**PreK & ECS Choice Board, A Whole Symphony**

Mom, Dad, or an older brother or sister will need to help you with these fun activities!

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| **Listen and Enjoy** | **Move** |
| These are some great songs! *Listen to them* OR *sing with them*! Enjoy them!\_\_\_\_\_ [PreK only] “Hello, Friends” <https://www.youtube.com/watch?v=3ywIu30lqKA&t=3s>\_\_\_\_\_ “Sesame Street: Elmo’s Song” <https://www.youtube.com/watch?v=vSYadh2xmcI>\_\_\_\_\_ “Kidz Bop Kids: Don't Worry Be Happy”<https://www.youtube.com/watch?v=xKHDT3AKaIo>\_\_\_\_\_ [ECS only] “Ready to Start the Day” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ [ECS only] “Hey Ho, Let’s All Go!” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ [ECS only] “Go Fish” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ “Pocketful of Sunshine” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ “One Small Voice” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ “Your Personal Penguin” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ “Build a Taco” [Link is on ‘Directions’ page on web site.] | Move yourself or a stuffed animal with this music:\_\_\_\_\_ “Isao Tomita – Ballet of the Unhatched Chicks” <https://www.youtube.com/watch?v=a3poD0WKe9E>\_\_\_\_\_ “On the Move” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ “Our Marching Song” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ “I Can Move My Body Like Anything | Movement Song for Kids | Jack Hartmann” <https://www.youtube.com/watch?v=oLaJ4jyKBUY>\_\_\_\_\_ “Dance & Freeze | Dance Song for Kids | Jack Hartmann” <https://www.youtube.com/watch?v=1iDscTioa8E>\_\_\_\_\_ [ECS only] “Penguin Dance | Brain Breaks | Jack Hartmann”<https://www.youtube.com/watch?v=uf0uKmKwnKs>\_\_\_\_\_ “SOUSA The Stars and Stripes Forever (1896) –‘The President's Own’ United States Marine Band” <https://www.youtube.com/watch?v=DRQWP-TL4gk> |
| **Twirl** | **Rhythm Band** |
| Hold a scarf and *twirl it as you listen* to this music. If you don’t have a scarf, you can use a piece of string/yarn/ribbon or a long sock! Try twirling your scarf high, low, in front of you, behind you, to one side. Try twirling your scarf in lots of different ways!\_\_\_\_\_ “Carnival of the Animals; x Aviary by Camille Saint Saëns Animation by Victor Craven” <https://www.youtube.com/watch?v=y1PQRu_C5fQ>\_\_\_\_\_ “The Carnival of the Animals – Aquarium” <https://www.youtube.com/watch?v=IyFpZ5MZ7kk>\_\_\_\_\_ “Frederic Chopin – Spring Waltz” <https://www.youtube.com/watch?v=a0hFZPvanMs>\_\_\_\_\_ “I Can Sing a Rainbow” <https://www.youtube.com/watch?v=xnOxcn17RWk>\_\_\_\_\_ “Frederic Chopin – April Dreams” <https://www.youtube.com/watch?v=MxvUcVKf3AY> | Get a pot, pan, or bowl and a spoon from the kitchen. *If loud sounds bother you, you should use plastic pans and wood, plastic, or silicone spoons.* Tap the spoon on the pot, pan, or bowl to make a drum. Perform a steady beat or a rhythm that you hear in the music:\_\_\_\_\_ “Play in a Rhythm Band” [Link is on ‘Directions’ page on web site.]\_\_\_\_\_ “Radetzky March” <https://www.youtube.com/watch?v=O7z1I5UC1aY>\_\_\_\_\_ “The Syncopated Clock” <https://www.youtube.com/watch?v=XDc4olCcdJE>\_\_\_\_\_ “Rhythm Games ✓‘Rhythm Banquet’ Percussion for kids children and adults” <https://www.youtube.com/watch?v=0wuh7NPeB6Q> [Really great rhythmic background; don’t try to copy them; do your own thing!]\_\_\_\_\_ “Aaron Copland – Hoedown” <https://www.youtube.com/watch?v=LsReWx9XdNs> |