

## 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!!!*