

This book features an active young girl who finds joy in music by using her body. This lends itself to encouraging children to move their bodies in different ways and gets them actively involved in the reading.

### CORE SKILL OBJECTIVES

### INTENTIONAL TEACHING PRACTICES

#### REGULATE



#### Children will:

- ◆ Focus attention on tasks and experiences for longer periods of time even when there are interruptions or distractions

#### Teachers will:

- ◆ Promote Active Engagement

### TEACHING TIP

When we provide children opportunities to move and participate in activities, it increases their focus and attention. Young children are still developing these skills and shouldn't be expected to sit passively and wait, especially for long periods of time. A great way to get them involved and engaged is by building listening and movement into activities.

### 1. INTRODUCE

- ◆ “Thumbs up if you like music! Thumbs up if you like moving your body to music! Today we’re going to read *I Got the Rhythm*. We’re going to look and listen. Then we’ll move our bodies like the girl in the story moves her body to the rhythm of the music!”

### 2. READ THE BOOK

- ◆ Pause occasionally to ask children how the girl is moving her body.
- ◆ Encourage children to move their body like the girl in the story.

### Promote Active Engagement

**Read:** “I looked at the rhythm with my eyes. BLINK BLINK.”

**Ask:** “How is the girl moving her body? What part of her body is she using?”

**Encourage:** “Yes! She is blinking with her eyes. When you blink, you open and shut your eyes (*model blinking*). You try it! Blink! Blink! You are opening and shutting your eyes. You’re blinking!”

**Read:** “I caught the rhythm with my hands. CLAP CLAP.”

**Ask:** “How is the girl moving her body? What part of her body is she using?”

**Encourage:** “Yes! She’s clapping her hands with her friend. You can clap your own hands (*model clapping*) or you can clap hands with a friend (*model clapping with a child*). You try it! Clap! Clap!”

**Read:** “BOOM BOX BEAT BOP I can make my body rock.”

**Ask:** “She can make her body rock and move it in all kinds of ways. How do you make your body rock?”

**Encourage:** “I see you rocking your body! You’re moving and dancing!”

### 3. REVIEW

- ◆ “Today you looked and listened, then moved your bodies in different ways. Do them with me. You blinked (*model*). You clapped (*model*). You rocked your body however you wanted (*model*).

### 4. KEEP IT GOING

- ◆ During activities, find ways to incorporate movement. Then encourage children to listen and pay attention during those opportunities. The movements don’t have to be big or loud; they can also be silent and subtle (e.g., “She tiptoed quietly through the forest (*model bobbing your shoulders up and down with your finger to your lip*).”).