



# 15 Stretchy Band Movement & Music Favorites

- 1 "Walkin' Ol Joe" - The kiddos love to pull back and stretch on the Whoa!
- 2 My favorite activities incorporate speech and language goals while working on range of motion, as well, with little ones.
- 3 Eldercare: It keeps everyone connected in a circle and we can make the stretchy band travel around the circle go up and down, side to side, etc. to increase range of motion and exercise. The connection concept is used for talking about the connections we have in life and how it changes over the years, from childhood into adulthood.
- 4 I love our stretch band and use it to teach directions to our preschoolers - while sitting we do forward and backward, up and down, side to side and freeze! The older ones do the exercises standing and moving around the circle. Our students love the colors and the stretchiness adds to the excitement in class!
- 5 One of our favorite activities with my older students is "Riding that Train" when all kiddos work together to walk/run the band though the classroom!
- 6 I rewrote the verse of Zum Gali Gali to include movement directions, this is especially useful for my younger preschoolers since it is very simple and includes a section for free movement.
- 7 I love my rainbow stretchy band. My early childhood groups sing "I've got a rainbow in my hand" to the tune of he's got the whole world in his hands. We do color identification, movement, and body part identification with it.
- 8 Stretchy bands are great for any kind of circle dance, but I especially love using it for Lukey's Boat with a rowing motion and asking kids to name colors to paint lukey's boat.
- 9 My early childhood groups sing "I've got a rainbow in my hand" to the tune of he's got the whole world in his hands. We do color identification, movement, and body part identification with it.
- 10 My kinders LOVE using the stretchy band with Jim Gills song "Took a Bath in a Washing Machine." We use different motions for the verses, and then pass on the chorus!!
- 11 I love using a stretchy band for Lynn Kleiners "Waves", and Artie Almeida activities! I use it to learn the note durations with the song Rocky Mountain too!
- 12 I use them for a song in Spanish. We all fall back on "Nooooo". They also work very well to engage our students with Autism. <https://www.youtube.com/watch?v=9wX1Ngx-EY4>
- 13 The song is "If You're Holding" <https://www.dynamiclynks.com/early-childhood-music>
- 14 Pretending we are riding horses while listening to the "William Tell Overture"
- 15 We love our connect a stretchy band for wheels on the bus, row your boat, clippity clop, movin in a circle and a few more favorites. Our recent favorite was sliding circle jingle bells (like the kind made to hold and ring) onto the stretchy band and reconnecting the stretchy band and doing the Jingle Bells and Stop song by Miss Carole.