Who’s a Good Watcher?: A Song with Steady Beat
By Wolf Trap Master Teaching Artist Mary Gresock

Focus/ Steady Beat Experience

Objectives: Focus and Concentration
- Steady Beat
- Visual Discrimination / Imitation
- Body Part Identification
- Prediction
- Voice exploration

Procedure:

1) Leader: “Eyes on me, let’s count to three – 1 .. 2.. 3... Weeeee! Use your hands to follow me!”

Sitting in a circle, children will silently imitate leader gently patting his/her head to a slow, steady beat. Children must watch leader’s hands in order to switch when the leader suddenly switches steady beat to a new part of the body (on the word Woops!)

Leader sings the following words to tune of “Button You Must Wander” as he/she moves to a steady beat (words can be chanted instead of sung):

WHO’S A GOOD WATCHER, WATCHER, WATCHER,
WHO’S A GOOD WATCHER, SHOW ME NOW – WOOPS!!!

2) After several repetitions, encourage children to sing along (or chant). Children will eventually predict when the switch will occur, but not necessarily where the new motion will be.

Extensions:

- While the motion is being switched, explore vocal sounds by extending “woops” and improvising with the voice. Allow the vocal improvisation to be reflected in the hand motions as the hands move toward the new body part.

- Invite individuals to lead where the next motion will be by inserting names before the word “show.”

WHO’S A GOOD WATCHER, WATCHER, WATCHER,
WHO’S A GOOD WATCHER, JAMES, SHOW ME NOW – WOOPS!!!