

NOTE TO PARENT, TEACHER AND CAREGIVER

The following activities are a sample from the guidebook, *PRESCHOOL MOMENTS MATTER*. They are designed to accompany the song **BENNY THE BUNNY**.

The activities that follow are arranged in *three different categories*.

The ACTIVITIES accompany the words of the song and focus on the *value center*, concepts and *Inner I.Q.* learning activities.

The **MOVEMENT** activities (in red) can be used by parents, teachers and caregivers *either* for an individual child or for larger groups of children and can be performed while sitting or engaged in other physical movements.

The **VISUAL AIDS** are used (performed) with the songs and fall into three main categories:

1. **Puppets:** Hand puppets (best if character is able to perform or move with lyrics as required), stuffed animals, finger-puppets, stick puppets (picture or drawing on or glued to posterboard, foamboard etc. with stick attached).
2. **Landscape:** Drawings or pictures on posterboard, foamboard etc., or felt figures on felt board
3. **Props:** Cut out carrots, apples etc. from posterboard, foamboard etc. Plastic, paper mache, felt figures (or similar material) props from craft or hobby store,

The visual aids can be purchased in one form or another (or made) and used by parents, teachers and caregivers. These are offered as suggestions. Be creative! They can also be designed as craft projects and performed by the children when age appropriate. The ideal use of the songs is to include the **MOVEMENT** activities, **VISUAL AIDS**, (or both when offered) with the *Inner I.Q.* (value center) **ACTIVITIES**.

We're sure you'll find *Captain Al's Musical Adventures* an exciting, entertaining, and educational experience as well as a powerful method to support age appropriate entertainment, the development of the *Inner I.Q.* and enriching E-time activities.

VALUE CENTER, CONCEPTS, AND INNER I.Q. ACTIVITIES

BENNY THE BUNNY

ACTIVITIES:	(in black print-after lyrics)
MOVEMENT:	(in red print)
VISUAL AIDS:	Puppet: Bunny
	Props: Carrot, lettuce, apple, nuts and grains

CHORUS

HIPPITY HOPPITY

(extend hands by ears--bunny ears)
and bob head side to side in time with
music OR (make bunny ears with
index and middle fingers--hand hops)

HOP HOP HOP (repeat 4X)

(clap hands on each hop)

VERSE 1

GIVE BENNY BUNNY A CARROT
(extend closed hand- extend index finger)

HE'LL WIGGLE WIGGLE WIGGLE HIS NOSE
(wiggle nose)

HE KNOWS THAT CARROTS
(tap head)

ARE GOOD FOR HIS TUMMY
(tap stomach)

HE MUNCHES IT DOWN...
(motion hand towards mouth)

IT'S SO YUMMY!
(rub stomach)

(REPEAT CHORUS)

VERSE 2

GIVE BENNY BUNNY SOME LETTUCE
(extend closed hand-extend all fingers)

HE'LL WIGGLE WIGGLE WIGGLE HIS TAIL
(shake booty)

HE KNOWS THAT LETTUCE
(tap head)

IS GOOD FOR HIS TUMMY
(tap stomach)

HE MUNCHES IT DOWN...
(motion hand towards mouth)

IT'S SO YUMMY!
(rub stomach)

(REPEAT CHORUS)

BRIDGE

HE LIKES VEGETABLES, HE LIKES FRUIT
(rub stomach with one hand)

HE LIKES NUTS AND GRAINS
(rub stomach with other hand)

HE KNOWS THEY KEEP HIM IN THE PINK
(tap head)

HE LETS US KNOW WITH A LITTLE WINK.
(wink)

CHORUS (INSTRUMENTAL-DO MOVEMENTS WITH MUSIC)

VERSE 3

GIVE BENNY BUNNY AN APPLE
(extend fist as apple)

HE'LL WIGGLE WIGGLE WIGGLE HIS EARS
(hold ears and wiggle)

HE KNOWS THAT APPLES
(tap head)

ARE GOOD FOR HIS TUMMY
(tap stomach)

HE MUNCHES IT DOWN
(motion hand towards mouth)

IT'S SO YUMMY!
(rub stomach)

REPEAT CHORUS

The **value center** for **BENNY THE BUNNY** is **healthy food** and **nutrition**. Play the song **BENNY THE BUNNY** several times for the child and then use the following **Inner I.Q.** learning activities. Play the song when needed to reinforce the value center.

INNER I.Q. LEARNING ACTIVITIES TO BUILD CHARACTER

Building Character in a child includes activities that establish both a strong set of core positive values and a positive sense self.

ASK: What foods does the BUNNY like to eat?

ASK: Why is it important for BUNNY to eat vegetables, fruits, nuts & grains?

ASK: What healthy foods are you eating that the BUNNY eats?

DISCUSS: The foods that are healthy and unhealthy for us to eat.

INNER I.Q. LEARNING ACTIVITIES TO BUILD COMPETENCE

Building skills in competence includes the basic foundations for mastery and self-management

ASK: What's the first thing we give the BUNNY? What does he do?

ASK: What's the second thing we give the BUNNY? What does he do?

ASK: What colors are bunnies?

ASK: How many foods does the bunny like?

ASK: What does the bunny do to let us know that he likes vegetables, fruits, nuts and grains?

INNER I.Q. LEARNING ACTIVITIES TO BUILD COMMUNICATION

Communication skills include how children communicate with others, with the world, and with themselves.

DEMONSTRATE: Show me how the BUNNY feels when he eats good food?

DEMONSTRATE: Show me how the BUNNY feels when he eats bad food?

DRAW: All the food the bunny eats.

DEMONSTRATE: What does the BUNNY do when you give him a carrot?

DEMONSTRATE: What does the BUNNY do when you give him lettuce?

DEMONSTRATE: What does the BUNNY do when you give him an apple?