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55 Games

TO SING, SAY, & PLAY!

By Kerri Lynn Nichols



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55 GAMES TO SING, SAY, & PLAY!

By Kerri Lynn Nichols

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Enjoy your preview of Kerri Lynn's book of songs and games! These are perfect starters and closers for your classes!

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30-Second BrainDance®

Accompaniment: Half play drums and half dance. Switch parts. May be done unaccompanied.

Breath		Deep breath in; deep breath out; repeat.
Tactile		Pat head, chest, tummy, thighs, feet, shoulders, and back three times each.
Core-Distal		Move body into a small O, then a big X; repeat.
Head-Tail		Stand, touch the sky, touch the ground; repeat.
Upper-Lower		Flap your arms four times, then kick your feet four times.
Body Sides		Touch right knee with right elbow, then left elbow to left knee; repeat.
Cross-Lateral		March for eight counts with bent elbows.
Vestibular		Lean forward until head is upside down. Stand up straight and spin around.



Apple Tree, Apple Tree

Traditional Rhyme
Arr. K. L. Nichols

Ap - ple tree, ap - ple tree, will your ap - ples fall on me?

I won't cry, I won't shout if your ap - ple knocks me out!

Game One: One person is an apple tree in the middle of the space, holding her arms up as though holding apples. While singing, other children walk through the space and around the tree. All feet must stop on the word “out!” Tree taps another person on the shoulder who also becomes a tree. Play the game until everyone has been turned into a tree. Play the game in reverse. All apple trees move their branches while singing, and a leader taps one tree on “out” to become an additional “tapper” until all trees become “tappers.”

Game Two: All sit in a circle with hands behind their backs. One person holds a cloth apple or ball with hands in front. As the song is sung, the “apple” is passed from one to the next. Hands must be held behind backs unless the “apple” is passed to you. If the apple is in your hands on “out,” you must leave the circle. Play until only one person remains. If you pass the apple so it falls to the floor or makes it difficult to receive, you are out. No arguing with the judge!

*Persons who are “out” choose a percussion instrument and play the beat as the game continues.



Banyana Ke Di Bom Bom

South African Game
Transcription K. L. Nichols

First system:

Vocal: Ban - ya - na ke di bom bom, ban - ya - na di bom!

Piano: SC RP SC LP SC BP BP SC RP SC LP SC (gesture)

Second system (starting at measure 5):

Vocal: di bom bom, di bom bom, ban ya - ke di bom!

Piano: SC RP RC SC LP LC SC RP SC LP SC (gesture)

Pronunciation: Bahn-yah-na keh dee bohbm bohbm. Lyrics are a combination of invented words, *scampto* slang and gestures from multiple languages and sources. This game is played in Soweto primary schools.

BP Key: SC = clap your own hands

LC = use left hand to pat your chest

RC = use right hand to pat your chest

BP - clap both hands with partner's hands

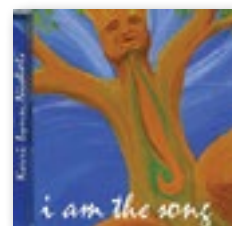
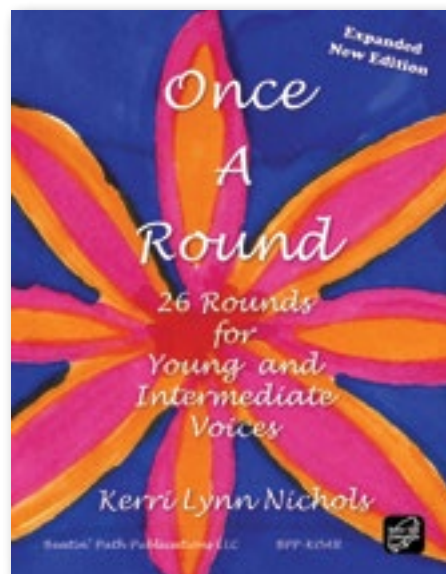
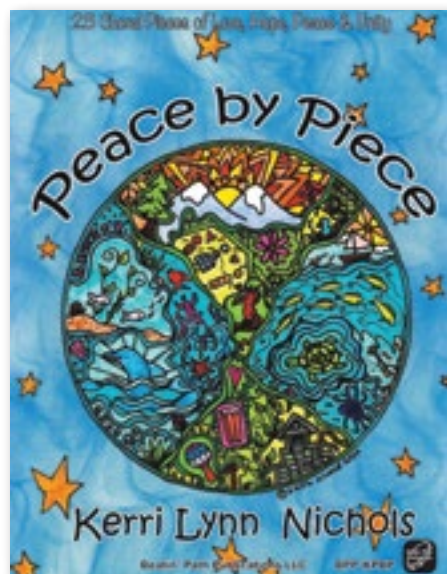
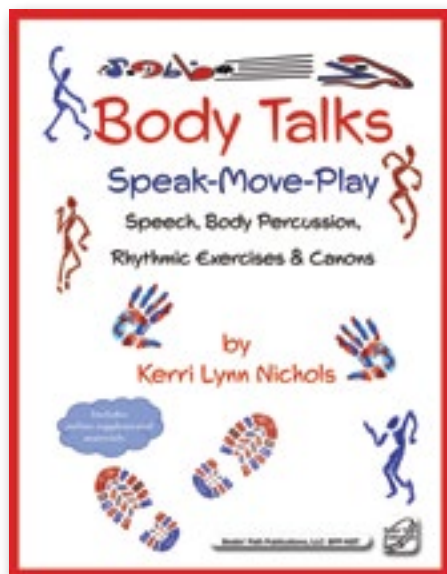
RP = clap right hand with partner's right hand

LP = clap left hand with partner's left hand

Game: Perform hand-clapping while chanting words. At the end of each phrase on the rest, perform a "gesture" suggested by leader: pat head, touch nose, pat knees, hands up, etc.

More from Kerri Lynn Nichols

Visit her website! <https://kerri-oke.com>





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