



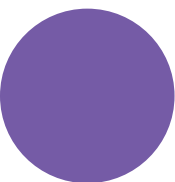
MERRY-GO-ROUND

A CREATIVE RESOURCE FOR YOUNG FAMILIES



FULLCIRCLE
An Lanntair







WELCOME

Merry-go-Round is a Full Circle collection of music and art activities for you to enjoy at home with your family. Step onto a merry-go-round and the world is transformed into a whirl of colour, shape, sound and movement. Time twirls, encapsulating the mind in a bubble of contentment; spirits spiral with joy. So it is when we engage in creativity: the experience changes us, and the tingle lives on even after the ride has ended.

The circle speaks of community, equality and inclusion, values that are central to all the work of An Lanntair. Circles are strong shapes. In motion they spread out, as ripples in a pool or light from a lantern reaching way beyond the lighthouse as it turns. We live out our days in cycles, circular patterns that speak of order and routine. Venturing down a spiral path of learning leads us into deeper knowledge and understanding.

The sphere, the three-dimensional circle, speaks of wholeness, perfectly balanced. Gravity pulls equally from earth's central core to every point on its outer surface. Spherical objects, like balls, can roll and scatter far and wide. Tumbling, turning, spinning, bouncing, who knows where they might end up!

In the natural world, circles, spirals, cycles, spheres and all things round speak of beauty and the miracle of life, sources of awe and wonder. Closer to home, circles speak of love, present in the shape of the faces and eyes of family and all whom we hold dear, and in the warmth of a tender embrace.

A merry-go-round ride takes us Full Circle not once but many times, giving us new perspectives as we turn and turn about. The story of circles, therefore, is one of infinite possibility, having neither beginning nor end. We hope this Full Circle resource inspires endless hours of creativity and brings pleasure beyond words.

***The activities in this booklet, including video recordings of the songs, can also be downloaded from the An Lanntair website, where you will find additional material for further inspiration.*



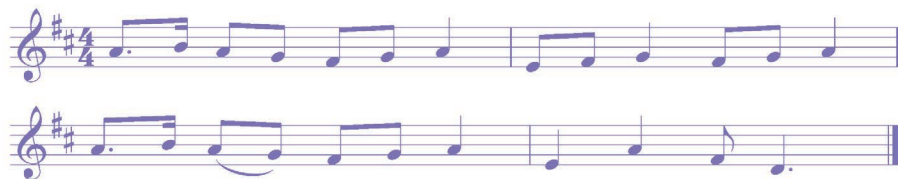
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MAKE A CIRCLE IN THE AIR



Make a circle in the air, in the air, in the air,
Like a wheel turning there, keeps on going.



A reflection...

The circle is used as a symbol for **infinity**, having no fixed beginning or end – like a rotating wheel. This gives us the opportunity for endless new beginnings.



Sing with...

your baby

Develops tracking skills

Lie baby on their back. Trace a circle above their face with your finger as you sing.

your toddler

Develops gross motor skills, balance and co-ordination

Move each arm in turn as if drawing large circles in front of you as you sing.

Make sure you have plenty of space!

older children

Develops fine motor skills and concentration

Sitting opposite your child, hold out your index fingers, tips almost touching. Trace a circle together as though looking in a mirror (one moving clockwise, the other anti-clockwise). Try to synchronise your movement.

a group

Look for circles around a room (eg. clock face, door-knob, plate, pattern on a cushion, etc). When one is found, stand in front of it and sing the song.

Look for circles as you ride in the car or on a train. Great for passing the time on a long journey.

Brain Gym: sing whilst practising lazy eights.

Variations

Sing with a finger puppet.

Outdoors, streamers or scarves make very big circles.



WINDMILL

You will need

- Thick paper
- Scissors
- Pencil
- Cotton bud
- Drawing materials

Method

1. Cut a square of paper 15cm x 15cm.
2. Make drawings on both sides of the paper – bold patterns work well.
3. Draw lines diagonally from corner to corner.
4. Measure and cut up the lines 7cm from each corner.
5. Place the paper on a soft surface (polystyrene or similar) and punch holes with a pencil in the centre of the square, and in the section on the right at each corner.
6. Remove the cotton wool from one end of a cotton bud.
7. Fold up the punched sections from each corner and thread them onto the cotton-bud.
8. When the 4 corners are joined, thread the end of the cotton-bud through the hole in the centre of the paper.
9. Squash the windmill a little.
10. Hold the end of the cotton-bud and blow till the windmill spins round.



For inspiration...

WINDMILLS OF YOUR MIND

Alan and Marilyn Bergman

Round like a circle in a spiral, like a wheel within a wheel
 Never ending or beginning on an ever spinning reel
 Like a snowball down a mountain, or a carnival balloon
 Like a carousel that's turning running rings around the moon
 Like a clock whose hands are sweeping past the minutes of its face
 And the world is like an apple whirling silently in space
 Like the circles that you find in the windmills of your mind!

