

Exploring Sound

Body percussion

Ideas and activities for exploring body percussion sounds for all classes

Strand : Listening and responding

Strand unit: Exploring sounds

Exploring sounds involves listening to and creating sounds from a wide variety of sources using

- the environment
- the voice
- **the body**
- instruments

This document will suggest some activities which can be used to explore body percussion sounds across all classes. Suggestions for linkage and integration will also be made where appropriate.

The language used in the objectives for exploring sound asks children to

- Identify/recognise
- Imitate / Explore / Experiment
- Describe sounds using: language, movement symbols (pictures, drawings, notation)
- Investigate sound makers
- Investigate musical concepts (loud, long, quiet etc)
- Discover
- Make

Exploring sound is a prerequisite for Composing. In the composing strand, children are asked to select sounds from variety of sources for a range of musical purposes. Children who have experienced lots of activities in exploring sound will find it much easier to use a variety of sounds in their compositions.



Infant classes

Objective Discover ways of making sounds using body percussion
tapping, clapping, slapping

Activity Copy cat game

The teacher makes a sound – clapping hands, clicking fingers, slapping knees, stamping feet and the children copy the sound. When all of the children are making the sound, the teacher makes another sound and the children copy this new sound. When the children have experienced a wide variety of sounds, one of the children can be chosen to be the leader.

Possible sounds – varying the volume

Clapping Hands – loudly	Popping air filled cheeks gently
Clapping hands – quietly	Popping inside of cheek
Tapping palm with two fingers	Tapping feet
Clapping cupped hands	Stamping feet
Clapping flat hands	Tapping toes on floor
Rubbing hands together cupped	Clicking heels
Rubbing arms or legs	On table or floor
Rubbing backs of hands together	Tapping fingertips on table or floor
Slapping knees	Tapping fingernails on table or floor
Clicking fingers	Tapping knuckles on table or floor
Tapping finger nails	Tapping whole fingers on table or floor
Tapping finger tips together	Tapping whole hands on table or floor
Tapping knuckles	Rubbing fingers on table or floor
Tapping backs of hands together	Rubbing hands on table or floor
Flicking fingers in the air	Slapping fingers on table or floor
Flicking on the other palm	Slapping hands on table or floor
Rubbing backs of hands	Banging fists on table or floor
Stroking arm or legs	Knocking knees together etc.....

Activity Chants with body percussion

These chants or rhymes are useful as transitions between lessons, or when you want to get childrens attention for story time for example.

Right hand, left hand

Right hand, left hand,
give a little clap.

Right hand, left hand,
put them on your lap.

Two Little Feet Go Tap, tap, tap

Two little feet go tap, tap, tap,
Two little hands go clap, clap, clap.
I stand up quietly by my chair, then...
Two little arms reach high in the air.
Two little feet go jump, jump, jump,
Two little fists go thump, thump, thump.
One little body goes round and round,
And one little child sits quietly down.

Open Them, Shut Them

Open them, shut them,
Open them, shut them,
Open them, shut them,
And give a little clap.

Other verses:

Open them, shut them,....
And give a little snap....
And give a little pat.

And put them in your lap.

Ready to Listen

Let your hands go clap, clap, clap;
Let your fingers snap, snap, snap;
Let your lips go very round,
But do not make a sound.
Fold your hands and close each eye;
Take a breath and softly sigh;
Ahhhhhhh.

Clap Your Hands

Clap them, clap them, clap them so.
Clap them high, clap them low.
Clap them left, clap them right.
Clap them, clap them out of sight.
Other verses: Roll them....
Shake them....

Roll, Roll, Roll Your Hands

Roll, roll, roll your hands as slowly as can
be.
Roll, roll, roll your hands, do it now with
me.
Roll, roll, roll your hands as fast as fast
can be!
Roll, roll, roll your hands, do it now with
me!
(repeat clapping hands, then stomping
feet)

Our hands say

Our hands say thank you with a clap, clap,
clap

Our feet say thank you with a tap, tap, tap.

Clap, clap, clap

Tap, tap, tap.

We wave our hands around and we say
good-bye!

Stretch up high (with actions)

Stretch up high as tall as a house

Curl up small like a little mouse

Now pretend you have a drum

Play like this Boom boom boom !

Shake your fingers, stamp your feet,

Close your eyes tightly and go to sleep.

Lámha, Bosa

Lámha, bosa, glúine, cosa,

Buail do lámha ar do chosa

Cuimil do bhosa

Cuimil do bhosa

Suas is síos

Dún do lámha

Oscail do lámha

Dún is oscail arís

Dorn ar dhorn

Dorn ar dhorn

Suas, suas, suas

Buail do bhosa

Buail do bhosa

Thuas, thuas, thuas

Dorn ar dorn

Dorn ar dhorn, dorn ar dhorn, suas, suas,
suas.

