



Movin **Monkeez**

Themed Day

Adventure Day

by Rebecca Lane



Suggested song list

All songs can be purchased from Itunes.

- I Do Like To Be Beside The Seaside
- Surfin' USA
- Circus Band
- Old Macdonald
- Under The Sea
- Woody's Roundup
- Roller Coaster
- Going To The Zoo
- Space Pirates Theme
- Robots
- Fairies and Giants

Beginning of the session

One of our leaders had a great suggestion about taking your monkey to the above locations such as the seaside etc and then you can take a photo and show to the children before you perform the exercises. But obviously only if you are going. No special trips just for your stuffed monkey's!

Some of the exercises cannot be performed for the crawlers-2 years group and therefore the running time will be less for this group. If you have time remaining in the group you can always sing some action songs or take some exercises from another themed day.

Start with the Movin Monkees welcome song.



I Do Like To Be Beside The Seaside (Crawlers – 2 years)

You can have some beach balls and get the children to roll, throw the balls. You could make this more mime. You can have some buckets and spades and they have to pretend to use these props. If you really wanted to go for it you could have some water in a small ball pond paddling pool for them to splash their feet in and if you have a small sandpit at home you could always use this. I don't personally use the above but its just a suggestion.

I Do Like To Be Beside The Seaside (2 years – 4 years)

This exercise is all about mime and just having fun. Using as much imagery as possible to really get their imaginations running wild!

Here is the story: I always start my group off with laying on the floor sunbathing, they sit up and pretend to rub suntan lotion into their skin (not forgetting their noses). Sometimes we pretend to read a book. It gets really hot so we then decide to go for a swim, we swim around the room doing breast stroke, back stroke, front crawl and decide to jump out of the sea and dry ourselves off with a towel. Once we're dry we decide its time to make some sandcastles. So we all pick up our buckets and spades and all make some wonderful sandcastles! We find this very exhausting so we decide to reward ourselves with some ice cream from the van. We talk about what flavours we have (and some are indeed very imaginative). Once we have finished our ice creams we pack up all of our bits and make our way home, waving to everyone as we go!

**Surfin USA
(Crawlers – 2 years)**

Not for this group.

**Surfin USA
(2 years – 4 years)**

I create a surfboard with 2 of the play mats. You can do this in a circle or scattered around the room. Get all of the children to stand on them with one foot in front of the other, arms out to the side and get them 'to ride the waves', tell them to jump to face the opposite direction and repeat. I get them to bend their knees (squat) approx 8 times. We then go down onto our tummies and swim, kicking our legs and breast stroke. We then jump up and going round in a circle swim, forwards, backwards, side to side, dive – anything! We then place our hands on top of our heads to make a shark's fin. We then meet in the middle and then walk back out (repeat a few times). To finish with we wax our surfboards and repeat all of the above.

Circus Band (Crawlers – 2 years)

The children will be unable to move around in the same way as the older age group and therefore I have come up with the idea that the room is as dark as you can make it and you give the parents all finger led lights to move around the room. The children have to crawl after the light, jump on the light etc.

Here is an example

http://www.amazon.co.uk/Color-Party-Bright-Finger-Lights/dp/B005IETKUO/ref=sr_1_1?ie=UTF8&qid=1348871041&sr=8-1

Get the parents to blow bubbles as well and encourage the children to catch the bubbles, you can also use balloons, streamers etc.

Circus Band (2 years – 4 years)

With this exercise you really have to dig right in! At the beginning talk to the children about what they see at a circus and whether any of them have been to a circus. Might be quite nice if you have a photo of some clowns / circus to show them?

Firstly, you start off as a clown, juggling balls into the sky but you have to get dressed first!

Secondly, you are a tight rope walker – remember to not look down! 😊

Next you are going to get your face painted by your adult.

You can also pretend to be an elephant or lion!

The music track isn't very long so you may like to find a longer piece or just pick a few of the above to complete first time and then select the others the second time.

