

## Steady Beat Ideas

Children ages 2 to 7 can benefit from these steady beat activities. These activities not only encourage keeping a steady beat, but also incorporate large motor movements and other skills children this age should be developing.

- Pat-A-Cake is a simple song which begins with children keeping a steady beat by alternating between clapping and double high fiving through the first two lines of the song. The next sections are acted out. Children "roll it," "pat it," and "mark it with a B" (drawing an invisible B with index finger.) Then they point at their partner for "baby" and themselves for "me."

Pat-a-cake, pat-a-cake, bake's man

Bake me a cake as fast as you can

Roll it. Pat it. Mark it with a B!

Throw it in the oven for Baby and me!

- Teaching Tip: You can teach other letters of the alphabet by changing the word "Baby" to "Mama" and marking it with a M. You could change it to "Sister" and mark it with a S. You could also change it to any name and the letter that it starts with.
- Polly Wolly Doodle is a fun song because of all the silly lyrics and tricky tongue twisters! We normally just pat our knees to this because of the more difficult lyrics for little ones. Start slow and with each repetition, increase the tempo!
  - Teaching Tip: The adult could sing the verses and the child could sing the chorus with the adult to make this song simpler.

Oh I went down south for to see my Sal, singing Polly Wolly Doodle all the day. For my Sal she is a spunky gal, singing Polly Wolly Doodle all the day.

Chorus: Fair thee well. Fair thee well. Fair thee well my fairy fay. For I'm off to Louisiana for to see my Susie Anna. Singing Polly Wolly Doodle all the day.

Oh my Sal she is a maiden fair, singing Polly Wolly Doodle all the day. With the laughing eyes and the curly hair, singing Polly Wolly Doodle all the day.

Repeat Chorus

Oh a grasshopper sittin' on a railroad track, singing Polly Wolly Doodle all the day. A pickin' his teeth with a carpet tack, singing Polly Wolly Doodle all the day.

Repeat Chorus.

Oh I went to bed, but it wasn't any use, singing Polly Wolly Doodle all the day. For my feet stuck out like a chicken roost, singing Polly Wolly Doodle all the day.

Repeat Chorus.

- Here We Go Looby Loo is a great song to get energy out! Skip to a steady beat during the chorus. Follow the directions of the song during the verses.

Chorus:

Here we go looby loo Here we go looby lie Here we go looby loo All on a Saturday night

Here we go looby loo Here we go looby lie Here we go looby loo All on a Saturday night

Verse:

You put your right hand in

You put your right hand out

You give your right hand a shake, shake, shake And turn yourself around

Repeat Chorus.

(Each new verse change "right hand" to a different body part. For example, "left hand," "right hip," or "left foot.")

- It's Raining, It's Pouring is a craft and then a steady beat activity. Create a rain stick out of a paper towel roll. Hot glue felt or paper to one end of the roll. Pour a few dried beans into the roll. Hot glue felt or paper to the other end of the roll to close it. Once finished, keep a steady beat with your rain stick as you sing the song.

- Teaching Tip: Your child could experiment with different sounds by adding more or less dried beans.

It's raining. It's pouring.

The old man is snoring.

He went to bed and bumped his head.

He couldn't get up in the morning.

- The Ants Go Marching One By One is a fun song that practices counting as well as the steady beat. Sing the song as you march around the room.

- Teaching Tip: You can incorporate art into this activity by creating 10 fingerprint ants.

The ants go marching 1 by 1. Horrah! Horrah!

The ants go marching 1 by 1. Horrah! Horrah!  
The ants go marching 1 by 1. The little one stops to suck his thumb.  
And they all go marching down to the ground to get out of the rain.  
Boom! Boom! Boom! Boom!

The ants go marching 2 by 2. Horrah! Horrah!  
The ants go marching 2 by 2. Horrah! Horrah!  
The ants go marching 2 by 2. The little one stops to tie his shoe. And  
they all go marching down to the ground to get out of the rain. Boom!  
Boom! Boom! Boom!

The ants go marching 3 by 3. Horrah! Horrah!  
The ants go marching 3 by 3. Horrah! Horrah!  
The ants go marching 3 by 3. The little one stops to climb a tree. And  
they all go marching down to the ground to get out of the rain. Boom!  
Boom! Boom! Boom!

The ants go marching 4 by 4. Horrah! Horrah!  
The ants go marching 4 by 4. Horrah! Horrah!  
The ants go marching 4 by 4. The little one stops to shut the door.  
And they all go marching down to the ground to get out of the rain.  
Boom! Boom! Boom! Boom!

The ants go marching 6 by 6. Horrah! Horrah!  
The ants go marching 6 by 6. Horrah! Horrah!  
The ants go marching 6 by 6. The little one stops to pick up sticks.  
And they all go marching down to the ground to get out of the rain.  
Boom! Boom! Boom! Boom!

The ants go marching 7 by 7. Horrah! Horrah!  
The ants go marching 7 by 7. Horrah! Horrah!  
The ants go marching 7 by 7. The little one stops to pray to heaven.  
And they all go marching down to the ground to get out of the rain.  
Boom! Boom! Boom! Boom!

The ants go marching 8 by 8. Horrah! Horrah!  
The ants go marching 8 by 8. Horrah! Horrah!  
The ants go marching 8 by 8. The little one stops to shut the gate.  
And they all go marching down to the ground to get out of the rain.  
Boom! Boom! Boom! Boom!

The ants go marching 9 by 9. Horrah! Horrah!  
The ants go marching 9 by 9. Horrah! Horrah!

The ants go marching 9 by 9. The little one stops to check the time.  
And they all go marching down to the ground to get out of the rain.  
Boom! Boom! Boom! Boom!

The ants go marching 10 by 10. Horrah! Horrah!  
The ants go marching 10 by 10. Horrah! Horrah!  
The ants go marching 10 by 10. The little one stops to say 'The End.'  
And they all go marching down to the ground to get out of the rain.  
Boom! Boom! Boom! Boom!

- The Hokey Pokey is another great way to get moving and practice a steady beat. As you follow the directions to the song, just sway your body back and forth to that steady beat!

Verse 1:

Put your one hand in.

Put your one hand out.

Put your one hand in.

Now you shake it all about.

You do the Hokey Pokey And you turn yourself about That's what it's all about

Verse 2:

Put your other hand in. Put your other hand out. Put your other hand in. Now you shake it all about.

You do the Hokey Pokey And you turn yourself about That's what it's all about

Verses continued:

Put your one foot in...

Put your other foot in...

Put your one hip in...

Put your other hip in...

Put your head in...

Put your whole self in...

- The Potato Toss Game is a great St. Patrick's Day game to practice keeping a steady beat. Find some Irish music on youtube. Our family listens to Riverdance, which is a theatrical show consisting mostly of traditional Irish music and dance. Then find a potato. Toss the potato back and forth between you and your child to the steady beat of Irish music.

