

First Thing In The Morning

First thing in the morning, what do you do?

Jump, jump, jump

Jump out of bed

Next you're in the bathroom, what do you do?

Wash, wash, wash, wash your face

Then go to the kitchen, what do you do?

Eat, eat, eat, eat your breakfast

After you have eaten, what do you do?

Brush, brush, brush, brush your teeth

Finally you're ready, what do you do?

walk, walk, walk, walk to school

The children could create new verses for the song, using the line "First thing in the morning, what do you do?" to start each verse.

Stand up to sing the song and jump three times with the words "jump, jump, jump". This helps to develop core pulse skills within the whole body. In subsequent verses the other actions can be rhythmically repeated three times as well.

As the children progress with their knowledge of the song and their pulse skills a child could be asked to play the drum with the three beats of "jump, jump, jump" etc. This is useful for the early stages of experiencing playing an instrument in a musical context, and at the appropriate time.