Like a tunnel that you follow to a tunnel of its own
 Down a hollow to a cavern where the sun has never shone
 Like a door that keeps revolving in a half forgotten dream
 Or the ripples from a pebble someone tosses in a stream
 Like a clock whose hands are sweeping past the minutes of its face
 And the world is like an apple whirling silently in space
 Like the circles that you find in the windmills of your mind!

What do you think the 'windmills of your mind' could be?

Variations

Draw different weather conditions on your windmill. Rainbow colours look beautiful.

The contrast of sunshine on one side and dark rain clouds on the other works well too. How could you draw the wind?

Outdoors, push the cotton-bud into a hole in a wall or fence so the windmill turns in the wind.

Make a huge windmill with the largest sheet of paper you can find and a toy drumstick or similar. Scale up the dimensions (cut along the diagonal lines one third of their length).

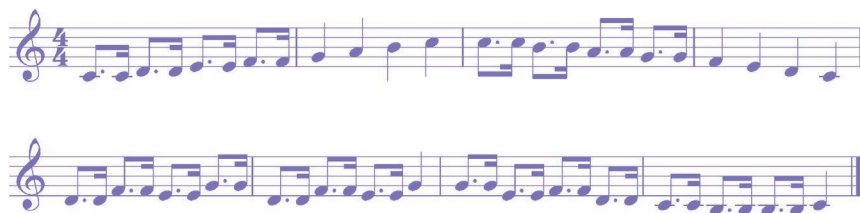
Blow gently to make the windmill spin slowly; harder to make it spin fast.



ROLY POLY

Roly poly roly poly, up up up up,
Roly poly roly poly, down down down down,
Roly poly roly poly, in in in in,
Roly poly roly poly, out out out out.

Ròlaidh pòlaidh, ròlaidh pòlaidh, suas,...
Ròlaidh pòlaidh, ròlaidh pòlaidh, sìos,...
Ròlaidh pòlaidh, ròlaidh pòlaidh, a-mach,...
Ròlaidh pòlaidh, ròlaidh pòlaidh, a-steach,...



A reflection...

The circle speaks of planned order, the symbol of perfection. Anything 'roly poly' is less predictable, more random - like the traditional roly-poly toy or children tumbling head over heels down a hill.

The best learning happens when there is a mixture of both: the discipline of acquiring and practising skills, and experimentation, with freedom of expression.





A kinaesthetic way to experience pitch in music: how the notes of the tune go up and down.

Use the song as an opportunity to talk about opposites.


Sing with...

your baby

Sit baby on your knee facing out. Help them roll their hands to make the actions for the song.

Sit baby in a chair facing you. Do the actions yourself, and encourage them to copy.

your toddler



Repeat often and your toddler will begin to join in with words they know.

They might want to anticipate the speed or change it, which is a lovely way of communicating with them and giving them some control.

older children

Make this very lively. Older children will quickly learn the words and actions and join in with vigour.

This is all active learning and the closeness adds to a sense of security and love.

a group

How about rolling down a nice little hill outdoors?

Variations

Think of other actions, encouraging children to have their own ideas too.

Vary the speed and use pauses to add excitement and anticipation.



KALEIDOSCOPE

See how light bounces off the shiny walls of the kaleidoscope to create beautiful repeating patterns.

You will need

- Glue
- Tape
- Card : a rectangles + a circle
- Tinfoil / or acetate
- Scissors
- A blunt stick
- Blue-tac / plasticine
- Drawing materials or stickers

Method

1. Glue tinfoil onto a rectangle of card and smooth out any wrinkles.
2. Fold the card into three even sections to make a triangular prism (like a Toblerone) with the tinfoil on the inside.
3. Tape down the edges.
4. Roll the other sheet of card up like a tube around the triangular prism.
5. Attach the stick with tape to one end.
6. Make bold and colourful drawings on the circle of card.
7. Then slide it onto the stick so that it can rotate freely over the end of your kaleidoscope (a blob of blu-tac either side will hold it in place).
8. Look through the other end to see sections of the drawings repeated in the shiny tinfoil.
9. Decorate the kaleidoscope with drawings and stickers.

For inspiration...

WHAT IS PINK?

Christina Rossetti

What is pink? A rose is pink
By the fountain's brink.

What is red? A poppy's red
In its barley bed.

What is blue? The sky is blue
Where the clouds float through.

What is white? A swan is white
Sailing in the light.

What is yellow? Pears are yellow,
Rich and ripe and mellow.

What is green? The grass is green,
With small flowers between.

What is violet? Clouds are violet
In the summer twilight.

What is orange? Why, an orange,
Just an orange!



Variations

Decorate the kaleidoscope to look like a telescope.

Experiment with more discs with different drawings.

Remove the disc and look through the kaleidoscope around the room.

Try making a really big kaleidoscope in a postal tube or big roll of cardboard.



I HAVE GOT THE BALL

I have got the ball.
Can you catch it, Anna?

Seo am bàlla dhut.
Am faigh thus' è Anna?



A reflection...

A ball is a **sphere**: a symmetrical three-dimensional object with one face and no edges. Other examples are the earth, a marble, an orange and a bubble – can you think of more?

The sphere is all-encompassing: it speaks of **inclusion** - like a ball game in the park.



A story...

