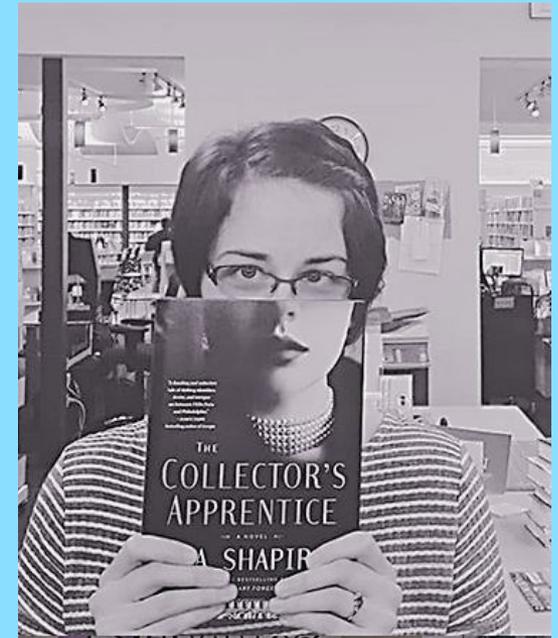
WHO WE ARE



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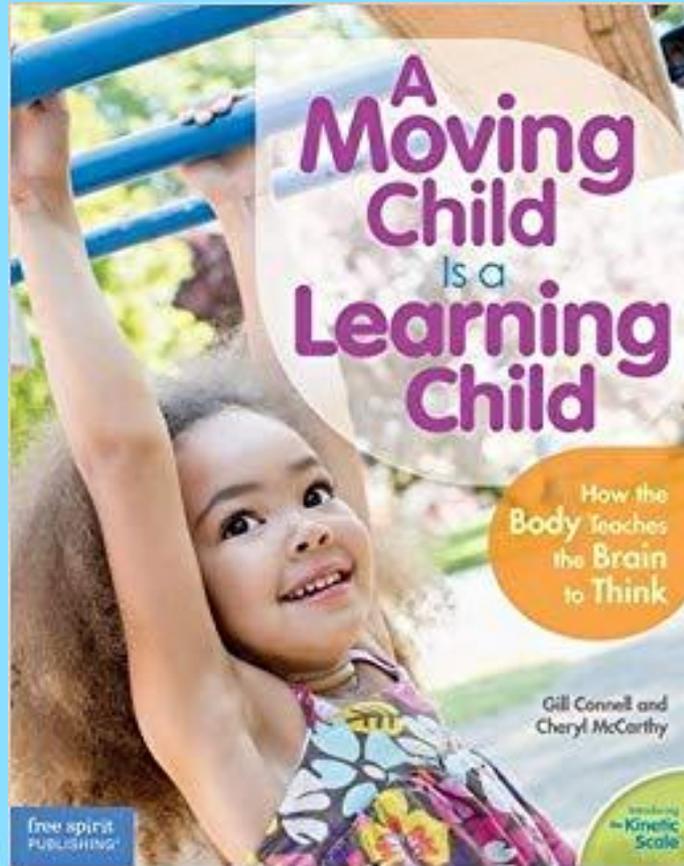
WHAT'S UPROOTED?



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WHY MOVEMENT?



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“All learning begins with the body. It has to. It’s our point of reference--our own personal, portable true north, so to speak. And for children, it’s even more so because the body is the brain’s first teacher. And the lesson plan is movement.”

-- A Moving Child is a Learning Child: How the Body Teaches the Brain to Think by Gill Connell and Cheryl McCarthy



WHY MOVEMENT?

- **Children learn by DOING**
- **Improves spatial and body awareness (proprioception)**
- **For optimal brain development children should be physically active as often as possible because exercise is “the single most powerful tool to optimize brain function (Ratey and Hagerman, 2008)**
- **Encourages children to cross the midline**
 - **creates new pathways in the brain which are building blocks for the development of additional complex motor and cognitive skills such as reading, writing, self-care tasks, and physical activity**
- **Building social skills & following directions**



WHY MUSIC?

- **What we know.**
- **Research Study. (*Vedantam & Shah, 2018*)**
- **Integrating music.**
- **Learning through music.**
- **Educational song selection vs. fun song selection.**



WHAT TO EXPECT, GENERALLY

- **We typically have 30-60 children and their caregivers during each session**
- **Adult participation is a MUST.**
 - **Families will get out what they put in**
- **Program lasts approximately 20-30 minutes**
 - **After 30 minutes our participants (and parents) have trouble focusing**
 - **Also, 30 minutes can be physically and mentally exhausting**



