

**All Together Now!**  
Activities for the Whole Family

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**HAZZ**



Nursery Rhymes Re-imagined with Movement and Music

*All Together Now!*

# Twist & Turn

Nursery Rhymes Re-Imagined with Music and Movement

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**Design:** Michael Ladd

**Production:** Ann Martinez Dunn

The *Twist & Turn* Family Packet includes a recording with 29 songs, recorded movement rhymes, dances, chants, and listening activities; a book for parents describing the activities; and one pair of grooved rhythm sticks.

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

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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 *Twist & Turn* 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 *Twist & Turn* 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.



TT 1

## Oliver Twist

Recorded Movement Rhyme

Oliver Twist  
Can't do this  
Touch his knees,  
Touch his toes,  
Clap his hands,  
And around he goes.

Children love a challenge — as long as it's one they can meet! In this rhyme we are challenged to see if we can do what Oliver *cannot* do. He can't ...

- touch his knees,
- touch his toes,
- clap his hand, and
- go all the way around.

This recorded movement rhyme has Oliver doing four kinds of movement –

Oliver Twist can't do this

Walk—Walk—Walk—Walk

Oliver Twist can't do this

Twist—Twist—Twist—Twist

Oliver Twist can't do this

Turn—Turn—Turn—Turn

Oliver Twist can't do this

Tap—Tap—Tap—Tap.

Enjoy walking, twisting, turning, and tapping as you move with this active movement rhyme.

*Oliver Twist* is a book by Charles Dickens that in the 20<sup>th</sup> century was made into the musical *Oliver*. The rhyme *Oliver Twist*, however, comes to us from children's jump rope and hand slapping games in the elementary playground.

**Recording:** Speaker, Clarinet, Bassoon, Pizzicato Strings, Woodblock, Slide Whistle, Celesta



## π 2 Mary Had a Little Lamb

Mary had a lit - tle lamb, lit - tle lamb, lit - tle lamb. Mary had a lit - tle lamb, Its  
 fleece was white as snow; And ev - 'ry - where that Ma - ry went, Ma - ry went,  
 Ma - ry went, Ev - 'ry - where that Ma - ry went the lamb was sure to go.

Vs. 2 It followed her to school one day,  
 That was against the rule;  
 It made the children laugh and play  
 To see a lamb at school.

Vs. 4 Why does the lamb love Mary so?  
 The eager children cry;  
 Why, Mary loves the lamb, you know,  
 The teacher did reply.

Vs. 3 And so the teacher turned it out,  
 But still it lingered near;  
 And waited patiently about  
 Till Mary did appear.

Like “Twinkle, Twinkle Little Star,” “Mary Had a Little Lamb” is a children’s classic. This song is a love story that children understand at a fundamentally deep level. Mary loves a dear, sweet lamb, and the lamb loves her so much that it wanted to follow her everywhere. How interesting that this love story mirrors how your children feel about you — they want to go everywhere that you go and don’t want you ever to leave them! Why is that? This question is answered at the end of the song — it’s because you love your own little lamb!

Why does the lamb love Mary so? The eager children cry.  
 Why, Mary loves the lamb, you know, the teacher did reply.

It’s no wonder that this song has such lasting power and continues to be passed down from one generation to the next. Children of all ages enjoy the simplicity and sweetness of a tale in which Mary loves the lamb as much as the lamb loves her. You will enjoy rocking your child while singing this familiar melody. Given how easily children identify with the emotions depicted in this story, older children might also enjoy acting it out with you.

**Key and Range:** F major, f’-c”

**Recording:** Children, Clarinet, Celesta, Harp



II 3-6

## Animal Voices

Lambs, Cows, Ducks, Horses

Children love to imitate the sounds that farm animals make. From a “moo moo here to a moo moo there,” farm animals permeate childhood songs, rhymes, and books.

Recognizing animals as different from one another is one of the first ways that young children “classify” their environments. At first, every 4-legged creature is called what the first one was called, perhaps all being called dogs or cows. At some point, however, children start recognizing that animals are different from one another. They look different, they move differently, and they *sound* different. During this time of sorting out one animal from another, children love to experiment with how animals sound. Parents will ask, “what does the cow say,” and will begin teaching their youngsters that cows have their own unique sounds and do not go “woof.” All of this is important for children’s development and is supported here by having children listen to and label the different sounds they hear. By focusing your child’s listening, you are helping them become the good listeners needed for success in school.

The farm animals chosen begin with the sound of Mary’s little lamb and are contrasted with the sounds of those animals featured in “The Farmer in the Dell” movement rhyme — the cow, the duck, and the horse. Listen to each animal and imitate how each one sounds and moves. Explore more about how these animals move in the wonderfully imaginative recorded music rhyme about the Farmer in the Dell.



# 7

## The Farmer in the Dell

Recorded Movement Rhyme

What do you see when you go to a farm? How do the animals move? Can you lumber along as a cow would? Swim like a duck? Gallop like a horse?

What do these animals say? Can you *moo* like a cow? *Quack* like a duck? *Whinny* like a horse?

This recorded movement rhyme offers you and your child imaginative ways to become the cow, the duck, and the horse. Listen for these animals as they lumber, swim, and gallop across your imagination!

The farm - er in the Dell, the farm - er in the Dell,  
 Hi - ho the der - ry - o, the farm - er in the Dell.

The Farmer in the Dell was originally a children’s game in which one child picks another child, until all the verses have been sung. This traditional game is appropriate for older children and goes as follows:

All stand in a circle and a “farmer” is chosen to stand in the middle of the children while verse 1 is sung. According to the text, the farmer chooses a wife, who comes forward to stand in the middle with him. The wife then picks a child, and so forth.

- Vs. 2 The farmer takes a wife...
- Vs. 3 The wife takes a child...
- Vs. 4 The child takes a nurse...
- Vs. 5 The nurse takes a dog...
- Vs. 6 The dog takes a cat...
- Vs. 7 The cat takes a rat...
- Vs. 8 The rat takes the cheese...
- Vs. 9 The cheese stands alone...

At the end, the cheese stands alone in the center, and all return to their places in the circle. The game begins again, as the “cheese” becomes the farmer. This game provides a set sequencing of ideas like that found in a story. Remembering sequences of this kind are helpful to your child’s development and literacy.

**Recording:** Cello, Banjo, Mandolin, Glockenspiel, Marktree, Animal Sounds



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