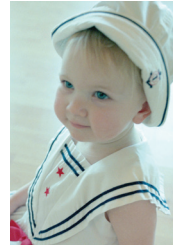


# Family Music – Dance With Me

Activities for the Whole Family



Songs and Dances for Young Children.



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Activities for the Whole Family

Lorna Lutz Heyge  
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Produced by Music Matters

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The *Dance with Me Family Packet* includes a recording with 49 songs, dances, and listening activities, a book for parents describing the activities and a scarf.

**Dance with Me** is one of 4 sets of family packets from the series **Family Music** for Toddlers. Ask your teacher about *Sing with Me*, *Play with Me*, and *Clap with Me*.

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## Dear Parents,

Children have an inborn love for music! They are born with the ability to sing, to move rhythmically and to express themselves musically! Our fondest hope for *Family Music* is that it will help you and your toddler enjoy musical play together to develop these natural talents.

In this book you will find songs and activities from the *Family Music* collection with suggestions for using them at home.

Very young children love repetition and learn best in this way. At home you can repeat the activities in appropriate moments, making them more intimate and personal while doing them over and over to the delight of your child. Living with music daily at home complements the weekly *Family Music* class in which you have the opportunity to share a musical experience with other parents and toddlers.

Home is the most important learning environment in your child's lifetime and your role as parent/caregiver is a crucial one in this dynamic period of development. Your love and closeness supports a happy, well-adjusted child; your presence and participation confirm the value of the activity and provide the security to explore.

Sing often with your child! While the songs on this recording provide an excellent model, nothing is more important for your child's musical development than your own active participation in music-making. Join together in singing, dancing, and playing instruments, involving everyone in your family.

Use this book as a source of ideas for playing musically with your toddler, by yourselves and with other families, indoors and out, on special occasions and in quiet moments. Then let your own creative impulse guide you; follow your child and invent activities together. Know that even as you play, your child is learning invaluable lessons for life.

*Lorna Lutz Heyge*

*Audrey Sillick*

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# The Little Rider



Dance  
1

I like to ride my lit - tle horse, clip, clop, hoo - rah, clip, clop, down  
through the fields and jump the fence and to the barn - yard lot. Clip,  
clop, hoo - rah, clip, clop, hoo - rah, down through the fields and jump the fence, clip  
clop, hoo - rah, clip, clop, hoo - rah, and to the barn - yard lot.

Riding on a horse is a favorite theme for children's songs around the world. *The Little Rider* is based on an old German folksong, *Der kleine Reiter*, found in a collection dated 1904. Take your child on your knee or your outstretched legs and bounce along while you listen and sing. As you become more familiar with the song, introduce variations such as bouncing slowly, quickly, smoothly, etc.

You can also accompany the song with rhythm sticks, imitating the sounds of the horse's hooves and listening for the *clip clop* sounds in the recording.

For a change, try *galloping* around the room to the recorded music.

**Recorded by:** Children's Choir, Trumpet, French Horn, Trombone, Wood Block, Piano

# Clap With Me



Dance  
2



Clap with me, la la la la la. Clap with me, Shhh! and now we'll stop!

Your child will delight in the actions to this song: clap for the first three measures; put your fingers dramatically to the lips for the quiet *Shhh*; place your hands silently on the knees for the word *stop*.

Starting movements followed by suddenly stopping is a game every child enjoys. Make up many additional verses using movements such as bounce, sway, swing, jiggle, etc. Add simple instruments such as rhythm sticks or jingles to the song and change the verse as follows:

“Tap with me ...”

“Rub your sticks ...”

Melody from a Swedish Folksong

**Recorded by:** Children’s Choir, Mandolin, Percussion, Piano

# Do As I’m Doing



Dance  
3



Do as I’m do - ing, fol - low, fol - low me! Do as I’m do - ing,

Fine

D.C.al Fine



fol - low, fol - low me! If I do it high or low, if I do it fast or slow,

Follow-the-leader games are perennial favorites of young children. Dance in a special way with your child to this happy recording. Either one of you can make up the movement, the other follows. Verse two of the recording introduces the text:

“Clap as I’m clapping, follow, follow me.”

You can insert all kinds of actions into this song for more verses:

“Walk as I’m walking, follow, follow me.”

“Crawl as I’m crawling, follow, follow me.” etc.

**Recorded by:** Children’s Choir, Percussion, Piano

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