

## Body Awareness– Spring 2021

In our body awareness session we use a different genre of music to explore different parts of our body. These are the songs we are using for this half term. We always the genres the same but change the songs.

You may wish to create a Spotify playlist or get the songs on YouTube.

Pop – Midnight Sky – Miley Cyrus – Tap the body and back. *With a spatula if you have one, if not use your hands.*

Rock – Trouble coming – Royal Blood – Tap and rub the hands. *With a sponge if you have one, if not use your hands.*

Country – Cotton Eye Joe – Rednex – Tap and rub the arms.

Dance – Get lucky – Daft punk – Tap and rub the feet. With a loofa if you have one, if not use your hands.

Rap – Ladbroke Grove – AJ Tracey. Tap and rub the legs.

Ballad – A Million Love Songs – Take That – Place a scarf on the child's face/head and gently pull it off. Repeat this for the song. Can the child pull the scarf off themselves or so they vocalise to ask you to remove it?