

Day 8 – New Warm Up – The Brain Bop Sequence

Target Audience: 3-5 (Pre-K)

Space: gym or classroom

Length of Time: 25 minutes

Materials: drum and stick, CD player, see music and prop list below

Introduction to the Space	Duration	Music
Down By the Station	3 minutes	Songs for Dancing #1

Hello Neighbor Song (done standing)

To the tune of “Goodnight Ladies”

Hello neighbor, what do you say? (Wave to everyone with butterfly hands)

It’s gonna be a happy day. (Fly your butterfly in a figure 8, side to side)

Clap your hands, boogie on down, (Clap 2 times, waist twist high to low)

Give a jump, and turn around. (3 little jumps – pause - and 1 slow turn.)

Sit Ready Position

Warm Up	Duration	Music
Brain Compatible Warm Up	15 min	Brain Bop 1 & 2

With visual supports

- 1) The Sequence Chart
- 2) The Sequence Detailed
- 3) All Lyrics (Brain Bop)

These pdfs are also available as downloads on my website at the bottom of the page in the side bar

(<http://katekuper.com/brainbop.html>)

Review Activity	Duration	Music	Prop
Do Your Own Dance	4 min	Brain Bop #10	2 yoga dots

Review the words sharp, shaky, smooth. Add swinging.

All stand and do these energies. Do jumping, hopping, turning, melting and popping.

Copy individuals in the center, who go in two by two. Use the dot to define the “self space stay spot.” Ask for smooth, shaky, sharp and swingy (new idea!) dances.

Activity	Duration	Music
Resting/Closure	3 minutes	Songs for Dancing #38

Can do this from “Mountain Breathing” if no time to lie down.

Review energy concept of the day.