



This collection of songs and activities have been designed to support the recovery of children's wellbeing following the impact of the Covid-19 pandemic and are part of Musiko Musika's Sing & learn programme.

In considering the needs of young children we found it helpful to categorise the concept of 'wellbeing' into four themes: Having fun, being playful; Social interactions and learning how to share; Emotional wellbeing; Imagination and creativity.

We encourage you all to explore, have fun and experiment creatively with these songs and ideas.

This resource was developed as part of the Covid-recovery Project funded by the Peter Sowerby Foundation.

You can find out more about the Sing & Learn programme by visiting www.musikomusika.org/singandlearn

All songs in this collection are available on the Sing Songo Practitioners app and webpage



Having fun, being playful



Two ideas for activities to have fun and be playful using the song:

- Learning and singing the song with children with actions, facial expression and gestures to emphasise the questions and meanings of each phrase – surprise, panic/ worry, and the joy of finally finding the dog. The fun and enjoyment of the song will encourage the children to develop their confidence in the use of expressive intonation and gestures.
- The playfulness of this song mostly comes from the game of hiding and finding a lost dog. You can hide a soft toy if you have one or even a picture of a dog (if a toy is not available). It may take time for the younger children to develop the knack of being intentional in how they search and look. You can encourage them to look under or behind things, pick things, open drawers etc, being detailed in their search. As they become familiar with the activity you will need to be more crafty with the hiding places, and can give one or two of them the task of hiding the dog.

Social interactions and learning how to share



Three ideas for activities to develop social interactions and sharing using this song:

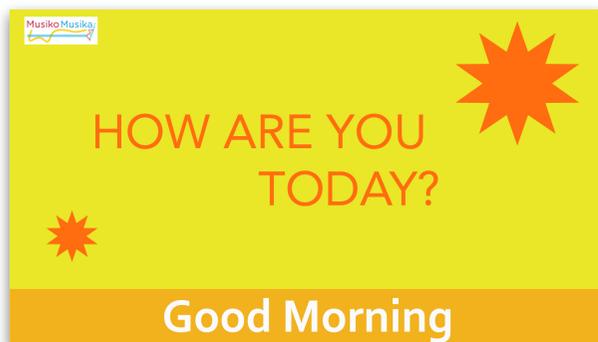
- You can create an activity for children to share and plant real or imaginary seeds during the song, taking turn and sharing responsibility as the song progresses. Use large pumpkin seeds or create a set of printed seeds, find a receptacle to be a plant pot and some images of flowers in different colours. Hand the seeds to a couple of children to share out with everyone in the class. Then one or two can go round the class with the plant pot so that each child can plant their seed in the pot in turn. At the end of the song another child can come and pick out the picture of a flower in the colour that they choose.
- Have a discussion about how to care for the plant, waiting for the seed to germinate, grow and eventually become a flower.
- Sing the song whilst doing an outdoor gardening activity.



An idea for an activity to develop social interactions and sharing using this song:

- Use a classroom instrument like a guiro (scraper) to represent the caterpillar. Different children can take turns to choose how many leaves and play the guiro according to the number they choose. By only using one instrument and taking turns children need to wait for their turn, help each other to count (if needed), and maybe wait until another day for a turn if there is a large group.

Emotional wellbeing



Three ideas for activities to improve emotional wellbeing with this song:

- Initially focus on inspiring smiling and eye contact during the song. Enjoying the up-beat rhythm and feel of the song, moving and dancing will help with this. Then as the children become familiar with singing the song ask them to get into pairs and to sing the song together. Holding hands can help to support the focus of singing to each other.
- Ask pairs of children to come to the front to show how they can sing to each other. The children that are singing more confidently and are comfortable singing to each other whilst maintaining eye contact can provide a model for children who are less confident.
- This song is a prompt to discuss other responses to the question 'How are you today?'. You can use these to create some other lines for the song...
'I'm sad, I'm sad, I've got a tear in my eye'
'I'm worried, I'm worried, I've got a frown on my face'
'I'm cross, I'm cross, can't you see my angry face?'

Or you can use it to begin to have a chat about how a child is feeling

Imagination and creativity



Two ideas for activities for children to explore their imagination and creativity with this song:

- Ask the children to choose different instruments to represent the different kinds of weather in the song. There are no rules for this, but the rumble of thunder can be a loud drum roll, the rain can be the pitter patter of fingers on a drum skin, and the bright sound of a chime bar or triangle the sun etc. Once you have found the different instruments for the weather sounds you add them to the song.
- You can expand on this by asking the children what kind of outfit, clothes, shoes/ boots or hat would be worn in this weather – how do they feel in different kinds of weather?

We enjoy finishing the song with the sun to give a positive end to the story of the weather



Two ideas for activities for children to explore their imagination and creativity with this song:

- This song depicts an imaginative world under the sea. Discuss the different characters who are all friends with Cornelius in spite of their differences – maybe the children can find names for them, describe their characters in more detail and come up with a story about a day they all spend together.
- Create a water or beach/sand garden for Cornelius