



**Meet and Greet:** Introduce myself (Bridgette Bitzegaio/Adapt Music).  
Discuss your favorite music activity: Sing, dance, play, create, move, etc.

**Welcome Song:** *Gilly, Gilly, Gilly Good Morning*—Folk song with actions

**Sing and Play:** *Tap Your Sticks*—Listen and play rhythm sticks to the song

**Movement:** *Spring Up*—Move and follow directions to the song using scarf or bandana.

**Sing and Move:** *Take Me Out to the Ball Game*—Sing and bounce a ball to the rhythm pattern to the song.

**Make and Take Instrument:** Egg Shaker Maracas—Make maracas out of plastic eggs, spoons, and rice.

**Listen and Respond:** *Shaker Hop*—Listen and shake your maracas to the directions in the song.

**Listen and Respond:** *I Know a Chicken*—Listen and shake your maracas to the directions in the song.

**Listen and Move:** *Beanbag Hop*—Listen and move a beanbag (or ball) to the directions in the song.

**Sing and Play:** *Lollipop Bop*—Play a drum along to the song.

1<sup>st</sup>-Steady beat

2<sup>nd</sup>- Eighth note pattern

3<sup>rd</sup>-Create your own pattern

**Goodbye Song:** *Time to Say Goodbye*—Sing along to our closing song.



**Materials Needed**--Easy to adapt to what you have at home.

**Rhythm Sticks**--Two markers, pencils, drumsticks, spoons

**Scarf**--Bandana, hand towel

**Ball that will bounce**

**Plastic Eggs**-(Easter Eggs)

**Tape**-Masking tape, packing tape, washi tape, scotch tape

**Rice**—Beans, popcorn, beads, seeds

**Two Plastic Spoons**—Optional

**Beanbag**—ball

**Drum**—Can, bucket, bowl, canister, plastic container, small garbage can



## Resources

*Gilly, Gilly, Gilly Good Morning*—Traditional Folk Song

*Tap Your Sticks*—Hap Palmer

*Spring Up*—John Jacobson

*Take Me Out to the Ball Game*—Arr. By Raffi Words & Music by Jack Norworth and Albert Von Tilzer

*Shaker Hop*—Carole Stephens-Macaroni Soup

*I Know a Chicken*—Laurie Berkner Band

*Beanbag Hop*—Rachel Rambach

*Lollipop Bop*—Rachel Rambach

*Time to Say Goodbye*—Dr. Jean