

13
APPROACHES TO LEARNING

“One Step”



How to use the song:

- Use this song for hallway transitions.
- Sing “One step/Another step/And then another/And soon you’ll start to climb/All you have to do/If you want to get there/Is just take one step at a time.”

Remix It!

Add student names to the second verse!

Ex: “One Luke, one Amaya, one Blake and soon you’ve got a line!”

Berkner Bytes

The LAURIE
BERKNER
BAND

14
SOCIAL EMOTIONAL

“Beautiful Light”



How to use the song:

- This song is a peaceful affirmation for students. On a piece of chart paper, write the first few lines of lyrics and teach them to the children.
- Then, have children find a comfortable position on the floor and play the song while they sing along.

Remix It!

Pair this song with simple yoga poses such as warrior, cobra, and tree.

Berkner Bytes

The LAURIE
BERKNER
BAND

15
PERCEPTUAL, PHYSICAL, & MOTOR

“Everyone’s Demanding Bananas”



How to use the song:

- This is a silly twist on Hot Potato using a banana, or any other yellow classroom item.
- Have students sit in a circle. When the song begins, they will pass the banana around the circle.
- A teacher will pause the song. The student holding the banana will enter the middle of the circle. They are now a “banana demander” and can make a “begging” motion with their hands while the rest of the class continues the game.
- The game continues until just 2 students are left.

Remix It!

Another variation is to have the child holding the banana do a motion instead of having them move to the center. Ex: “Nico, you have the banana! Do 5 jumping jacks!”

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The LAURIE
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BAND

16
LANGUAGE AND LITERACY

“Pig On Her Head”



How to use the song:

- Gather the children on the rug and play the song.
- Then, to the tune of the song, introduce each child with a pretend animal on their head.
- Practice alliteration by choosing animals with the same onset sound as the child’s name. “Cameron has a Cow on his head!”

Remix It!

Add gross motor skills! Have students balance stuffed animals, plastic toys, or egg shakers on their head.

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