

Whoa, Jack!

Bouncing activities are beneficial for all children beginning at birth. Infants will enjoy the gentle bouncing with their caregiver, while older children will find the increasing tempo to be a fun challenge. Little do they realize, they are gaining two key pre-literacy skills: vocabulary and rhyming. Keeping the beat on the body fosters temporal awareness and is a key component in creating the mind/body connection.

WHAT THEY LEARN

Rhyming, steady beat, singing, rhyming, vocabulary, temporal awareness, auditory discrimination

WHAT YOU NEED

- Recording of song

WHAT TO DO

- Have children sit on floor and turn on recording.
- Encourage children to keep the beat on their legs
- Roll back on "Whoa, Jack."
- Help students find the new tempo as it increases throughout the song.

LYRICS

I had a camel, his name was Jack.
I rode his tail to save his back.
His tail got loose and I fell back,
Whoa, Jack!



Music Therapy Connection

After you have finished increasing the tempo, consider gradually reducing it back down again to help children de-escalate and reestablish a comfortable cadence.