

All Together Now!

Activities for the Whole Family

NIMBLE & QUICK

**MUSIK
GARTEN®**



Nursery Rhymes Re-imagined with Movement and Music

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Nursery Rhymes Re-Imagined with Music and Movement

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The *Nimble & Quick* Family Packet includes a recording with 26 songs, recorded movement rhymes, dances, chants, and listening activities; a book for parents describing the activities; and a bean bag.

Nimble & Quick is from the series *All Together Now!*, a curriculum for mixed ages. A companion packet *Twist & Turn* presents more nursery rhymes re-imagined with movement and music. Ask your teacher about other Musikgarten programs for children ages birth to nine.

The Musikgarten Music and Movement Series

<i>Family Music for Babies</i>	- newborn to 18 months
<i>Family Music for Toddlers</i>	- 15 months to 3½ years
<i>The Cycle of Seasons</i>	- 3 to 5 years
<i>Music Makers: At Home & Around the World</i>	- 4 to 8 years
<i>Music Makers: Around the World at the Keyboard</i>	- from age 5
<i>Music Makers: At the Keyboard</i>	- from age 6
<i>Piano Partners</i>	- from age 5½ years
<i>Musikgarten Adults: Enjoying the Piano Together</i>	

Additional Programs

<i>Drumming and Dancing</i>	<i>Nature Trail</i>
<i>God's Children Sing</i>	<i>Nimble & Quick</i>
<i>My Musical World</i>	<i>Seashore</i>
<i>My Neighborhood Community</i>	<i>Summer</i>
<i>Nature's Music</i>	<i>Twist & Turn</i>

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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! Likewise, children have an inborn love for the rhythm and rhymes captured in nursery rhymes. This book captures the best of both worlds and combines the joys of music-making with the child's fascination for playing with the sounds of our language. Our fondest hope for *Nimble & Quick* is that it will help you and your children enjoy musical play together while developing the children's natural talents.

In this book you will find songs and activities from the *Nimble & Quick* collection with suggestions for their use at home. Young children love repetition and learn best in this way. We encourage you to repeat the activities at home in appropriate moments, making them more intimate and personal while doing them over and over to the delight of your child. Living daily with music at home complements the weekly Musikgarten class that brings us all together to share a musical experience with other parents and children.

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

Move often with your child! Movement is essential to learning – and especially to learning music. Best of all, movement is exhilarating, energizing, and thoroughly enjoyable for children. Join together in singing, dancing, and playing instruments; involve everyone in your family.

Use this book as a source of ideas for playing musically with your children throughout the week, whether with your own family or with other families, indoors or out, on special occasions or in quiet moments. Then let your own creative impulse guide you as you follow your children and invent activities together. Know that as you play, your children are learning invaluable lessons for life, and you are strengthening bonds that will last a lifetime.



NQ 1 Jack Be Nimble

Recorded Movement Rhyme

Jack be nimble,
Jack be quick,
Jack jump over
The candlestick.

What can Jack do? He can jump OVER the candlestick without tumbling or getting burned, of course. Children so love this sense of daring — of succeeding at something that Grandma might find a little dangerous!

Talk with your child about Jack and all that he could do... how brave he was... how careful he was... how he could jump so high... how he could run so fast...etc. Your toddlers will enjoy hearing tales of Jack's prowess, and your preschoolers will love making up all kinds of things that Jack can do! Insert your child's name, "Annette be nimble, Annette be quick," and think of more ways to move.

The recorded movement rhyme emphasizes, "Jack jumped oooo-ver the candlestick." In class the children practice walking to the verse, pausing, and then chanting "oooo-ver the candlestick" each time they jump. At home your children may enjoy placing their beanbag on the floor to depict the candlestick. At just the right moment in the verse, they can jump oooo-ver what has become their "candlestick!" Play a game, surprising your child with a new direction each time:

Mark, walk around the candlestick.

Mark, crawl around the candlestick, etc.

Recording: Speaker, Clarinet, Bassoon, Xylophone, Siren slide Whistle, Piano



NQ 2 Ha, Ha, This-a-Way



Ha, ha, this - a - way, ha, ha, that - a - way, ha, ha, this - a - way, all day long.



Walk - ing, walk - ing, up the street; walk - ing, walk - ing, to the beat.



Jump - ing, jump - ing up and down, look at me, look at me.



Jump - ing, jump - ing up and down, jump - ing mer - ri - ly.

Vs. 3 Crawling, crawling, oh, so slow. (tune: verse 1)
Crawling, crawling, way down low.

Vs. 4 Bouncing, bouncing, like a ball, look at me, look at me, (tune: verse 2)
Bouncing, bouncing, like a ball, bouncing merrily.

Vs. 5 Swinging, swinging, side to side, (tune: verse 1)
Swinging, swinging, do not hide.

Vs. 6 Turning, turning round and round, look at me, look at me, (tune: verse 2)
Turning, turning round and round, do not make a sound.

Ha Ha! Can you walk this way? Can you go that way? Can you jump...crawl... bounce...swing... and turn around? Children love to challenge themselves to do all kinds of new movements — just to see if they can do it! “Ha, Ha This-a-Way” sets this in motion — both literally and playfully! Encourage your child to try out the many ways of moving in this delightful tune and to discover new ways you hadn’t thought of before!

Babies will enjoy being carried around the room. Also try these movements while seated on the floor with your baby in front of you. Swing baby’s legs side-to-side for the chorus, and then use the verses as a touch game up and down baby’s body as you “walk” your fingers, “jump” and “bounce” your hand, “crawl” with the palm of your hand, and then make a circle on baby’s tummy for “turning, turning round and round.”

Recording: Children’s Choir, Clarinet, Bassoon, French Horn, Snare Drum, Marktree, Jaw’s Harp, Vibraphone



NQ 3 Westphalian Polka

Dancing with your child allows both of you to move freely and joyfully through the room. On this recording you will find instrumental music of many kinds: waltzes that invite you to flowing movement, folk music such as polkas that encourage bouncy, fast movements, and marches that call forth a sturdy, steady movement.

The Espitalier Ensemble from Germany recorded this bouncy music. Enjoy dancing with your child!

Recording: Folk Music Ensemble



NQ 4 5 Bath Time Sounds

Drawing water, Splashing

Most children find pleasure in bath time and enjoy their play in the tub. It is helpful to know a few bath time activities and to have more ideas about how to safely foster children’s play in the tub.

Even though bath time is pleasurable for most children, there may be parts of bath time that children do not like – such as having their ears washed or their hair rinsed after a shampoo. Consider singing “Here We Go ’Round the Mulberry Bush” during these times, adding “This is the way we wash your ears,” or “This is the way we rinse your hair.” Using this simple song can distract the children and shift the emphasis toward the music to help make bath time more pleasurable for all – children and parents alike! During the chorus — “Here we go ’round the mulberry bush” — push a favorite floating toy around in the water or play with it in other ways that your child enjoys.

In addition to making bath time more enjoyable, you will be helping your children learn new vocabulary and increase their body awareness — simply by singing about all the various parts that need to be washed!

The Mulberry Bush

Chorus



Here we go 'round the mul - ber - ry bush, the mul - ber - ry bush, the mul - ber - ry bush,



Here we go 'round the mul - ber - ry bush, so ear - ly in the morn - ing.

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