



# Stand up, move and learn!

## Educational Hip Hop Dances

Presented by Alphabet Rockers

Workshop Lyrics, Videos, Songs: [alphabetrockers.com](http://alphabetrockers.com)  
Instrumentals: [soundcloud.com/al-107](http://soundcloud.com/al-107)

### The Brain Dance

**Song of your choice** – From Anne Gilbert, at [creativedance.org](http://creativedance.org): Breathe. Tactile. Big Shape/Little shape. Head-Tail. Upper-Lower. Body-side. Cross-lateral and eye tracking. Spin and stare. Freestyle!

### Three Song Challenge: Get Energized

“**Good Morning Song**” (on CD) – Call & Response, Dance, instructions, TPR, Circle Time

“**Dynamite**” (on CD) – dance, sing, TPR, cross body movement – circle time

“**Rhyme This Time [Remix] – Instrumental**” – Meditation or cool down- Circle, keep the beat on their laps, and relax. Prepping for the next activity. Practicing meditations, goals for the day, etc.

“**Do Your Thing**” Chant – Call & Response/Dance in the round, Letters, Circle Time

“I’m Kaitlin.... I do my thing!” “*She’s Kaitlin... she does her thing!*”

“I’m Kaitlin.... My letter’s K!” “*She’s Kaitlin... her letter is K!*” [*add body spelling*]

### Circle Time: Rockstar Poses

**The Wave: Countdown 10 to 1:** breakdance moves – pattern, parts of body, counting

“**Countdown Boogie Down**” (on CD) – Transition song for math, number sense, dance, sing, TPR. Tip: Use assistant to hold number cards or slide on number line.

### Letters

“**Alphabet Rockers ABC**” (on CD) – call and response, letter names

Track the letters with pointer, have children do on their own boards.

“**Animals from A to Z**” (on CD) – call and response, letter sound correspondence

Pair with making an animal alphabet book, creating unique animal dances. You can do animal dances to any instrumental song!

**Beatboxing**– Letter sounds, rhythm/movement, patterns, circle time

#### Boots / Caps

**March** in circle, slow to fast, saying the word with gesture. When you slow it down, stretch out the sounds. **Freeze:** name the letters you hear, write in the air

“**Always Sometimes Rarely**” Chant – math, sorting, TPR, music, (we use w/ nutrition)

*Always (3 claps)*

*Sometimes (2 claps)*

*And Rarely (1 clap)*

*Sort it out, sort it out!*

Then show an example – is this always? Sometimes? Or rarely? After the class decides, you follow up as a group with the chant.

**“The Money Song”** (on CD) – number sense, dance moves, sing, coin value

**Rockstar Words:** “We see them everywhere! They’re famous!” [Sight words]

*Introduce sight words as if they are famous – integrate into body and mind.*

**“Call Me Maybe: Sight Word Transition Song”** chant – sing, transition

Hey I just met you,

But I can read you

I see your letters

And read them baby! (To “Call Me Maybe” melody)

Kids take out “cameras,” take a mental picture of the word. Say it! Read it! Write the words on the carpet. “Ink” on their arms! Go on a word hunt in the classroom to find the word! Tell your neighbor a sentence with the word. Time to dance:

**“Rockstar words”** chants – TPR

*I (jump forward)*

*N (jump forward)*

*IN! (jump forward)*

*Now take it back, take it back.....(repeat)*

Add the word to the **“Rockstar Word Wall”** at the end of the lesson – sight words game and celebration.

*“Rockstar readers in the house tonight*

*Everybody’s going to have a good time*

*We’re showing how we use our minds*

*To find the rockstar words and have a good time.*

*Everyday we rock these words!”*

*(To Party Rockers melody)*

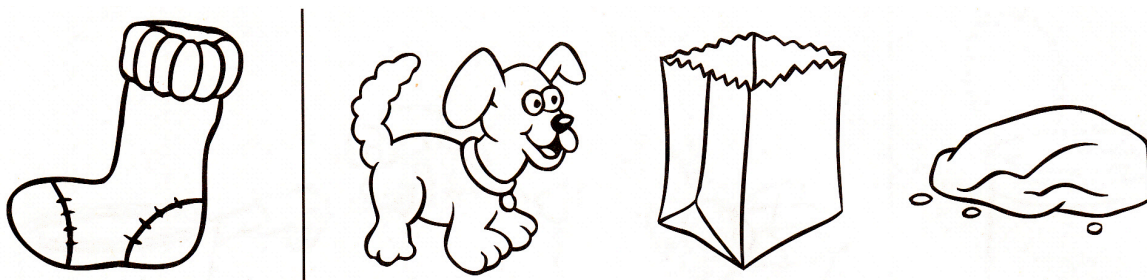
Use as Friday celebration, add word to the wall, and count the words you know!

**“Rhyme This Time”** (on CD) and as chant –

*Which two words rhyme this time? (x2) – [pause for inquiry below]*

*Sock and rock – rhyme this time (x2)*

Hold up 3 cards of images (two rhyme, one does not). Ask the class to choose the words that rhyme, then sing the chant, and repeat from the top.



**Shape Hunt + Shape Rap** – Activity: find 3 of each shape in the room with your eyes. Go on a physical hunt around the room. Make the shapes with your body, and sing about it!

**Three Song Challenge: Get Ready to Go!**

**Clean it Up!** Clean up dance party! Assign tasks of your daily clean-up.

**Go!** Circle up for your daily dance party!

**Friends** Pass the shake, pass the high-5 for a final community celebration.

*Need a song or activity for your classroom? Email us and we’ll write it.  
hello@alphabetrockers.com*