**Old Macdonald
- At the farm
(Crawlers – 2 years)**

Please feel free to use visual aids of animals or take in toy animals for them. This group wont be able to do any actions so this is just for singing / chilling time. You can hold the animal/card up when its appropriate in the song.

**Old Macdonald
- At the farm
(2 years – 4 years)**

Please feel free to do what you would like and by all means do the same as the first group. An alternative would be to lay out some visual aids of the animals around the room and when the lady says the animal get them to run to that card/animal.

**Under the sea
(Crawlers – 2 years)**

I have a blue piece of fabric for this along with some green material for seaweed. Place the green fabric on top of the blue fabric (similar to a parachute exercise) get the seaweed into the air by moving the blue fabric. Once you have done this a few times get the children to take some green fabric and wave around like seaweed. For the little ones they will just enjoy seeing the material going up and down. Get the children to lay under the sea (blue fabric) and get the parents to wave it up and down over them. They may not lay still but some will. Add anything you think the children will like to this. Another option is to also get the parents to scatter lots of bath sea toys around the room and the children have to go and collect them and put them back into the sea.

**Under the sea
(2 years – 4 years)**

Same as above.

**Woody's Roundup
(Crawlers – 2 years)**

Not for this group.

**Woody's Roundup
(2 years – 4 years)**

Get the children to pretend they are riding horses. Get them galloping around the room. You can always put obstacles out for them. For example, some ribbon and they have to hurdle over the ribbon, a hoop that they have to trot around. Some parents can hold some ribbons between 2 of them to create a bridge.

**Roller Coaster
(Crawlers – 2 years)**

Same as the group below but for crawlers encourage them to crawl on the floor, if not parents can hold them.

**Roller Coaster
(2 years – 4 years)**

Get the parents to stand behind the children. This exercise is very similar to the slow and fast exercise in the first teaching guide. Get the children to start moving slowly, get them to motion their arms like wheels. When the music speeds up so do the children. Get them to wave their hands high in the sky. The music will then go slower and they have to slow everything down. The idea is for the parents to run behind them chasing them

Going to the Zoo (Crawlers – 2 years)

Not for this age group unless you would like the parents to sing and perform the actions in front of the babies – completely up to you.

Going to the Zoo (2 years – 4 years)

Chorus – clap hands, tap knees.
Elephant – long trunk arms and big wide steps
Monkeys – long arms and low steps (move like monkeys)
Bear – crawl on all fours
Seals – wiggle on the floor (laying on tummies)
Sleeping – lay on the floor, rub eyes and yawn
Last chorus – clapping hands, tap knees

Another alternative is to give the children some animal masks. The following is just an example of [some masks](#), there are a huge selection on Ebay. I managed to get some paper ones and they loved it. We still used the same piece of music but ignored what the lady was singing. We had lions, monkeys, Zebras and the children moved around the room as that animal. You can see some of them on the website.

**Space Pirates
(Crawlers – 2 years)**

No dancing for this group although they could do musical statues, you could use balloons or balls.

**Space Pirates
(2 years – 4 years)**

Jumping around the room
Moving slowly as if on the moon
Running around as if in a rocket
Gallop from side to side
Swaying from side to side
Turning around on the spot

Again you could have some visual aids around the room such as a moon, star, rocket, astronaut and the children have to run to that visual aid when you call it out.

Robots
(Crawlers – 2 years)

No robots for this group.

Robots
(2 years – 4 years)

Talk to them about a robot. Again, take a visual aid if you would like. You won't need all of the music for this as it's quite long. Start with jerky movements such as arms, legs, bending knees, bodies, all in different ways. They can then start walking around the room. To try and build confidence you can get the children all to sit down and just select a few to show how good they are at being a robot.

Fairies and Giants
(Crawlers – 2 years)

Not for this group.

Fairies and Giants
(2 years – 4 years)

Starts with fairies, get the children to move freely around the room. The music then changes and so do the dynamics of the way they move. They can do big heavy footsteps for the giants with angry faces.

If you have a mix of girls and boys you can get the girls to be fairies and the boys to be giants.

You can also use the idea of 'What's The Time Mr Wolf' for the giants section.