

Dancing and singing at home

In Write Dance to help us with our handwriting we learn big movements first through dancing. We then repeat and make musical pictures with different resources.

As an alternative to the song below you could use the familiar 'rainbow song'.

For more information about Write Dance visit us at www.writedancetraining.com

Adapted from YouTube: Peppa Pig Official Channel Rainbow Rainbow Peppa Pig My First Album 5# <https://www.youtube.com/watch?v=fhQsdQGNN1Y&vl=en>

Tempo: Sing at a brisk (skipping) pace

Lyrics	Dance moves	Drawing whilst dancing
<i>It's a rainy sunny day,</i>	Jumping throwing arms up (as if in puddles)	Up and down chalk strokes bending wrists – chalk in each hand
<i>The rainbow's here to play,</i>	Side bends waving arms in air to make large arc	Draw rainbow outline – one big arc
<i>Red and orange and yellow and green,</i>	Stretch side to side, waist-bends, holding chiffon scarf or ribbons in each hand	Draw and chalk bands of colour and fill in your rainbow
<i>And purple and blue-oooo</i>	Stretch side to side, waist-bends, holding chiffon scarf or ribbons in each hand	Change colours - Draw and chalk bands of colour and fill in your rainbow
<i>And indigo tooooooo</i>	Stretch side to side, waist-bends, holding chiffon scarf or ribbons in each hand	Change colours - Draw and chalk bands of colour and fill in your rainbow
<i>Rainbow, rainbow,</i>	Stretch side to side, waist-bends, holding chiffon scarf or ribbons in each hand	Change colours - Draw and chalk bands of colour and fill in your rainbow
<i>It's a rainy sunny day.</i>	Jumping throwing arms up (as if in puddles)	Add raindrops (and a smiley sun if desired) to your musical drawing

Sing colour names in any order, the lyrics rhyme in any sequence.

Draw on large sheets of paper with crayons (one in each hand) so secure corners of paper to stop the paper from sliding about.

Chalk drawing on patio, in a yard or driveways and repeat singing and dancing with sponges and water until the rainbow disappears – then do it all again!

Extend this by singing and dancing galloping nursery rhymes; *Horsey, horsey* and *This is the Way the Gentlemen ride*, for example. Make your musical drawings with two hands together. Create rows of up and over arcs, keeping the chalks and crayons on the surface of paper or ground. Keep shoulders and arms relaxed for *rounded* movements....



Scroll down to see illustrations