Ball! Ball! Ball! (Kelley Donner)

You will need a soft ball or balloon.

Sing with...

your baby

Sitting in a chair with baby, gently throw the ball up and down in time with the song, keeping a steady beat.

or

Bounce / roll the ball on the floor and gently roll it towards baby as you sing their name.

your toddler

Your toddler will be able to hold the ball and join in with the rolling.

Sit on the floor with open legs and encourage your toddler to do the same.

older children

Have fun with different kinds of balls or a balloon.

Use a tougher ball and kick as well as roll or throw.

a group

Encourages working together and taking turns.

Change the words, for example:

Callum has got the teddy, share the teddy with Mary...

Variations

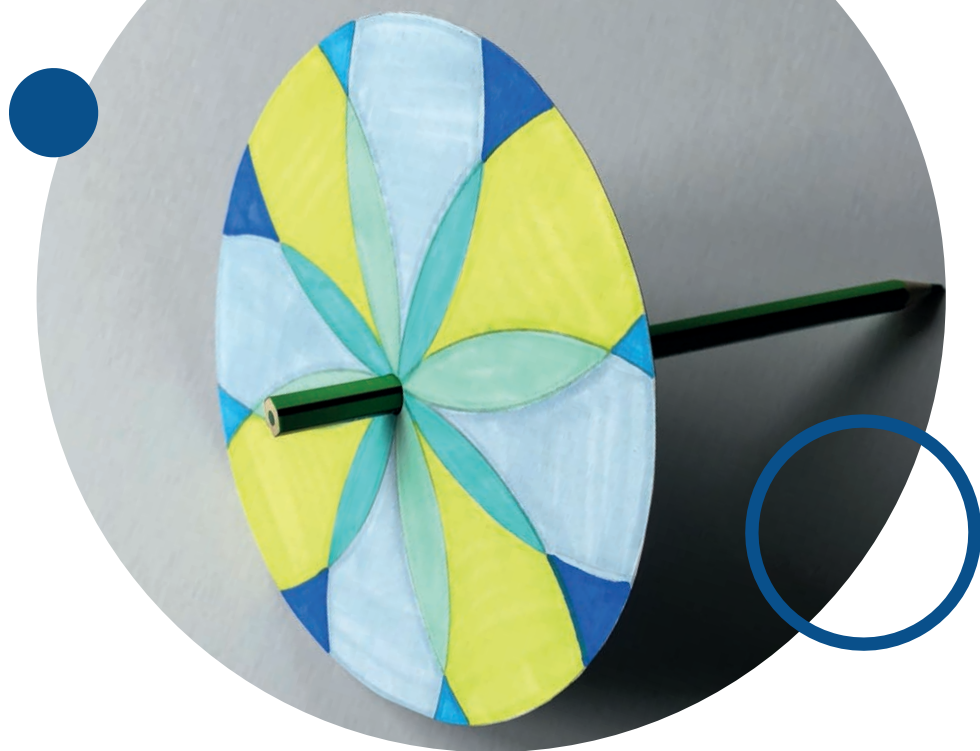
Sit toys in a circle too to “join in” with the game.

Try playing the game outdoors.

Change the words, for example:

Eilidh is pointing, can you point to Daddy?





MAGIC SPINNING CIRCLE

The magic spinning disc spins so quickly when you twirl the pencil between the palms of your hands that the colours will disappear and become white!

This happens because your brain can't separate out the different colours as the spinner moves quickly. Instead, they appear to merge into each other to make white or pale grey.

You will need

- White card
- A pencil
- A compass
- Scissors
- Colouring pens or pencils

Method

1. Draw a circle on the card using the compass and a pencil.
2. Keeping the pencil and compass the same distance apart as you used to draw the circle, mark out equal points around the circumference.
3. Place the compass on these points and draw a pattern in the circle.
4. Using bright colours, colour in your pattern with the colouring pens or pencils.
5. After decorating your spinner, carefully pierce a hole in the centre and gently push the pencil through.
6. Twirl the spinner and see its magical effect!



For inspiration...

THE SPINNING EARTH

Aileen Fisher

The earth, they say, spins round and round.
It doesn't look it from the ground,
and never makes a spinning sound.

And water never swirls and swishes
from oceans full of dizzy fishes,
and shelves don't lose their pans and dishes.

And houses don't go whirling by,
or puppies swirl around the sky,
or robins spin instead of fly.

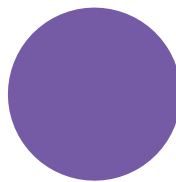
It may be true what people say
about one spinning night and day...
but I keep wondering, anyway.

Variations

Draw a spider on one side of the circle and a web on the other.

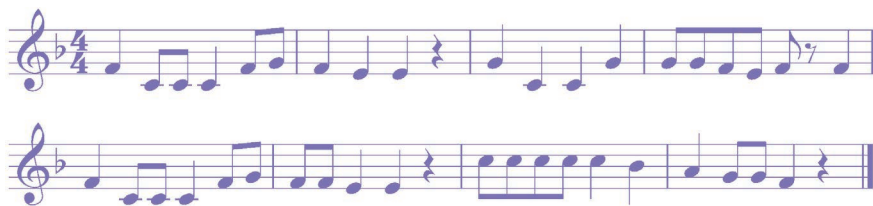
- Attach string to either side of the card circle and pull tight with both hands so it starts to spin.
- You should be able to see the spider sitting in its web!

