

# Storytime Songs Newsletter

www.storytimesongs.com by Shauna Tominey

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## Research

Research has shown that children's behavioral regulation skills predict academic achievement. Children with high levels of behavioral regulation are better able to pay attention in class, listen to and follow directions, and interact positively with their peers. As a result, preschool children with high levels of growth in behavioral regulation have significantly higher levels of growth in vocabulary, literacy, and math than children with low levels of behavioral regulation.

McClelland, M. M., Cameron, C. E., Connor, C. M., Farris, C. L., Jewkes, A. M., & Morrison, F. J. Links between behavioral regulation and preschoolers' literacy, vocabulary, and math skills. Manuscript accepted for publication in *Developmental Psychology*.

## Applying Research to Your Home or Classroom

Try the following games at home or in your classroom to help children practice important school readiness skills (behavioral regulation), such as listening and following directions:

Cooperative Musical Chairs  
The Freeze Game  
Conduct an Orchestra  
Copy Cat  
Musical Simon Says  
Sleeping, Sleeping  
Musical Hugs  
Drumming – Body Beats

Instructions can be found free at:  
[www.storytimesongs.com/musicgames.html](http://www.storytimesongs.com/musicgames.html)

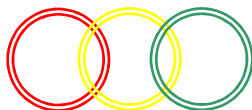
## Clean Up Song

**Tune:** Frere Jacques

Time to clean up. Time to clean up.  
Let's all help. Let's all help.  
Time to put the toys away.  
Time to put the toys away.  
Let's all help. Let's all help.

Try singing this song or making up your own to ease the clean up time transition.

## Musical Hula Hoops



Take music outside! (Or play this game in your classroom). Place several hula hoops on the ground. Play music or sing a song while children dance around the hula hoops. When the music stops, have children stand inside a hula hoop! Use this game to encourage cooperation.

## Recognizing Emotions



Help children recognize faces associated with specific emotions with this fun twist on the song, "If You're Happy and You Know It."

**Tune:** If You're Happy and You Know It

If you're disgusted and you know it make a face. If you're disgusted and you know it make a face. If you're disgusted and you know it then your face will surely show it. If you're disgusted and you know it make a face.

Encourage children to make faces mirroring different emotions: happy, sad, angry, confused, surprised, puzzled. This will expand their vocabulary related to emotions and help them recognize these emotions in themselves and their friends!

\*Try this song in front of a mirror!

## Submit Your Ideas!

If you have music activities or ideas that you would like to share with parents and educators in the next newsletter, please submit them via e-mail to:

[newsletter@storytimesongs.com](mailto:newsletter@storytimesongs.com)

## Hand Clappers

### Materials:

Glue  
Markers  
Scissors  
Tape  
2 Metal juice lids  
2 Popsicle sticks  
Construction Paper



### Directions:

Help children trace their hands onto tag board, cut them out, and decorate them! Glue one metal juice lid onto the inside of each hand. Tape a popsicle stick to the back of each hand. Put the hands together (metal juice lids touching and popsicle sticks on the backs) and tape the lower portion of the popsicle sticks together. When children hold and shake the popsicle sticks, the hands will clap!

## Guitar Chords



[www.storytimesongs.com/guitar.html](http://www.storytimesongs.com/guitar.html)

Visit this site for FREE lyrics and guitar chords to over 40 popular children's songs, as well as free lyrics and guitar chords to the Fairy Tale songs featured on the CD Fairy Tale Favorites: Storytime Songs for Children.

## Contact Us

Please send questions or comments to [shauna@storytimesongs.com](mailto:shauna@storytimesongs.com) or visit [www.storytimesongs.com](http://www.storytimesongs.com) for more activities and homemade musical instruments

