

Guide for Birds Album M017

1. Ostrich Stretch

(Chorus) Stretch your body and neck, arms up high

(Verse 1) Touch your toes, come up, look around, bend down, quietly pick up “bugs” from the floor.

(Chorus) Stretch your body and neck, arms up high

(Verse 2) Run in place, flap your wings (hands on chest near underarms), look down, run in place

(Chorus) Stretch your body and neck, arms up high

(Verse 3) Run in place or around in small circle, wings (hands on chest near underarms), arms up high

(Chorus) Stretch your body and neck, arms up high

(Instrumental Bridge) March in place

(Verse 4) Bend down, touch your toes, then repeat it

(Chorus) Stretch your body and neck, arms up high

Hint: You could have 2 lines facing each other for this—the Ostriches and the Emus. Could be fun and funny, with a little competition to see who can bend down the farthest...or stretch up the highest!

2. Bush Party

A great dance party song...follow the prompts! Try dimming the lights and/or have a single light for the moon.

3. Tui

Naturally makes you want to move...There are three movements plus an intro and an outro.

Start moving to the intro and keep dancing! Additionally...

Movement 1: Tui—Sing the Tui melody, plus “Tui”.

Movement 2: Forest/Trees—Gently sway like trees in the breeze.

Movement 3: Flight—Move around the room, arms mostly out, with arms and hands particularly, flapping like wings.

4. Kereru

Get out your music sticks or clave's; A great way to remember the wood pigeon (not to knock on the wood pigeon) by knocking on wood! Good group rhythmic participation with an easy 1, 2, 3 beat. Great for the coordination!

5. Magpies

Good rhyming song. You can sing along or play along (with your sticks again) and even act out some of the things Magpies do.

6. Kokako

Leap up and down then run around, particularly during the choruses. Dancing during the verses and instrumental sections. Make your own birds sounds (the harmonica is the Kokako sound).

7. If You Want to Be a Bird

Glide, swoop, float with your arms out, bob up and down and weave (sway back & forth), whirl & twirl, if you want to be a bird! Strut around, make a tough looking face, huff and puff, dance gracefully, look to the side, hop and dance!, pose and prance, if you want to be bird!

Dance lightly, put your hands on top of your head and make a crest if you want to be a bird!

Turn in a circle, move up and down (bending knees and straightening), fly around if you want to be a bird!

Spread you wings, call and sing, jump up and down like springs! if you want to be a bird!

8. Digga My Nest

You can crawl around and pantomime digging a nest!, then stand up and pirouette, then dig some more and strut around in your feather vest during the choruses. Keep digging it! Who can dig the best nest? Also good for playing along with your music sticks.

9. Cassowary

Left brain, right brain...left leg, right leg. Kick Out!, like a Cassowary in time to the music, March in place and kick out, alternating legs, following the vocal cues. Great for coordinating movement with words and music.

10. Taiaotea

Good for dancing, singing, listening and playing your guiro...Taiaotea...where the tide comes over the land. This song is about the swampy land that was reclaimed to make up part of what is now Browns Bay in Auckland. Glide like the sea birds coming back to the land. Sigh each time you come back and see the awatea (bright pathway). And peace descends...

11. Kiwis and Friends

A good one to sing along to in the Choruses. Wings flap as half arms (with hands near underarms) and some scurrying around, looking side-to-side, eating, sniffing the air.

12. Fly Like an Eagle

Arms outstretched at sides. Fly, glide at start and during choruses...then reach up to the sky! Perch with your arms at your sides, then hop forward. Swoop with arms out, then stand very still. Take off again and fly...glide. Smile and with wings outstretched, wiggle your fingers. Fly...like an eagle!

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