FIVE CURRANT BUNS



Five currant buns in a baker's shop,
Round and fat with sugar on the top.
Along came a boy with a penny one day,
Bought a currant bun and took it away.

*Repeat the verse with four, three,
two, one currant bun.*



A reflection...

The circle is often used in diagrams to show how things are shared, or divided into portions. Do you think the shoppers shared their currant buns when they got home? To share one's food - or anything - really means to give some of it away.

Sharing is also a fundamental ingredient of successful human interaction. It lies at the heart of all healthy relationships, strengthens social ties and aids our wellbeing.



A story...

**The Little Red Hen Makes
a Pizza** (Philemon Sturges)

Make model buns with play dough, or use real buns.

A good song for helping number recognition.

Sing with...

your baby

Bounce or rock your baby, keeping a steady beat.

If baby is lying on their back, trace a circle on their tummy for “round and fat” and pat their head on “sugar on the top”.

Repeat, repeat, repeat! Babies love familiarity and closeness.

your toddler

Sing often and let your toddler join in with words that they know.

Clap hands as you sing to encourage a sense of rhythm.

older children

Make model buns with play dough, or do some real baking together!

Good to sing when going to the shops. Think of things that could be bought in different shops and add them to the song.

a group

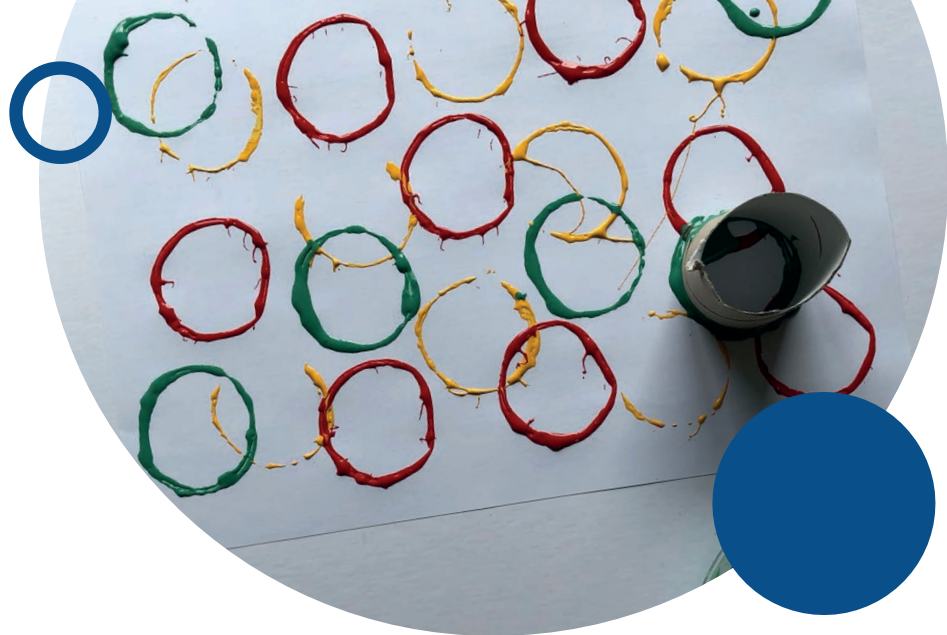
Each verse could feature a different person – Mummy, Daddy, Granny, etc. Or use individual children’s names or toys’ names.

Variations

When you substitute your child’s name for ‘boy’ they will feel special and loved.

Think of different buns (chocolate, lemon) and vary the toppings (cherry, sprinkles).





CARDBOARD TUBE PRINTING

Younger children can enjoy making lots of colourful patterns.

Older children can have fun (after their circles are dry) with drawing, using their imaginations to transform the circles into other things.

You will need

- A mixture of colourful paints in shallow trays
- Scissors
- A cardboard tube
- Paper

Method

1. Cut the cardboard tube into sections.
2. Pop each one into one of your paint container.
3. Have fun making colourful patterns prints on your paper!

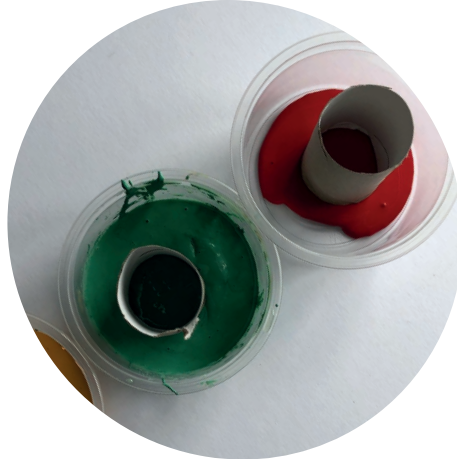
For inspiration...

ENGINEERS

Jimmy Garthwaite

Pistons, valves and wheels and gears
That's the life of engineers
Thumping, chunking engines going
Hissing steam and whistles blowing.