Buail do bhosa, buail do bhosa, thuas,
thuas, thuas.

*Dorn ar dhorn, dorn ar dhorn, síos, síos,
síos.*

*Buail do bhosa, buail do bhosa, thíos,
thíos, thíos.*

Buail Bos

Buail Bos, Gread cos,

Buail Bos, Gread cos,

Cas timpeall is

Glac sos

Buail do bhosa

Buail do bhosa

Buail do bhosa

Bosa beaga míne.

Buail do bhosa

Buail do bhosa

Is gheobhaidh tú féirín Dé hAoine.

Buail do ghlúine.....

Buail do chosa.....

Activity **Body percussion songs**

These songs are all performed with sounds and actions.

This is the way *Tune ; Here we go round the Mulberry Bush*

This is the way we clap our hands

Clap our hands , clap our hands.

This is the way we clap our hands.

Clap our hands

....Stamp our feet

....Click our fingers

....Rub our hands

....Slap our knees etc....

Stamp and Clap

Tune: London Bridge

Stamp your feet and clap your hands

Stamp your feet, clap your hands

Stamp your feet and clap your hands

We'll stamp and clap

Other suggestions Click your fingers, touch your head, tap your knees, rub your hands etc

Make your sound the same as mine

Tune ; Mary had a little lamb

Teacher makes sound with body percussion and children copy the sound

Make your sound the same as mine

Same as mine, same as mine.

Make your sound the same as mine

And make it after me

1..... 2..... 3..... 4..... (sounds are made during the 4 pulse beats after the song)

Make your sound the same as Ciara's.... *choose different children to make the sounds.*

First and Second

Objective Discover ways of making sounds using body percussion
tapping, clapping, slapping, clicking

Activity Try the Copy Cat game above with one of the children as a leader

Activity **Make as many sounds as you can with your.....**

Challenge the children to make as many sounds as they can with different parts of their bodies. This activity can be done in pairs or small groups. The children could try to create loud or quiet sounds and long or short sounds.

Activity **Sounds in a circle – using Body percussion**

Children sit in a circle. The first person makes a body percussion sound such as a *clap* and all of the children copy the sound in turn when the sound has travelled around the entire circle, the next person makes a new sound such as *clicking their fingers* and the new sound travels from person around the circle.

Activity **Sounds in a circle – choose your body percussion sound**

Children sit in a circle. They choose one body percussion sound that they are going to make. The teacher or a conductor from the class stands in the centre of the circle with their hand outstretched. They turn slowly and as they pass by, each person makes their chosen sound. When the children are familiar with the activity, the conductor can turn faster.

Activity **Sounds in a circle – yours and mine**

Children sit in a circle, The first child makes a body percussion sound. The next child imitates that sound and adds their own. The third child imitates child number two's body percussion sound and adds their own sound. This continues around the circle

Activity Body percussion songs

Head, Shoulders, Knees and Toes

Sing this song tapping the named body part. When it has been sung through, leave out one or more of the words and just tap the appropriate body part.

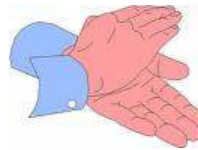
Head, shoulders, knees and toes, knees and toes,
Head, shoulders, knees and toes knees and toes! And
Eyes and ears, and mouth and nose!
Head, shoulders, knees and toes, knees and toes,

Ankles, elbows, feet and seat, feet and seat,
Ankles, elbows, feet and seat, feet and seat,
And Hair and hips and chin and cheeks!
Ankles, elbows, feet and seat, feet and seat.

Ceann, Gualainn, Glúine, Cos

(fonn: Head, shoulders, knees and toes)

Ceann, gualainn, glúine, cos. glúine, cos,
Ceann, gualainn, glúine, cos glúine, cos
Agus súile, cluasa, béal agus srón.
Ceann, gualainn, glúine cos glúine cos.



Can you tap this.... *Soh, mi, doh.* (G, E, C)



Can you tap this rhy-thm for me. Just like this, just like this.
I can tap this rhy-thm for you. Just like this, just like this.

Activity;

- Play a game of echo clapping
- Change the word 'tap' to clap, click, stamp or any other kind of body percussion.

Third and Fourth Classes

Objective	Discover ways of making sounds using body percussion, in pairs and small groups <i>tapping, clapping, slapping, clicking</i> <i>creating slapping and clapping sequences</i>
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Activity Sounds in a circle games –using Body percussion

Try the sounds in a circle activities above.

Activity Sounds in a circle – pass two claps

Children sit in a circle. The first person makes a body percussion sound such as a *clap* and all of the children copy the sound in turn. Practice this so that the sound travels fully around the circle. Explain to the children that a second clap is going to be added when the first clap is about half way around the circle. Practice the game so that the two claps make three full rotations around the circle.