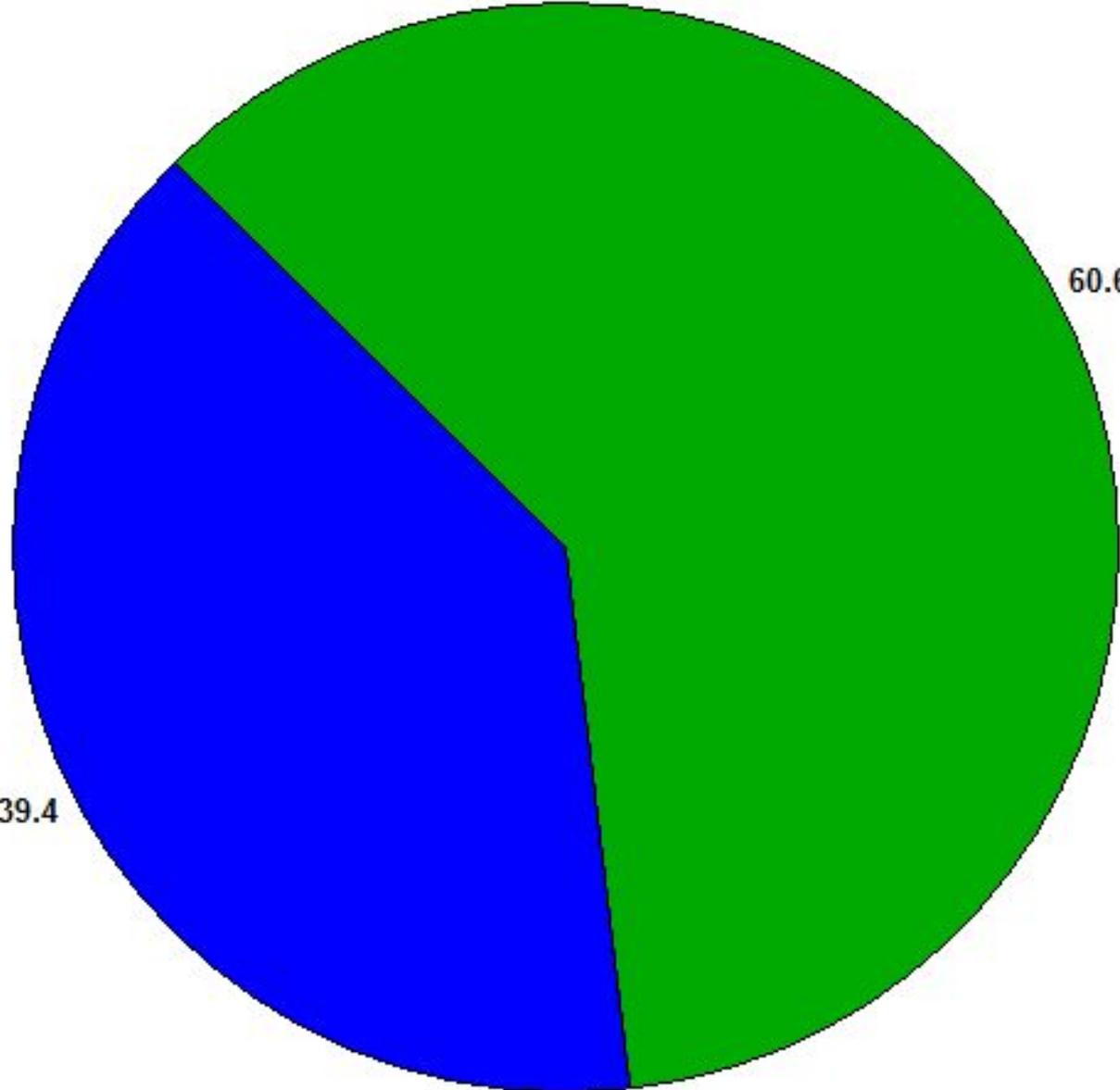
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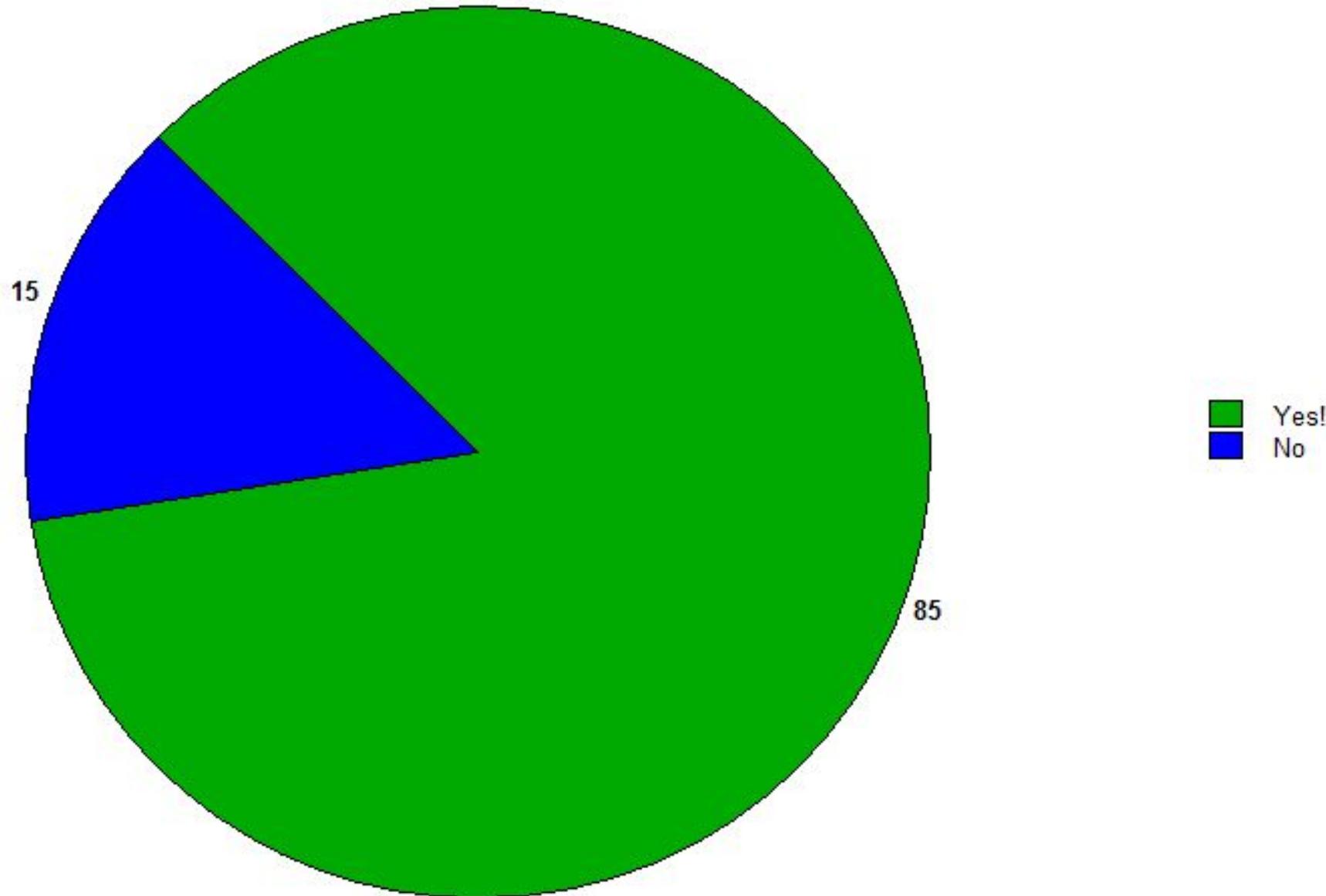