There's not a place I'd rather be
Than working round machinery
Listening to that clanking sounds
Watching all the wheels go round.



Variations

Use your imagination to transform your printed circles into other things:

- Make vehicles by using your circles as wheels.
- Make people by adding arms, legs and eyes etc.
- Make teddy bears using some smaller tubes to print ears etc.

If you are using poster paint or acrylic you may find they dry too quickly to print with.

- To help with this, heat up a little water and cornflour.
- Add it to the paint and it will keep it 'open' for longer (i.e. it won't dry up as quickly).
- It will also make it thicker so it will have more texture on the paper.

Try adding paint to a damp kitchen sponge and use it like an inkpad.

You can also use wooden play blocks as stamps if you're happy to clean them afterwards!



I, I, ME OH MY

I, I, me oh my,
How I love my cherry pie!



A reflection...

Pies come in many shapes and sizes, but traditionally they are round, a shape that has come to be associated with equality. **Equality** was the inspiration behind the legend of King Arthur and his famed round table.



A story...

Pie in the Sky (Lois Ehlert)

Sing with...

your baby

To settle your baby: sing the song gently and quietly, rocking to and fro to the beat.

For lively fun: sing faster with a stronger voice, bouncing to the beat.

your toddler

Sitting opposite each other, pat or rub tummies in time to the beat. You could also try patting the pattern of the words – the rhythm.

older children

Sitting opposite each other, pass a toy (or small drum) in time to the beat.

a group

Sing at meal times as you are serving the food.

Sitting in a circle, sing whilst passing something around, pass the parcel style.

Variations

Change the pie: apple, chocolate, chicken, fish, etc.

Change the words, for example:

Ooh, ooh, ooh la la, how I love my banana!

Hey, ho, off we go, eating mashed potato!





PIZZA PRINTING

Experiment with printing cakes, pizzas and pies using flat polystyrene bases often used in pizza packaging.

You will need

- Thick paper
- Polystyrene pizza base (can also be bought in sheets from craft suppliers)
- Blunt pencil
- Washable poster paint
- Plate or wipeable tray
- Roller or spreader (*a folded piece of card will do*)
- Tablecloth or newspaper

Method

1. Cut the polystyrene into segments.
2. Make indents into the soft surface of the polystyrene using a blunt pencil or pen – even very young children can do this.
3. Experiment with dots, squiggles and lines – how about:
 - criss-cross lines to print a pie
 - big circles and short lines to print a pepperoni and cheese pizza
 - candles to print a birthday cake
4. To make prints, spread a thin layer of washable poster paint on a large plate or tray.
5. Lay the polystyrene segment face down on top of the paint.
6. Press it firmly onto a sheet of thick paper.
7. Lift the segment carefully by one corner to reveal your relief print.

For inspiration...

SING A SONG OF SIXPENCE

Sing a song of sixpence, A pocket full of rye.
Four and twenty blackbirds, Baked in a pie.

When the pie was opened, The birds began to sing;
Wasn't that a dainty dish, To set before the king?

The king was in his counting house, Counting out his money;
The queen was in the parlour, Eating bread and honey.

The maid was in the garden, Hanging out the clothes;
When down came a blackbird and pecked off her nose!

Variations

Print the segments in circles to make sliced pies and cakes, or print linear repeat patterns.

Press hard with the pencil or use small cake cutters to cut holes in the polystyrene.

Talk about whole, half and quarter to introduce fractions with older children.





ROUND AND ROUND THE GARDEN

Round and round the garden,
Like a teddy bear.
One step, two steps
Tickle you under there!

*Timcheall a'ghàrraidh
Chaidh am mathan mòr.
Aon cheum, dà cheum
Diogladh gu leòr.*

A reflection...

Moving round in a circle has a sense of **completeness**
– like coming home, back to a place of familiarity,
comfort and safety.



*Use fingers and hands for this rhyme, or
find a real teddy for fun.*

*Two fingers of one hand walk around the
palm of your other hand or your child's.*

Sing with...

your baby

With a very young baby, “draw” circles round their tummy. At the last line run up their arm and tickle them. Increase the excitement by pausing before the last line.

your toddler

Demonstrate by walking your fingers, or a small teddy, around your toddler's palm. Then change roles – let them do the same on you.

Take the lead from your toddler for how long to delay the tickle. They will enjoy the suspense and anticipate the final words.

older children

Older children will have the manual dexterity to be able to play the whole game for themselves. They will enjoy being the tickler as well as the tickl-ee!

Encourage them to use the opposite hand too to develop fine motor skills.

a group

This rhyme invites close and affectionate contact, and is best played one-to-one.

For a family game play in the garden, grown-ups chasing children or vice versa for the tickle!

Variations

Vary the speed of your chanting to create a sense of fun and anticipation.

Use for role play: move like a baby bear or a giant.

Use to play out emotions and moods: move as though in a hurry, sad, shy, wildly happy, frightened, or naughty (*‘crosd’ in Gaelic*). Children seem to like the naughty one best!



SHADOW DRAWING

Shadow drawing is a great sunny day activity: try indoors by a window or outdoors when you'll be playing outside for a while.

