

# T's Rhythmic Rainbow Adventure!

**Focus:** Gross Motor Skills & Creative Arts (Music & Rhythm)

Get ready for some musical fun, T! We're going to make some noise, sing some songs, and move our bodies!

## Warm-up: Wiggles & Giggles (5 minutes)

Let's get our bodies ready for music!

- **Hello Song:** Sing your favorite hello song to T. (e.g., "Hello T, Hello T, How are you? How are you?")
- **Stretchy Time:**
  - "Let's reach up high like a tall giraffe! Roooooar!" (Stretch arms up)
  - "Now let's touch our toes like a wiggly worm!" (Bend down)
  - "Wiggle your fingers! Wiggle your toes!"

## Activity 1: Rhythm Stick Rockstars (10 minutes)

Here come the rhythm sticks! Let's see what sounds we can make.

1. **Explore the Sticks:** Give T the rhythm sticks. Let T tap them, bang them (gently!), and explore for a minute. "What can you do with your sticks, T?"
2. **Follow the Beat:**
  - "Let's tap our sticks together! Tap-tap-tap." (Model a steady beat). "Can you tap with me?"
  - "Now let's tap them FAST! Tap-tap-tap-tap!"
  - "And now, S-L-O-W-L-Y. Taaap... Taaap..."
  - "Let's tap our sticks on the floor! Boom, boom, boom."
  - "Can you tap one stick? Now the other?"
3. **Song Time - "Tap Your Sticks":** (To the tune of "Row, Row, Row Your Boat")

Sing together:

*"Tap, tap, tap your sticks,  
Tap them now with me.  
Tap them high, tap them low,  
Tap them on your knee!"* (Guide T to tap sticks high, low, and on knees)

## Activity 2: Clapping Champions (5-7 minutes)

Let's use our hands to make music!

1. **Echo Claps:**
  - "Listen to my clap, then you clap too!"
  - Adult claps: Clap-Clap. (Pause for T to copy)
  - Adult claps: Clap... Clap-Clap. (Pause for T to copy)
  - Keep it simple and offer lots of praise for trying!
2. **Song Time - "If You're Happy and You Know It":**

Sing the song, emphasizing the "clap your hands" part. Encourage T to clap along.

### 3. **Fingerplay - \"Pat-a-Cake\":**

Do the actions and sing \"Pat-a-cake, pat-a-cake, baker's man...\" Encourage T to clap hands with you or mimic the actions.

## Activity 3: Singing High and Low (7-10 minutes)

Let's make our voices go up and down like a rollercoaster!

### 1. **Silly Sound Pitch Play:**

- \"Let's make a tiny mouse sound! Squeak, squeak, squeak!\" (Use a very high voice).  
\"Can you make a high sound?\"
- \"Now let's make a big bear sound! GRRRRROOOOWL!\" (Use a deep, low voice). \"Can you make a low sound?\"
- Exaggerate your high and low pitches and make it fun!

### 2. **Call and Response - \"Hello Sounds\":**

- Adult sings \"Heeeelloooooo!\" (on a high note). Encourage T to sing back, even if it's just a sound.
- Adult sings \"Heeeelloooooo!\" (on a low note). Encourage T to sing back.
- Adult: \"My voice goes UUUUPPP!\" (Slide voice up). \"Can your voice go UUUUPPP?\"
- Adult: \"My voice goes DOOOWWWN!\" (Slide voice down). \"Can your voice go DOOOWWWN?\"

### 3. **Song Time - Simple High/Low song (e.g., \"The Little Green Frog\")**

Choose a simple song where you can emphasize high and low parts. For example, \"A little green frog jumped on a log, GLUG GLUG GLUG\" (low voice) \"Then he saw a fly way up high, EEEP EEEP EEEP\" (high voice). Or create a simple tune:

*\"Singing high, singing high, way up in the sky!\" (Sing high)*

*\"Singing low, singing low, way down deep below!\" (Sing low)*

## Cool-down & Goodbye (3-5 minutes)

That was fantastic music making, T!

- **Quiet Song:** Sing a gentle, calming song. Maybe \"Twinkle, Twinkle Little Star\" or a lullaby. You can sway gently with T.
- **Praise:** \"You were a great musician today, T! I loved hearing you tap your sticks and sing!\"
- **Goodbye Song:** Sing your favorite goodbye song. (e.g., \"Goodbye T, Goodbye T, It's time to say, goodbye!\")

Remember to be flexible and follow T's lead. If T is particularly engaged in one activity, spend more time there. The goal is joyful exploration!