



Brain Beats Music

Stretchy Circle



Children love using a stretchy circle and it's a great way to develop their sense of proprioception. As you stretch the circle together children learn about strength, force, body position and spatial awareness. Throw in some mathematical language and this song is a great choice for building young brains.

Learning Opportunities:

- Engaging with music.
- Encouraging participation with music
- Proprioception development – position, spatial awareness, body awareness and force.
- Vocabulary development – mathematical (directional) language
- Vestibular development – upside-down, turning
- Following instructions

Teaching Notes:

If you don't have a stretchy circle, this song could be enjoyed with a circle of children each holding a favourite toy or teddy bear. You just might need to improvise in places.

Ensure the stretchy circle you use is suitable for the number of children and the size of the space you have available. There are instructions on how to make your own stretchy circles at www.brainbeatsmusic.com/resources.

It is important for children's hand/arm development that they hold the stretchy circle with their palms down and fingers pointing to the ground. They may need reminding about this for a while as they get used to how it feels. Suggest they stand with their feet slightly apart (to aid balance when moving).

For safety reasons it is a good idea to outline your rules for the stretchy circle. Having another adult on the other side of the circle if you have a large group can be very helpful too.

Check that the children understand the directional language in the song. Practice the movements without any music. Feel free to interpret the movements as you wish or adapt them to suit the needs/abilities of your group.

Now play the song and let the fun begin.

Lyrics:

Raise it up, bring it down, roll it round and round and round.

Raise it up, bring it down, roll it round and round and round.

Raise it up, bring it down, roll it round.

Raise it up, bring it down, roll it round.

Stretch... the... cir...-cle. STRETCHY CIRCLE!

Walk it in, walk it in, show your friends a great big grin.

Walk it out, walk it out, shake it, shake it, all about.

Walk it in, walk it in, show a grin.

Walk it out, walk it out, shake it about.

Stretch... the... cir...-cle. STRETCHY CIRCLE!

Swing it left, swing it right, to each side, keep it tight.

Swing it left, swing it right, to each side, keep it tight.

Swing it left, swing it right, keep it tight.

Swing it left, swing it right, keep it tight.

Stretch... the... cir...-cle. STRETCHY CIRCLE!

Turn around, turn around, hold on tight, turn around.

Now turn back, the other way, turn around the other way.

Turn around, hold on tight, turn around.

Other way, hold the circle, turn around.

Stretch... the... cir...-cle.
STRETCHY CIRCLE!





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Planning for Further Learning:

Languages	<ul style="list-style-type: none"> Discuss the directional words used in the song to describe movements. What do those movements look like? What other words might you add? Suggest that you count in te reo Māori at the end. Try, “tahi, rua, toru, PEKE! Perhaps some of the children speak another language at home. How do you say “1, 2, 3, JUMP!” in their languages?
Mathematics	<ul style="list-style-type: none"> What other shapes can you make together with a stretchy circle? Can you make a square, a triangle, a rectangle? Can you stretch it wide, or make it narrow? Do the same with a rubber band and your fingers. Discuss how can you record information about the shapes you make, and the number of people (or fingers) needed to make them? Supply children with paper, rulers/tape measures, pencils and counters and see what they come up with.
Science	<ul style="list-style-type: none"> Offer the children a variety of stretchy materials to explore (elastics, fabrics, ballons, rubber bands, exercise bands, rubber gloves, slinky toy). What to they observe? Now offer the children a variety of materials that compress (sponges, air in a balloon, memory foam, soil, snow, cotton balls, springs, stress ball). What do they observe now? Consider making oobleck with the children. There’s lots of instructions online. Discuss the stretchiness and compressibility of the oobleck. What do the children notice?
Technology	<ul style="list-style-type: none"> Use rubber bands to make pegboard marble tracks or pinball, or even a ping pong ball launcher (slingshot). There’s lots of examples online. Make wind-up rubber band paddle boats. You will find instructions online.
Social Science	<ul style="list-style-type: none"> Using a stretchy circle requires cooperation. Talk about what cooperation means and how the rules of cooperation are negotiated. What are the priorities in your setting (e.g. safety, fairness, harm prevention, inclusiveness)? What would it be like if our bodies were stretchy like elastic? What powers might it give you? What would become difficult? How would it feel to be stretched and released by someone? What might happen? Can the children show you with their bodies or faces how they think it might feel to be made of elastic?
Health and PE	<ul style="list-style-type: none"> Talk about why we stretch our bodies before exercise. Show the children some common stretches. Find children’s yoga on YouTube and give it a go. Do you remember playing the elastics jumping game when you were a child? There are lots of videos online to remind you how to play. Make a set of elastics for your children to have a go. Just remember to supervise them with the elastics because elastic can be a strangulation risk. Check out https://www.youtube.com/watch?v=DU8r_LasbG0 or other videos for ideas.
The Arts	<ul style="list-style-type: none"> After the song finishes, you may wish to suggest that you all stretch the circle as far as you can, then bend down and place it under your feet. Tell the children that you are going to say, “1, 2, 3, JUMP!”, and on the command “JUMP” everyone will do a little jump backwards. Check they know where backwards is. Then, when you’re ready, give the command, “1, 2, 3, JUMP!”, and watch their delight as the stretchy circle springs into the middle of the group. Hint: Children who have developmental delays which make it harder for them to jump in time with the others, or children who try to avoid jumping, may need you to hold their hand so you can give them a slight tug backwards on the command “JUMP!”. This will ensure the stretchy circle springs effectively. Make up a shared story about an elastic family. What sort of adventures might they have? You could illustrate the story together (visual arts) or act it out (drama). Experiment with rubber band art. What patterns can you make?