You will need

- A toy or shadow-making object of your choice – tall toys work best
- Paper for drawing (large-ish): choose the size to accommodate your chosen object, allowing for different lengths of shadow
- Stones or weights to hold down your paper (if drawing outside)
- Crayons or chalks to draw around your object

Method

1. Put a sheet of paper in a sunny place.
2. Weigh it down with stones if working out of doors.
3. Place a toy in the centre - tall toys work best.
4. Draw a mark at the base so you can return it to the same spot if it falls / blows over.
5. Draw round the shadow.
6. At different points in the day go back to your drawing, observe how the shadow has moved.
7. Draw round it again.
8. Check where the sun has moved to in the sky each time (without looking directly at it). Notice that sometimes no shadow is cast – has the sun gone behind a cloud?
9. Draw round it lots of times and you will build up an interesting pattern.



Remember to cover up and use sun screen when out in the sun

Never look directly at the sun

For inspiration...

MY SHADOW

Robert Louis Stevenson

I have a little shadow that goes in and out with me.
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me, when I jump into my bed.

The funniest thing about him is how he likes to grow –
Not at all like proper children, which is always very slow.
For he sometimes shoots up taller like an india-rubber ball,
And he sometimes goes so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close behind me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an arrant sleepy-head,
Had stayed at home behind me and was fast asleep in bed.

Variations

Colour in the shadows. Where two overlap, use a different colour.

Compare the shadows of big and little toys. Draw lots of shadows on one sheet of paper.

Look for shadows, inside and out. With younger children, draw round their shadow using chalks.

On the beach, draw round your shadow in the sand – and watch it be erased by the tide if you stay long enough!





SNAIL, SNAIL

Snail, snail, snail, snail,
Goes around and round and round.



Sing with...

your baby

With one finger, trace spirals on the palm of baby's hand. Repeat on the other. If baby wants more, repeat on their feet!

your toddler

Take your toddler by the hand and walk around the room to the pulse of the song, noticing that slow steps are needed.

older children

When you know the song well, explore walking at different speeds. How would a super-charged snail move?

a group

Hold hands in a circle and ask a pair of neighbours to let go of each other's hands. One of these becomes the leader. As you sing the song, the leader winds the group into a spiral shape. Sing the song again to unwind back into a circle.

Variations

Try role play:

- Mouse – runs around
- Snake – slide around
- Horse – gallops round
- Tortoise – plods around
- Rabbit – hops around

Sing to accompany drawing or hand-writing, guiding your pencil in continuous circling movements.

Sing when cooking or baking (stir, stir, stir, stir, stir around).

Sing when cleaning, polishing or washing your face (rub-a-dub, rub-a-dub).





COILED SNAKE MOBILE

You will need

- Thick paper or card
- Scissors
- Crayons
- Thread for hanging up your completed snake

Method

1. Draw round a plate on a sheet of thick paper or card.
2. Make a drawing all over both sides of the paper.
3. Draw a spiral from the centre of the circle out to the edge and cut along the line.
4. You can hang the spiral up or play a snake game



Variations

This is a great activity for practising cutting skills. The adult may need to rotate the paper.

Can you wriggle on the floor like a snake, and hiss?

The tighter you draw the spiral, the longer the snake will be: try making a short fat snake and a long thin snake.

For inspiration...

A JAPANESE HAIKU

Anon

The snake winds through grass
each blade a rippling coil;
the mouse sees nothing.



APPLES, PEACHES, PEARS & PLUMS

[sung]

Apples, peaches, pears and plums,
Tell me when your birthday comes!

[chanted]

January, February, March, April,
May, June, July, August,
September, October, November, December!



A reflection...

Our lives are built around cycles, the repetition of the months of the year and our birthday being just one example of many - think of the hands moving round a clock face, the orbit of earth around the sun, the days of the week, or the growth of an apple from seed to fruit and back to seed. Cycles give us stability and routine.

Sing with...

your baby

With baby on your knee, sway back and forth as you sing the rhyme. Tap their tummy for the months and tickle when their birthday comes.

your toddler

Bounce your toddler on your knee as you sing. Reciting the months, when you arrive at their birthday, toss them high into the air or let them fall between your legs – safely of course!

older children

Sing the first part standing still and pat knees when chanting the months. Jump or clap on your birthday.

a group

Hold hands in a circle and walk round for the sung part, standing still to pat your knees as you recite the months.

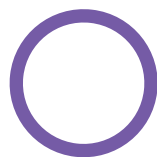
Variations

Sing with the arrival of a birthday cake at a party or celebratory meal. Blow out the candles when your birthday month is reached.



A story...

Apple (Nikki McClure)





FRUIT & VEGETABLE PRINTING

Experiment with bold repeat patterns by making fruit and vegetable prints.

Cabbage, leeks, onions, peppers, cauliflower, celery and apples all work really well.

Use fruit and vegetable that you have a surplus of so as not to waste food.

Printing works well with fruit and vegetables that are getting dried out.

