

SLEEPING BUNNY

Focusing on Well-Being and Belonging

There are many simple easy ways to explore movement with children. Rhythmic language and song make movement activities engaging and predictable (*Let's Play!* 2019).

Moving to music is a great way to stay active, have fun and be silly! Learning how to move to the beat or in a different way when the music changes are a great way to be creative and imaginative while developing skills that will last a lifetime (*Appetite to Play* 2020).

Music and movement activities help children to:

- engage the brain
- gain body control
- develop communication skills and self-expression
- foster physical skills
- expand their creation and imagination

ACTIVITY



Sleeping Bunny <https://www.youtube.com/watch?v=loZUB15PuyE>

Try this poem and the accompanying actions with your child to explore body movement.

See the little bunnies sleeping till it's nearly noon.

(have your child pretend they are sleeping)

Shall we wake them with a merry tune?

They're so still, are they ill?

No!, Wake up bunnies!

(encourage your child to stand up and do the following actions below)

Hop, little bunnies, hop, hop, hop

(encourage your child to hop around)

Hope little bunnies, hop, hop, hop.

(repeat the poem and actions as many times as you wish) (Let's Play! 2019)



EXTENSION

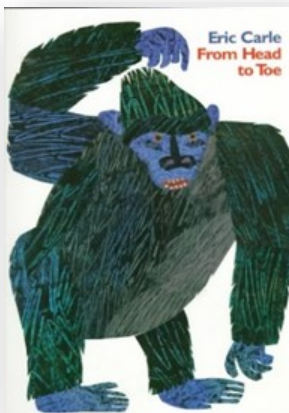
Make it a dance party!

Choose any kind of music, play it and dance together!

To make it more fun and interesting, you can add different props, such as ribbon rings, bubbles, shakers, bells, scarfs and pieces of light fabrics/sheers.



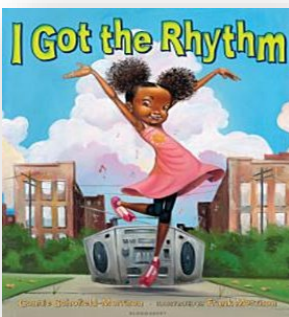
BOOKS



From Head to Toe

by Eric Carle

<https://www.youtube.com/watch?v=Vjum-5bNmz0>



I Got the Rhythm

by Connie Schofield-Morrison

<https://www.youtube.com/watch?v=qEzYgmDvRF4>



We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the x^wməθkwəyəm (Musqueam), Skwaxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tseil-Waututh) Nations.

SONGS

Stand Up, Sit Down by Patty Shukla (Children's Action Song)

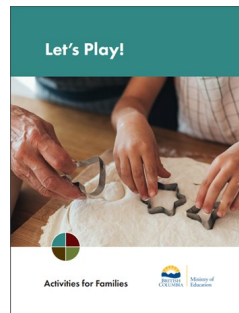
<https://www.youtube.com/watch?v=t9WAGkQUULO>

I Can Do It by Patty Shukla (Children's Action Song)

<https://www.youtube.com/watch?v=V4HFZxPbHx0>



REFERENCES



BC Ministry of Education (2019), *Let's Play! Activities for Families*

<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

Appetite to Play (2020), *Movement to Music*

<https://appetitetoplay.com/movement-music>

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