Residence of Uprooted Attendees



Ferndale
Other

Have you recommended Uprooted to anyone?



OUR AVERAGE ATTENDEE RATING:

9.33

PROPS & MANIPULATIVES

- **Shakers**
- **Scarves**
- **Non-Latex Exercise Bands**
- **Big Stretchy band**
- **Bubble makers**
- **Parachutes**
- **Limbo set**
- **Rhythm sticks [at your own risk]**
- ***No need to rush out and get these all at once***



SPACE/FACILITY CONSTRAINTS

- **Large, carpeted meeting room is ideal. Ours is 40 X 25.**
- **For smaller groups, your storytime room should work well!**
- **Go outside!**
- **Consider partnering with Parks and Rec**
- **Local community centers/schools**
- **This program can be LOUD**
- **Sound system**





UPROOTED ON THE MOVE



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BEHAVIOR EXPECTATIONS

High 5's of Uprooted (by Jasmine Parker)

- 1. Keep your child in your immediate orbit**
- 2. Interact with your little ones!**
- 3. Please encourage your children to stay seated as we hand out manipulatives**
- 4. Keep your cell phones put away -- Photos are OK, but please be conscientious of others' privacy**
- 5. Have fun!**



WHAT WE'VE LEARNED - JASMINE

- **Maintaining a positive attitude.**
- **Being confident.**
- **Improvising.**
- **Inclusive song selection.**



WHAT WE'VE LEARNED - JORDAN

- **You might step on a child - be aware of what's underfoot!**
- **SLOOOOOOOOOOW DOOOOOOOOOOOWN**
- **Repetition Repetition Repetition. You might hate doing the same song every week, but your toddler participants need and love repetition!**
- **Books can work, but keep 'em short and keep 'em moving**
- **There are days when you aren't going to feel like singing and dancing in front of children, but it won't kill you.**
- **Try to give yourself 15 minutes of "me" time after the program to decompress.**



WHAT WE'VE LEARNED - ELISSA

- **Don't be afraid of failure, i.e. try new things!**
- **Repetition is great!**
 - **Structure - same hello song every week, calming goodbye song, when I pass out props, etc.**
- **No screens - physical distraction, climbing risk!**
- **Vocal exercises - take a lesson?**
- **You might get sweaty - so dress accordingly & rep the library!**
- **Different times of year = different age groups and abilities**
- **You're going to have bad days, and that's OK**



USING YOUR OWN BACKGROUND & ABILITIES

Have you tried a Music & Movement Program before?