You will need

- Washable poster paint
- Thick paper
- A roller or something to spread out the paint
- Newspaper
- A selection of fruit and vegetables cut in half
- Plate or tray

Method

1. Roll or spread a thin layer of paint on a plate or tray.
2. Lay the cut edge of a fruit or vegetable into it.
3. Then press the fruit or vegetable firmly onto the paper and carefully lift.
4. Notice the patterns that are formed in the prints.



Variations

Talk about the fruits and vegetables you are using. How do they grow - above or below ground, in a tree...?

Combine counting as you print:

1 cabbage, 2 peppers, 3 onions etc.

Build up simple repeat patterns - try printing a pattern for your child to copy.

Sing the songs you know about fruits and vegetables.

For inspiration...

NEW SIGHTS

Anon

I like to see a thing I know
Has not been seen before.
That's why I cut my apple through
To look into the core.

I like to think, though many an eye
Has seen the ruddy skin,
Mine is the very first to spy
The smooth brown pips within!



LISTEN, LISTEN

Listen, listen, here I come
Someone special gets the drum!
Eisdidh, eisdidh, seo mi tighinn.
Co a nis? Bidh sinn faicinn!



A reflection...

One thing all drums have in common is their circular shape. From earliest times, drums have been used to bring people together. The name of the African djembe even means ‘everyone gather together’. Other gathering drums are big enough to be able to be played by a whole group of people at once. Drums can communicate messages, inspire play and facilitate work, as well as expressing meaning within the contexts of death, war, and spirituality.

Drums are powerful and energising, and tap into our love of rhythm, a primal instinct. Moving to the beat of a drum not only helps us synchronisation physically, it brings about mental entrainment, a **collective** voice and a sense of solidarity.

This song needs a drum. If you don't have a real one, make one with an empty coffee tin with a plastic lid, or tie strings to a cardboard box to hang from your shoulders and use a wooden spoon as a beater. Alternatively, use a saucepan and wooden spoon.

Sing with...

your baby

Bounce baby on your knee in time with the song, patting their tummy gently for the drum.

With baby in a chair, give them a plastic pot with a lid and show them how to tap it so they can join in. Give them time to respond, and take turns.

your toddler

Excellent for developing a sense of rhythm.

Encourage your toddler to march with the drum, playing to the beat. Join in, modelling or imitating.

older children

Play the drum in different ways, experimenting with loud and quiet sounds, and striking different parts of the drum to change the sound quality.

a group

Good for turn taking, with real or toy friends: everyone in a circle, the drummer marches around singing the song. At the end, the person/toy nearest them is next.

Variations

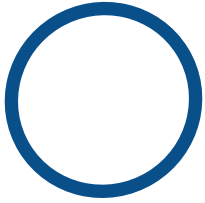
Change the speed.

Chant in a higher or lower voice (a slower speed often suggests a low growly voice, a fast speed a high-pitched squeaky one!).



A story...

Hand, Hand Fingers Thumb (Al Perkins)



DANCING RIBBON RINGS

These are simple to make and so fun for kids to play with.

Ribbon rings are a wonderful aid for music and movement.

You will need

- A wooden ring – a paper plate with the middle cut out, or the cardboard from the inside of a roll of sticky tape is ideal
- Ribbons, strips of fabric or raffia
- Colourful tissue paper

Method

1. Wind the colourful tissue paper around the ring.
2. Secure in place with sticky tape.
3. Thread the ribbons or fabric through and secure with a knot.

Variations

Take your ribbon ring outside, and let the wind blow through the ribbons!

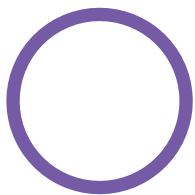
Make a ribbon wand by attaching different lengths of ribbon to a rod - this will make magical shapes when twirled through the air.

For inspiration...

RIDE A COCK-HORSE

Ride a cock-horse, to Banbury Cross
To see a fine lady upon a white horse
With rings on her fingers and bells on her toes
She shall have music wherever she goes!





SALLY GO ROUND THE SUN

Sally go round the sun,
Sally go round the moon,
Sally go round the chimney pots
Every afternoon – HEY! [jump]

Falbh mun cuairt na gealaich, (moon)

Falbh mun cuairt na grèin, (sun)

Falbh mun cuairt na rionnagan (stars)

A'h-uile feasgar brèagha – HEY!



A reflection...

Ring games have been played throughout the world since ancient times. By dancing and singing together we connect to what is universal, reaffirming our common humanity and establishing **community**. Other popular ring games that have been enjoyed down the ages are *Ring-a-ring-a-roses* and *Here we go round the mulberry bush*.

Sing with...**your baby**

Sing at a steady pace walking around the room, patting baby's back in time to the beat. A lovely way for winding after a feed.

your toddler

Facing your toddler, take their hands in yours and dance around in a circle. Use a shouting voice to sing HEY! as you jump at the end.

older children

When the song is familiar, and your child is more confident, change the type of voice for HEY! (whispering, speaking, low, high etc). Don't forget to include the thinking voice inside your head.

a group

Everyone lies on the floor under a blanket while the adults walk in a circle, holding it just above their heads – they'll always ask for more!

With a hoop, walk in a circle with everyone holding on.

