

# Little Beats Planning Session Environment Seaside

## Pre-Session Questions

Question 1: Which song are you using? (Wood / Seaside / City / Space)

Question 2: What will the space you are going to use look like?

Question 3: How will you decorate it?

Question 4: What props will you need?

Question 5: What instruments will you need?

Question 6: How will the parents / carers participate with their children?

Question 7: Which songs will I change the tempo in when I sing them?

Question 8: Which songs will I change the pitch of when I sing them?

Question 9: Which songs will I change the volume of when I sing them?

## Session Outline

1. Play the track so participants entering the session listen to the track.

2. Housekeeping. We suggest linking the use of mobile phones to a policy and safeguarding of the group. Also a good time to put parents at ease regarding expectations etc.

## Warm Ups

3. Welcome songs

Who has come to play? x3 ( To the tune of What shall we do with the drunken sailor? )

On a Thursday morning.

Sarah's come to play, Deb's has come to play, Kasia's come to play

On a Thursday morning.

Go Bananas (peel, chop, mash, blend and go!)



## Theme Related Songs

### 4. Action Songs - related to the theme

The wheels on the bus (usual verses plus... a selection of any below)  
We get off and go to the bakery x3 to get some sausage rolls  
We're going to the beach to dig a big hole x3 on a sunny day  
We're going to the beach to make a sandcastle x3 and put a flag on top  
We put on our sun cream and our sun hat x3 and have a drink of water  
We paddle in the sea and get our feet wet x3 and our shorts too!  
We hope the crabs don't pinch our toes! x3 when we're at the seaside

## Theme

5. Listen to the relevant track but break it up into sections that include parent and child participation but also theme related activities within where possible. Repeat if necessary.

A relaxing intro, which leads into a piece governed by digging or splashing that reverts back to relaxing as it's so lovely and hot. The sunlight twinkles off the waves, birds glide overhead. From this it leads into a segment where I imagined a kite being flown, or going for a swim and then finishing with more relaxation, sunbathing, eating an ice cream watching the boats sailing by.

### 6. Movement songs or activities related to the theme

Carnival of the animals by Saint Saens - Aquarium  
<https://www.youtube.com/watch?v=YVpl-RNzdE4>

Swimming like fish all around the room, swimming through the seaweed  
Parents armed with coat hangers with strips of blue and green plastic bin bags  
Listening for when the music spirals down and then continuing to travel at the faster speed (tempo)

## Instrument Section

7. Activity can be experimental or led or linked.

This is a good place for the children to make song suggestions and even suggestions for fast/slow, loud/quiet, high/low.

## Theme

8. Prop songs or activities related to the theme

Little ripples, little ripples, ripples on the sea x2 (gently moving the Lycra)  
Pause....  
Big waves, big waves crashing on the shore x2 (louder singing and bigger movements)

Hiding underneath the Lyra/sea hiding from sharks?!

## Wind down

Still under the material use torches to sing under the material. Sing some quiet songs like Twinkle, twinkle and Star light, star bright.

9. Use a gentle piece of wind down music to take the group into a calm place if the segment under the lycra above hasn't succeeded

10. The clock says tick tock.

## Useful Resources

### Songs

Rain, rain, go away

She sells sea shells on the sea shore - tongue twister

I love to sail in my big strong boat

The sun has got his hat on

Oh I do like to be beside the seaside

Row, row, row your boat

1,2,3,4,5 once I caught a fish alive

The Big Ship Sails

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

Octopus's Garden

<https://www.youtube.com/watch?v=RrDcEoTXDP8>

What shall we do with the drunken sailor

<https://www.youtube.com/watch?v=qGyPuey-1Jw>

She sells sea shells

<https://nurseryrhymescollections.com/lyrics/she-sells-sea-shells.html>

I had a little turtle

<https://www.youtube.com/watch?v=09bf-phvFH4>

We all live in a yellow submarine

[https://www.youtube.com/watch?v=j\\_JaDDcyIIU&list=PLvEL0n-EFBuWepFuDqwH5tYBiwY2](https://www.youtube.com/watch?v=j_JaDDcyIIU&list=PLvEL0n-EFBuWepFuDqwH5tYBiwY2)

The Pirate Song

<https://www.youtube.com/watch?v=x7MgOk6ZdlQ>

The owl and the pussy cat poem

[https://www.youtube.com/watch?v=\\_3lq1i67VaE](https://www.youtube.com/watch?v=_3lq1i67VaE)

You are my sunshine

<https://www.youtube.com/watch?v=RUuCi4tOvQ8>

Summertime

[https://www.youtube.com/watch?v=lnXLVTi\\_m\\_M](https://www.youtube.com/watch?v=lnXLVTi_m_M)

Here comes the sun

<https://www.youtube.com/watch?v=1rCgM07uzq4>

Sunny - Bobby Hebb

<https://www.youtube.com/watch?v=ubvYQxTXO3U>

Somewhere over the rainbow.

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

Under the Sea - Little Mermaid

[https://www.youtube.com/watch?v=GC\\_mV1lpjWA](https://www.youtube.com/watch?v=GC_mV1lpjWA)

Yellow Bird

<https://www.youtube.com/watch?v=L0RtQRnZwSw>

Ocean Drum

[https://www.gear4music.com/Drums-and-Per-cussion/Remo-Ocean-Drum-12-x-25-Fabric-Fish-Finish/YPD?origin=product-ads&gclid=C-j0KCOiAnKeCBhDPARIsAFDTLTLkK0JLoKjthd-dyDWV53w97ly89gNGitz69SGDAAlKiD8Om-S0C4Vo0aAv7CEALw\\_wcB](https://www.gear4music.com/Drums-and-Per-cussion/Remo-Ocean-Drum-12-x-25-Fabric-Fish-Finish/YPD?origin=product-ads&gclid=C-j0KCOiAnKeCBhDPARIsAFDTLTLkK0JLoKjthd-dyDWV53w97ly89gNGitz69SGDAAlKiD8Om-S0C4Vo0aAv7CEALw_wcB)

