Books we shared today:

*How Do You Dance?*
by Thyra Heder

*I Am!: Affirmations for Resilience*
by Bela Barbosa

*The Couch Potato*
by Jory John

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**Reading Readiness Tips:**

Tip toe movements can help your students to develop overall balance and gross motor control, and supports self-regulation. Circle games which encourage children to use different movement styles also support this important social skill.

All children need to learn to stop what they’re doing. Playing freeze dance games is a fun way to practice self-regulation. Self-regulation is important for hand-eye coordination, and also necessary for academic success in a school setting.

Incorporating these 2 practices into your routine will help children be more prepared to read and succeed!

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**www.carnegielibrary.org**

Resource Spotlight:

- Hoopla offers eBooks, eAudio, music, movies and television.
- Sign up for a free Library card at www.carnegielibrary.org or use your existing account.
- You can stream and download.
- Install the Hoopla app on your iOS or Android device.
- Due dates vary

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**Pennsylvania Core Standards— English Language Arts**

- **Reading Informational Text:** CC.1.2.PK.A, B, C, E, F, G, I, J, K, L
- **Writing:** CC.1.4.PK.M, O, P
- **Speaking & Listening:** CC.1.5.PK.A, B, C, D, E, G

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**Down Down Baby**

- Down Down Baby
- “Let’s get the rhythm of the hands”
- <clap clap>
- Up goes the roller coaster
- “Let’s get the rhythm of the feet”
- <stomp stomp>
- Shimmy Shimmy coco pop
- “Let’s get the rhythm of the feet”
- <stop stop>
- Shimmy shimmy pow
- “Let’s get the rhythm of the Hot Dog!”
- <dancer’s choice!>
- Shimmy Shimmy Coco pop
- “Let’s get the rhythm of the Hot Dog!”
- Shimmy shimmy pow
- Put them all together and what do you get?
- Grandma Grandma
- Sick in bed
- Called the doctor and the doctor said
- “Let’s get the rhythm of the hands”
- <clap clap>
## Lesson Extensions

### Related Readings

<table>
<thead>
<tr>
<th>Color Dance</th>
<th>I Will Dance</th>
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<tbody>
<tr>
<td>by Ann Jonas</td>
<td>By Nancy Bo Flood</td>
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<tr>
<td>A classic picture book where dancers celebrate primary and secondary colors.</td>
<td>Eva loves to dance, but has never seen a dancer like her that uses a wheelchair. Eventually, Eva finds a dance studio where people of all abilities are included.</td>
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</tbody>
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<tr>
<th>This is It</th>
<th>Hop, Hop, Jump!</th>
</tr>
</thead>
<tbody>
<tr>
<td>by Darla Peoples-Riley</td>
<td>by Jarrett J. Krosoczka</td>
</tr>
<tr>
<td>An audition could make anyone nervous; students will celebrate when the main character overcomes her stage fright.</td>
<td>A book to inspire your students to get moving; includes movements for large as well as small motor muscles.</td>
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</tbody>
</table>

### Additional Activities

#### Art

- Roller painting
  - Tempera paint
  - Washable balls
  - Containers for paint, large enough to hold the balls
  - Tongs
  - Large pieces of paper, putcher or posterboard
  - Rocks

Now that the weather is changing, take the opportunity to do this process art with your classroom. Place the large piece of paper on a hillside, and place the rocks on the paper to hold it down. Fill each container with about 1 cup of paint, and place a ball in each container. One at a time, you can let your students use the tongs to pick up a ball covered in paint, and place it at the top of the paper so it paints as it rolls down.

#### Gross Motor

- Letter Freeze Dance
  - Toys or pictures of items that begin with the same letter (3 for each letter)
  - Bag
  - Sidewalk chalk
  - Music and a device to play it on

Another activity which could be done outside or could be done indoors with letters made out of painter's tape. Place all of your toys you're using in a bag. Use the chalk to write several letters which match the groups of items in your bag, spaced out over an area big enough for your group. Encourage your students to dance to music. When you stop the music, pull an item out of the bag, and ask students to guess what letter the item starts with. Children can then run to that letter written in chalk. When everyone has found the chalk letter, the dance party can begin again.

You can also substitute printed letters of the alphabet based on your student's level.

#### Socio-Emotional Learning

- Calm or Excited?

Pick a few songs to play for your classroom, with half of them calming, and half of them exciting. Create a signal for calm and a signal for excited and practice with your students. You can even create double sided popsicle stick puppets if you want to give them a prop. Play part of a song and encourage your students to signal if the song is "calm" or "exciting". Hoopla is a free library resource which you can use to find songs for this activity. For information about Hoopla go to www.carnegielibrary.org and search for "Hoopla. You will need your library barcode number to access this free library service.