Variations

Walk around a chair or mat as you sing.

Clap or play an instrument on HEY!

Substitute your child's name in place of Sally.

Change the words:

*Walking to the shops,
walking to the shops,
walking to the shops today
on Tuesday afternoon.*



A story...

We are Together (Britta Teckentrup)



LIGHT-UP SPACE SCENE

Space is full of spheres, spirals
and circles.

Let your imagination run riot
with rings around Saturn, spiral
galaxies and dotted stars.

For inspiration...

THE ORBS

Alexander Posey

The orbs, the milky-ways, the circling worlds;
Now bright, sublime,
In clusters shine
The stars divine.
And 'cross the twinkling void the meteor whirls.

You will need

- A plastic wallet
- A4 black card or paper
- Yellow or white card cut into a sunray / beam shape
- Colourful permanent marker pens
- Sticky tape
- Scissors

Method

1. Tape up the opening of the plastic wallet.
2. Cut the folder strip neatly from the side of the wallet leaving this open.
3. With the wallet on a white surface, draw your stars, planets, galaxies, meteors and spaceships!
4. Slide the black paper into the opening of the wallet - your space scene will disappear, but don't worry.
5. Pop your sunbeam in to the opening and slide it around space to shine on all the different planets!

Variations

You can make lots of different scenes. Why not try:

- a deep, dark forest
- a haunted house
- an underwater adventure!

The book *Flashlight* (Lizi Boyd) will give you plenty of inspiration.



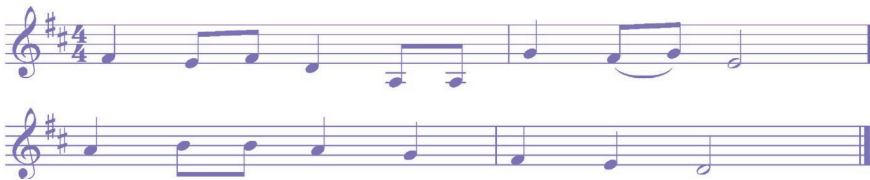


LULLABY

I see the moon, and the moon sees me.
Head on the pillow, time to sleep.

I see the stars, and the stars see me.
Close your eyes, now, time to sleep.

I see ... (child's name), sleepy head,
Warm and safe, tucked up in bed!



A reflection...

Lullabies emerge out of a need to express something deeper than words alone can express. When we sing a lullaby, wrapping our arms around our child, we are surrounding them with a **circle of love**.

Every culture, whether primitive or sophisticated, shares lullabies with its young. Some scholars believe that the lullaby is the root of all sung music.

Sing with...

your baby

Your baby's favourite place is face to face. Cradle you bable gently as you sing. How we touch, treat and nurture babies and little children can have a deep effect on the kind of adults they become.

older children

Suggest your older child sings a lullaby to you to see if they can get you to go to sleep (you can pretend it has worked, of course!). This is a good way to encourage an older child to sing by themselves.

your toddler

Invite your toddler to choose a favourite cuddly toy to rock in their arms as you sing together.



A story...

Papa, Please get the Moon for Me (Eric Carle)



MOON FRAME

You will need

- Paper plate
- Tissue paper / facial tissues
- Scissors, pencil, paintbrush, tape
- White and grey washable paint
- Washable PVA glue
- A precious photo

Method

1. Cut a circle in the centre of a paper plate.
2. Turn the plate upside down and paint gloopy glue over it.
3. Twist and scrunch up tissue paper (facial tissues are ideal) and stick them onto the glue.
4. Use more glue on a brush to push the tissue paper into a bumpy surface to look like rocks and craters.
5. When the glue is dry, paint all over with washable white paint and leave it to dry.
6. Lastly, brush grey paint over the textured areas and craters with a very dry paintbrush. Choose a precious photo to stick in the frame with tape.



Variations

The moon frame is quite time-consuming - you could cut circles of white paper and paint craters and rocks instead.

Alternatively, paint a circle with grey paint, place it upside down on a sheet of white paper and lift it up again quite quickly to make a moon print.

Think of all the stories you know about the moon, e.g.

- *Goodnight Moon* (Margaret Wise Brown)
- *Guess How Much I Love You* (Sam McBratney)
- *The Way Back Home* (Oliver Jeffers)

Spend some time together looking at the moon at night.

Imagine a journey to the moon together - talk about how you will get there and what you will take with you.

For inspiration...

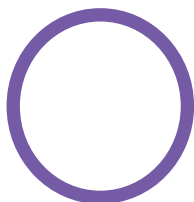
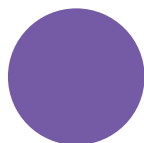
THE MOON

Robert Louis Stevenson

The moon has a face like the clock in the hall;
She shines on thieves on the garden wall,
On streets and fields and harbour quays,
And birdies asleep in the forks of the trees.

The squalling cat and the squeaking mouse,
The howling dog by the door of the house,
The bat that lies in bed at noon,
All love to be out by the light of the moon.

But all of the things that belong to the day
Cuddle to sleep to be out of her way;
And flowers and children close their eyes
Till up in the morning the sun shall arise.



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