What worked, what didn't?

What are you passionate about? What are you good at?

Acting? Singing? Music? Are you bilingual? Crafting? Dancing?

Exercise? Storytelling? Yoga? Comedy?

What are your insecurities? What are you apprehensive about?



QUESTIONS?



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- Parlakian, Rebecca, and Claire Lerner: *Beyond Twinkle, Twinkle Using Music with Infants and Toddlers*. National Association for the Education of Young Children. 2010
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- Vedantam, Shankar, and Parth Shah: *The Surprise Impact That Music Can Have On Little Kids And Their Parents*. NPR. 2018



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Title	Artist	Album	Who uses it?
Sweet Soul Music	Arthur Conley	Sweet Soul Music	Jordan
Stand By Me	Ben E. King	Don't Play That Song!	Jasmine
A New Way to Say Hello	Big Jeff	Big Jeff I	Elissa
See You Later, Alligator	Bill Haley & His Comets	From the Original Master Tapes	Jordan, Jasmine
Run Baby Run	Caspar Babypants	More Please!	Jordan
Put Your Baby in the Air	Caspar Babypants	Jump for Joy!	Jordan
Take the Sun	Caspar Babypants	More Please!	Elissa
I Feel Free	Cream	Clapton Complete Clapton	Jasmine
At the Hop	Danny & the Juniors	At the Hop	Jordan
You Are My Sunshine	Elizabeth Mitchell	You Are My Sunshine	Jasmine
Rock and Roll Freeze Dance	Hap Palmer	Activity Songs for Little Ones	Jordan, Elissa
Put Your Hands in the Air	Hap Palmer	Activity Songs for Little Ones	Jordan
Jump in the Line	Harry Belafonte	Very Best of Harry Belafonte	Jasmine
Hands are for Clapping	Jim Gill	The Sneezing Song and Other Contagious Tunes	Jordan
Jumping and Counting	Jim Gill	Irrational Anthem and More Salutes to Nonsense)	Jordan
Jiggle Your Scarf	Judy Cranston	KindyRock Jingles	Jordan
The Stretching Song	Juice Music	Ultimate 100 Activity Songs	Jordan
Blowing Bubbles	Kath Bee	Dragons Under My Bed	Jasmine
Walking on Sunshine	Katrina & The Waves	This is 1985	Jasmine
When the Saints Go Marching In	Louis Armstrong	Louis Armstrong of New Orleans	Jordan
Shake With You	Mr Eric & Mr. Michael	Bouncy Blue	Jordan
I Hear the Water	Mr. Eric & Mr. Michael	Rockin' Red from the Leraning Groove	Elissa
Dance, Freeze, Melt	Mr. Eric & Mr. Michael	Rockin' Red from the Leraning Groove	Elissa
Shake It Off	Nick Kroll, Reese Witherspoon	SING Soundtrack	Jasmine
Clap Your Hands	Old Town School of Folk Music	Wiggleworms Love You	Jordan, Elissa
Walking Walking	Old Town School of Music	Songs for Wiggleworms	Jordan
Happy	Pharrell Williams	Despicable Me 2	Jasmine
Shake my Sillies Out	Raffi	More Singable Songs	Jordan, Elissa
The Lion Pokey	Raffi	Owl Singalong	Jasmine
La Bamba	Ritchie Valens	La Bamba	Jasmine
I Got You Babe	Sonny, Cher	Rhino Hi-Five Sonny & Cher	Jasmine
Surfin' USA	The Beach Boys	Surfin' USA	Jordan
If You're Happy and You Know It	The Kiboomers	Toddler Nursery Rhyme Songs	Jasmine
I Know A Chicken	The Laurie Berkner Band	The Best of the Laurie Berkner Band	Jordan
The Goldfish	The Laurie Berkner Band	The Best of the Laurie Berkner Band	Jordan
When I Woke Up Today	The Laurie Berkner Band	Superhero	Jasmine
Rocketship Run	The Laurie Berkner Band	Rocketship Run	Jasmine
Fast And Slow	The Laurie Berkner Band	The Best of the Laurie Berkner Band	Jasmine
Do You Wanna Dance	The Ramones	Rocket to Russia	Jordan
Clap Your Hands	They Might Be Giants	Here Comes the ABC's	Jordan, Elissa
I Like to Move It	will.i.am	Madagascar: Escape 2 Africa	Elissa