

Educational Activities, Inc. Presents....

## **Ideas, Thoughts and Feelings**

**By Hap Palmer**

Experiences in Discovery and Independent Thinking

### **INTRODUCTION**

The emphasis in these activities is on discovery, problem solving and independent thinking. The children are encouraged to think about the variety of ways a task can be executed or a question answered. They are allowed flexibility of response and can create their own complexity; thus the less skilled as well as the highly skilled are challenged. Many of the activities can be done in small groups or with partners and provide the opportunity for children to associate and communicate with each other. As the students gain confidence in their ability to make choices and express themselves, their dependency on the teacher gradually diminishes.

### **TRACK 1**

#### **EVERYBODY HAS FEELINGS**

This activity can be done with partners or in small groups. The children take turns responding; trading back and forth, or going around the circle.

Can you tell me something that makes you happy?

sad?

angry?

tired?

cry?

frightened?

laugh?

Tell me how you're feeling right now.

### **TRACK 2**

#### **CAN YOU GUESS WHAT I AM?**

Form yourselves into circles of 4-5.

One person stands in the center of each circle.

If you are in the center of the circle, move like something. You can be anything you want.

Examples: A tree

A bird  
An elephant  
A baseball player  
The wind  
The sun  
A carpenter  
A typist  
An airplane  
A fisherman, etc.

During the vocal part of the song, the people around the circle can sing the following song:

Can you guess what I am?  
Watch me do some moving.  
I could be most anything.  
Can you guess what I am?

While the people around the circle are singing, they do not guess. This gives the person inside the circle a chance to get into his thing.

During the instrumental part of the song, the people around the circle guess as the person in the center continues to move.

The person in the center of the circle points to the person who guesses correctly.

On the words, "Now let's have someone new, do a little movin' too," the person in the circle chooses someone to take his/her place.

### **TRACK 3**

#### **BUILDING BRIDGES**

This activity is done with circles 19" to 3 ft. in diameter. They can be made from cardboard, wire, plastic hose or a commercial make such as hula hoops, olympet hoops, groovy loops, etc.

Using your body can you build a bridge over the circle? Can you build a bridge using 3 parts?

Using 4 body parts?  
Using 2 body parts?  
Using 5 body parts?  
Using 6 body parts?

Can you stand inside the circle balancing on 1 part?

Balancing on 3 parts?

#### **TRACK 4**

#### **FIND A WAY**

Can you find a way to make sound with the music?

Examples: clap hands

snap fingers

pat the floor

click your tongue

Find another way to make sound with the music.

Can you find a way to keep time with the music that doesn't make any sound?

Can you find two ways to keep time with the music?

Can you find three ways to keep time with the music?

#### **TRACK 5**

#### **FOLLOW ALONG**

The group is divided into pairs.

Everyone sings the following song:

Whoop-de-doo-de-dum

Ding ding dong,

Sing a song about follow along.

In the instrumental part that follows, the musical phrases are very clearly defined.

Have the partners decide between themselves who is going to be 'A' and who is going to be 'B'.

Partner 'A' creates a motion or sequence of motions that lasts for one musical phrase-six to eight beats in this song.

Then partner 'A' freezes and partner 'B' repeats or imitates the motion.

During the first part of the song, 'A' will create and 'B' will imitate. During the second half of the song 'B' will create and 'A' will imitate.

*Variations:*

Have partner react by doing a different movement with the same or opposite feeling.

Do this activity with one person acting as the leader and the whole group reacting.

The important thing to emphasize is that in this activity, the partners do not move at the same time. One person watches while the other creates; then the creator watches while his partner imitates. It's a delayed mirror reaction.

**TRACK 6**  
**I LIKE ME**

This activity is done with partners or in small groups. Everyone sings the following song:

I like me, I like me because I \_\_\_\_\_  
I like me, I like me because I \_\_\_\_\_  
I like myself because I \_\_\_\_\_  
I like myself because I \_\_\_\_\_

During the pauses, the children take turns saying things they like about themselves.

**TRACK 7**  
**LETTER SOUNDS A-M**

**TRACK 8**  
**LETTER SOUNDS N-Z**

Divide yourselves into partners or small groups. In this song you will hear the letters of the alphabet with a pause after each letter.

Take turns going around the circle or back and forth between partners saying words that begin with the letter you hear.

You can choose a category such as animals, brand names, trees and plants, cities, countries, famous people, etc.

**TRACK 9**  
**MOVE AROUND THE ROOM**

Can you move around the room on 4 body parts?  
Can you move around the room on 1 part?  
Can you move around the room on 3 parts?  
Can you move around the room on 5 parts?  
Can you move around the room on any number? You can do it by yourself or with a partner.

**TRACK 10**  
**MAKING FRIENDS**

When you hear music, walk around the room without bumping into anyone.

When the music stops, freeze and tell the person nearest you your name. This can be done in groups of two or three.

When the music starts again, stop talking and move around the room.

**TRACK 11**  
**I DON'T LIKE ME**

This activity is done with partners or in small groups.

Everyone sings the following song:

I don't like me, I don't like me because I \_\_\_\_\_  
I don't like me, I don't like me because I \_\_\_\_\_  
I don't like me because I \_\_\_\_\_  
I don't like me because I \_\_\_\_\_

During the pauses, the children take turns saying things they don't like about themselves.

**TRACK 12**  
**THINGS I'M THANKFUL FOR**

This activity is done with partners or in small groups.

Everyone sings the following song:

There are many things I am thankful for  
I can find them near and far.  
There are many things I am thankful for  
Let me tell you what they are.

I'm thankful for \_\_\_\_\_  
I'm thankful for \_\_\_\_\_  
I'm thankful for \_\_\_\_\_  
And I'm thankful to be me.

During the pauses the children take turns saying things they are thankful for.

This is the same song that appears in Holiday Songs and Rhythms - CD 538. It has been arranged in this version to fit into the concept of Ideas, Thoughts and Feelings by putting in more pauses for children to say things they are thankful for.

**Words and Music by Hap Palmer**  
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