

# 21 ways to use the stretchy band

*Get inspired now!*

A creative movement prop for music and movement, community building, body and spatial awareness, teaching rhythm, music, and...FUN!

## GOAL AREAS TO CONSIDER:

Motor skills

Spatial awareness and spatial concepts

Bilaterality (diagonals)

Cognitive - literacy, colors, body parts

Beat competence

Social skills

Creativity, self esteem

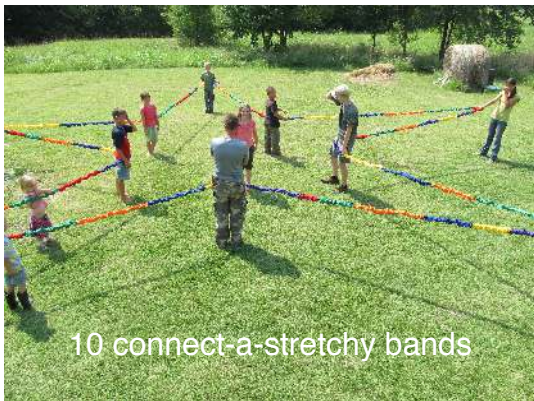
Boundary issues, trust, team building



This list includes clickable links to songs, videos, and blog posts.

1. Sit on the floor or in chairs. Sing "Row, Row, Row Your Boat" doing the actions with the song while holding the Stretchy Band. You can see a video clip of this in action [here](#). It features Lynn Kleiner's version of "Row, Row, Row your Boat."
2. Use the Stretchy Band with the beautiful lullaby, "Little Bird Sings and Blows in the Wind." Read a blog post about it on [Susan Seale's Make Me Musical](#).
3. Tie a ribbon on the stretchy band and use hand over hand motion to pass the band around the circle while some music plays. When the music stops, the person closest to the ribbon makes up an action and everyone copies it.

4. Ages 9-13 participate in learning 4/4 time, large motor exercises, group involvement, and fun! [Visit the video here.](#)



5. Use the song, "Here We Go Round the Mulberry Bush" while walking in a big circle. All fall down at the end, then get up and go the other direction for the second verse.
6. This activity was sent in by Jessica Pelp of *Adventures in Spanish*, <http://www.portlandearlylearning.com/> - "We use them for our Spanish classes and camps for illustrating opposites. We put it around our backs when we're in a circle, leaning against it and say dentro (inside) and then lift it over our heads in front of us and say fuera(outside.) Or hold it up and say arriba (high) and hold it down and say abajo/down. Things like that. It's lots of fun!"
7. Rachel Rambach, MM, MT-BC wrote "Movin' in a Circle and is featured in the video found [here](#). The medium stretchy band is featured in this video with three different age groups.
8. Denise Travis from the music therapy program at EMU Autism Collaborative Center sent in her favorite pirate stretchy band song. Pretend to be a pirate and move the Stretchy Band to accompany the "chores" pirates do like moving left and right near the floor to "scrub the deck," in rhythmic circles in a rowing motion to "row," up and down to "trim the sails" and with everyone facing the same direction around the circle, pull hand over hand to "haul in the anchor." Accompany the movements by something like "Blow the Man Down" or "Song of the Pirates." Avast, me hearties!



9. “Stretch Back” song written by Eric Litwin and Michael Levine. Sheet music and coloring sheet can be [found at this link](#).

10. Jan Ackley Melecha, MT-BC NMT shared this fun song and activity she uses with the Stretchy Band "Bear up in the apple tree, Bear down on the ground (Up-down motion), Bear up in the apple tree (Up), shake those apples down (shake downward together)." You can vary voice tone (slide up, getting louder and slide down, getting quieter) teaching music dynamics, use color cues for the direction (color groups go up and down together on one line, change to another group on the next line, everyone shake together) and visuals for loud (f) and soft (p) if goals indicate. The kids and adults I've used this with loved it and got creative as we changed the things in the tree....pear, plum, peach, acorns, soccer balls and even pumpkins (heavy lifting). It helped to have the Stretchy Band to gather us all into a group social circle and dynamic, while all this sub-cortical concept/science learning and range of motion were going on. It was easy to include students in wheelchairs, as well as those who were ambulant and some students with upper extremity contractures."

11. Linda Jedrzejek, MT-BC suggests using Tao Cruz' song "[Dynamite](#)" for teens/young adults.

12. B-I-N-G-O! - on "H.U.M. - Highly Usable Music" Track #11 by Carole Stephens of Macaroni Soup

Use the stretchy band for this traditional circle dance. For the final BINGO spelling we took steps toward the middle for B-I-N-G, then backing out on OOOOOOooooo, until the band was taut again!

13. Sing to the tune of "If You're Happy and You Know It" while marching in a circle.

While the stretchy band goes 'round, march your feet. (march in circle)  
While the stretchy band goes 'round, march your feet  
In your hands the rainbow colors, really make you smile.  
While the stretchy band goes 'round, march your feet.

(Other movement suggestions: gallop, skip, walk, jump, tiptoe, stomp, slide)

When the stretchy band goes up, make a yawn. (Lift stretchy band high)  
When the stretchy band goes up, make a yawn.  
In your hands the rainbow colors, really make you smile.  
When the stretchy band goes up, make a yawn.

(Other movement suggestions: shout hooray, lift your leg, wiggle your shoulders, shake your head, do a dance)



#### Stretchy Band Info

Personal is perfect for one on one use, or individual use. It is 4.5 feet in circumference. \$24 (Latex free – \$26)

Medium is 12 feet in circumference ~ 5-8 people or 16 children. \$52 (Latex free – \$54)

Large is 18 feet in circumference ~ 8-11 people or 22 children. \$67 (Latex free – \$69)

XL is 24 feet in circumference ~ 11-14 people or 28 children. \$83 (Latex free – \$85)

Connect-a-Stretchy Band \$25 (Latex free - \$27)  
Buy each section as you need and connect!  
6 feet in circumference. 2-5 adults or 10 children

14. Use the Nutcracker Suite for a wonderful movement activity. Artie Almedia shows off her style in [this video](#).

15. “The Wheels on the Bus”

1. wheels – move band in circles away from body.
2. doors – lay back, sit up (yup, it’s sit-ups!)
3. windows – move band up’n’down
4. wipers – move hands from side to side
5. people get bumped around – shake it, baby!
6. babies cry – knock fists together, then apart quickly
7. repeat wheels

16. [“Stretchy Band Jam”](#) by [www.musicwithmar.com](http://www.musicwithmar.com)

17. [“Who Can Pull the Stretchy Band”](#) by [www.musicwithmar.com](http://www.musicwithmar.com)

18. Miss Carole of Macaroni Soup’s song [“Giddy-Up!”](#)



19. Kathy Schumacher, MT-BC uses movement, rhythmic cues, and a Stretchy Band to help children learn the skill of alliteration in a fun and motivating environment. A related blog post gives more information about why alliteration—being able to generate words that start with the same sound—is an important foundation for literacy. Check out the [video here](#).

20. [Jump on board the stretchy band train](#). Using “Little Red Caboose” by Sweet Honey on the Rock and “Riding on a Train” by Nick the Music Man and Jen the Fairy Dancer. Find printable train tickets at this link too!

21. [“Buddy Band on the Road”](#) song by Margie La Bella of [musictherapytunes.com](#)

