

dance - drama - music

RAINBOW FISH

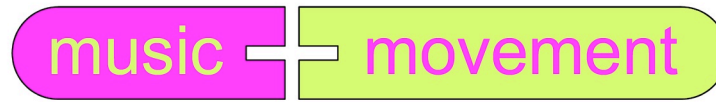
In this session children will be focusing on the social interaction, relationships and emotions. They will represent their own ideas, thoughts and feelings through music and dance. They will have the opportunity to engage as a team. They will learn about other people's feelings and how to respond appropriately. This session will challenge and provoke thought processes and problem solving. This type of play also develops children's imaginations, which are closely linked to creative development. They will explore the use of props, role play and a wide range of music. Doing this they will gain knowledge of the world, be creative and imaginative, develop their personal and social skills, and of course, moving will encourage healthy, physical development.

INTRODUCTION – Warm ups- Use sequencing markers to encourage spatial awareness.

Teddy bear teddy bear turn around	(Turn around)
Teddy bear teddy bear touch the ground	(touch the ground)
Teddy Bear Teddy Bear Shoe your shoes	(arms out to the side and raise foot off the floor, encourage straight leg and pointed toe)
Teddy Bear Teddy Bear that will do	(shake pointed finger)
Teddy Bear teddy bear climb the stairs	(pretend to climb the stairs)
Teddy Bear Teddy bear say your prayers position)	(hands together in prayer)
Teddy Bear Teddy Bear turn out the light sound a 'click')	(imitate switching off the light,
Teddy Bear Teddy Bear Say goodnight!	(hands together under tilted head and close eyes, after a short while of sleeping, wake up with a clap and a jump)

Warm up Routine – This routine combines cardio work out and stretching, both crucial before engaging in movement based activity.

- 🚦 House/mouse: Stretch up tall, squat small, repeat 3 times
- 🚦 Frog bounces: In squat position- bounce
- 🚦 Grow: Slowly raise to standing
- 🚦 Bouncy scarecrow: Arms out to side, knee bends in time with the music
- 🚦 Runners: Jogging on spot, knees high, the kick behind-try to kick your bottoms
- 🚦 Jack in the box: Down in squat, one high jump in the air followed by small jumps, repeat
- 🚦 Windmill arms : both arms straight moving backwards and then forwards



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- ✚ Shrugs : Shoulder lifts, shoulder drops and one at a time
- ✚ Looks : look to left, middle, right middle, up, middle, down, middle, tilt, side, tilt, side
- ✚ Head rolls: Slowly roll head alternate directions

Music:- Rhythm of the Night -DeBarge

ACTIVITY –RAINBOW FISH – Marcus Pfister

- Introduce the children to the story and share the story together
- Ask the children for feedback on the story
- Explain that ‘we’ are going to demonstrate the story.
- Have a selection of coloured chiffon scarves available

The music used for this session changes tempo and can be used to represent the different emotions.

START: The tutor will first play the part of Rainbow Fish, with the support of other members of staff to assist the children to be the ‘other’ fish in the ocean. Tutor holds all the coloured scarves and dances around the room, the children and using their hands to be little fins, and opening and closing their mouths, like fish. Everyone is happily swimming in the ocean.

Initially another member of staff will be chosen as ‘blue fish’, blue fish will ask Rainbow Fish to share a colourful scale. Rainbow fish declines and swims around the ocean, exclaiming his/her beauty. ‘Blue Fish’ tries again and receives the same answer.

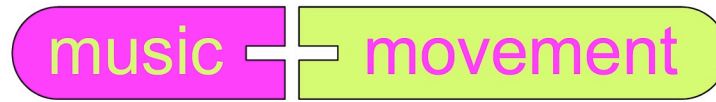
Overtime the other fish in the ocean choose not to swim with ‘Rainbow Fish’ and when rainbow fish approaches, they swim away (act out). Rainbow Fish feels lonely and asks “Wise Octopus” for guidance, (a child may wish to play the part of the Octopus, you could make legs with stuffed pairs of tights attached to an umbrella or belt!) it is suggested that he shares his scales!!

Rainbow fish is reluctant, but offers ‘Blue Fish’ one of his scales (scarves), and he is surprised to discover he also feels delight! He then shares the other scales with all the other fish in the ocean and everyone is happy once more. Repeat the exercise choosing children to play different parts. Everyone is so happy they create an underwater dance with their scarves/scales.

Music: Einaudi - Nefeli

EQUIPMENT – Ribbons

Use the ribbons to make ripples in the ocean. Dance around the room with your ribbons creating your own dance and movements by listening to the music. Encourage the children to explore different movements they haven’t tried before. Bring all the children to the centre, holding ribbons in the middle



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of the room. On the word 'back' encourage walking backwards and dragging ribbons on the floor to make an ever increasing circle. Gather the children together in a double parallel line (facing each other) and choose two children at a time to swim through the 'seaweed'.

Music:- The Brook and Raindancer – Crimson Ensemble

ACTION SONGS

One, two, three, four, five
Once I caught a shark alive,
Six, seven, eight, nine, ten
I won't be doing that again!!

(to three blind mice)
Rainbow Fish, Rainbow Fish
See; how he swims, see; how he swims
His tail goes left and his tail goes right
I've never seen a fish so bright
Rainbow Scales such a beautiful sight
It's Rainbow fish!!

PERCUSSION

Pass the Wave Drum round - Sit the children in a circle and place two wave drums intermittently within the circle. As "pass the parcel" pass the drums around to the tune, be careful not to make a sound, until it stops on a child and then they can make a sound.

Rhyme

Pass the Wave Drum round
Pass the Wave Drum round
If it stops on you
You can make a sound

AND MORE:

Create an ocean with many different creatures:

Jellyfish: Umbrellas with dangling tissue paper tentacles

Swordfish: Serrated cardboard sword, attached to a mask

Octopus: Filled tights attached to a belt around child's middle

Crab: Large Adults mittens.

Starfish: Children on the floor – arms and legs stretched out.

Music: Camille Saint Saens – The Aquarium