

## UNIT: GOOD VIBRATIONS

## LESSON: 13

## OBJECTIVES

Rhythm, fine motor control, listening skills,  
body identification, locomotor skills

## EQUIPMENT

1 beanbag/child, 1 poly spot/child, 4 cones  
Music player & music: "Bean Bag Boogie I"  
KIDS IN MOTION

ACTIVITY	ORGANIZATION	TEACHING CUES
<p><b>Bean Bag Boogie I</b></p> <p>Lyrics</p> <p><b>Put your beanbag on your head while you move your body to the sound. Put that beanbag on your shoulders. Don't let your beanbag touch the ground. Now put your beanbag on your elbow and move your body to the sound. Oh, yeah!</b></p> <p><b>Now hold that beanbag in your hand and boogie while you can.</b></p> <p><b>Chorus:</b> <b>Come on and jump to the Bean Bag Boogie.</b> <b>(Repeats 3 more times.)</b></p> <p><b>Verse 2...on your forehead ...on your finger...on your ear.</b></p> <p><b>Chorus...Shake to the Bean Bag Boogie.</b></p> <p><b>Verse 3...on your tummy... on your back...on your knee.</b></p> <p><b>Chorus...Stomp to the Bean Bag Boogie.</b></p>	<p>-INDIVIDUAL DAY-</p> <p>-Children standing on poly spots in play area. Beanbags scattered at various cones ready for children to acquire.</p> <p>-Encourage children to listen to the voice prompts on the song.</p> <p>-While balancing the beanbag on different body parts, encourage children to move their feet also.</p> <p>-Have fun jumping, shaking and stomping during the choruses.</p> <p>-Praise children who are listening and following directions.</p>	<p>-Today we are going to do a fun dance with our beanbags. It's called, "Bean Bag Boogie."</p> <p>-When I call the color of the poly spot you are standing on, <u>gallop</u> and get a beanbag. Then go back to your spot. Check your spot to see where it is.</p> <p><i>(Call various colors.)</i></p> <p>-During this song, we are going to put our beanbags where the song says and we are going to move around our poly spots.</p> <p><b>Can you put your bean bag on your:</b> Head...shoulder...elbow...forehead... finger...ear...tummy...back...knee?</p> <p>-During part of the song we will be holding our beanbags and jumping. Let me see you hold your beanbag and jump now.</p> <p>-When I say, "GO," shake your beanbag and your body at the same time.</p> <p>-Ready, GO.</p> <p>-When I say, "GO," hold your beanbag and stomp your feet really hard.</p> <p>-Ready, GO.</p> <p>-Now we are ready to try it with the music! Listen to the words carefully.</p> <p>-Super Beanbag Boogiers!!!!</p>