



Move to the Beat!

Play songs with strong and repeating beats. Encourage children to move to the beat in ways that are most appropriate for their development and abilities.

Hop old squirrel, eidleum, eidleum
Jump old squirrel, eidleum, eidleum
Run old squirrel, eidleum, eidleum
Hide old squirrel, eidleum, eidleum

The monkey stomp, stomps, stomps his feet
The monkey stomp, stomps, stomps his feet
Monkey see, monkey do
The monkey does the same as you!

...claps, claps, claps his hands
...covers, covers, covers his eyes
...jumps, jumps, jumps up and down

More Support: Model and encourage children to dance freely to the music/beats. Narrate their movements as they dance, “You are clapping your hands to the song!”