Variations

- use a different body percussion
- try three claps or clicks.

Activity Sounds in a circle- remember them all

Children sit in a circle, The first child makes a body percussion sound. The next child imitates that sound and adds their own. The third child makes the first and second sound adds their own. This continues until someone forgets the sound. The next person starts the game again.

Activity Sound your Name Game

Children sit or stand in a circle. In turn , each child says their mane and follows it with body percussion to match the syllables. For example: Sinéad – clap, rub arm, *Jonathan* – *click, slap, stamp*. All of the other children copy the name and the sounds. The activity continues until every child has had a turn.

Variations

- The first child says their name and sounds it. The second child repeats the first child's name and sound and adds their own.
- As a child takes their turn, they try to remember all of the children's names and sounds that have gone before them.

Activity Name that rhyme!

Practice saying or chanting some nursery rhymes emphasising the rhythm patterns for example:

- Baa baa black sheep
- Hickory dickory dock
- Humpty Dumpty
- Mary had a little lamb

Divide the class into four groups and assign a nursery rhyme to each of the groups. Ask the children to leave out the words and to clap or tap the rhythms. Ask them to experiment with as many different body percussion sounds as they can. They might choose a different sound for each line of the rhyme. After some practice, each group can perform their body percussion nursery rhyme for the rest of the class.

Activity Create a sequence

▯	▯	▯
Stamp Stamp	Clap	Clap
▯	▯	▯
Stamp Stamp	Click	Click
▯	▯	▯
Stamp Stamp	Slap	Slap
▯	▯	▯
Hips	Hips	Shout!

Practice a body percussion sequence such as the one above with the children.

In pairs or small groups the children can create similar sequences using a variety of body percussion.

Fifth and Sixth classes

Objective Identify a variety of ways of making sounds using body percussion in pairs and in small and large groups

tapping, clapping, slapping, clicking

creating more complex sequences involving slapping, clapping,

clicking etc. and alternating left and right hands or feet

Activity Sounds in a circle games –using Body percussion

Try the **sounds in a circle** activities above.

Activity Name that rhyme! – in rounds

Try the **Name that rhyme!** activity above with a more extensive selection of rhymes, songs or poems that the children are familiar with.

Get two groups of children to try clapping the rhythm of a nursery rhyme as a round, with one group starting and the other group coming in at the appropriate place.

Variations:

- Try varying the dynamics as they go through the round. Agree on a dynamics plan beforehand
- Try the round in three parts
- Try different body percussion

Activity Laps Clap Click

This body percussion sequence should be practiced one verse at a time with a strong steady four beat pulse. When the children have mastered the two verses they can be performed as a two verse sequence. It works very well as a sequence performed to any music with a strong four beat pulse. The sequences can also be performed simultaneously with one group starting on verse one while the other group starts on verse two.

Laps clap click (rest)
Laps clap click (rest)
Laps clap click clap
Laps clap click (rest)

Clap clap clap clap clap clap ((to right)
Clap clap clap clap clap clap ((to left)
Clap clap clap (right) clap clap clap (left)
Laps clap click (rest)

The children working in small groups, could be challenged to create a third verse using a variety of body percussion.

Activity Body Percussion Grid

The children work in pairs or small groups. They draw a 4 X 4 grid on a piece of paper and then put one or two body percussion sounds in each square. They can use a word, picture or symbol to represent each sound. They then practice and perform their body percussion sequence for the rest of the class.

For example

clap	slap,slap	stamp	stamp
flick, flick	pop	tap,tap	pop
slap	knock	rub rub	(rest)
click,click	tap	stamp	clap

Variations

- Rhythm grids can be extended
- Rhythm grids can be swapped so the groups perform each others grids

Activity **Stomp Video clips**

http://www.lunchbox-productions.com/show_stomp/promos.shtm the video clips on this site feature the Stomp troupe from the UK making sequences with body percussion.

http://www.stomponline.com/pdf/study_guide.pdf is a free study guide with lesson ideas.

Linkage

Exploring sounds – instruments, vocal sounds, environmental sounds,

Composing – Improvising and creating - using body percussion in compositions

creating rap type sequences with body percussion sounds

Performing – Song singing - using body percussion sounds as an accompaniment or an ostinato

Performing – Literacy – creating sequences of body percussion sounds with a rhythm pattern

Integration

English – oral language – developing competence in using oral language.

Science – Energy and Forces – Sound

Spiral Nature of the Curriculum

The Irish Primary school curriculum is spiral in nature. By revisiting knowledge and ideas already acquired as the starting point for new learning, it allows for the coherent expansion of knowledge and the gradual refinement of concepts. Objectives and activities explored at a previous class level can be explored again in a more complex way at the next level.

