



Social and Emotional Tips  
Techniques for Social and Emotional Skills

Maryann "Mar." Harman  
BA Music Ed/MA Education

**Morning Strut**

One song can do many things:

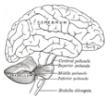
- \*Stimulate both sides of brain; produce endorphins
- \*Affect attitude
- \*Language - new vocab word "strut"
- \*Dancing (proper touch) Children don't know manners-imitate them;
- \*Cross mid-section - need this skill to read/write
- \*"Whew!" oxygen - brain runs on oxygen and water
- \*Bouncing keeps steady beat
- \*Vestibular system must be activated to learn

What we provide in childhood, are the tools children will use into adulthood. We must find ways to provide the following:

1. A healthy attitude;
2. A strong value system;
3. The basic skills needed for life;
4. Communication abilities
5. The ability to love and be loved;
6. Acceptance of others;
7. The ability to laugh; and
8. A sense of safety

Music is a wonderful way to give these gifts to our children.

*"If I could choose the music children listen to, I could tell you what kind of society we will have"*  
Plato



**BRAIN FACT**

*Children who lack play and touch have 20 - 50% smaller brains. (Perry, 1998)*

**Will You Hug Me?**

- \*Positional words
- \*Proper Touch
- \*Children who come from families that do not hug need to be taught

**I Hug You; You Hug Me** encourages interaction with adult and child

Children who feel loved are less depressed. Eat Better!!

Hugs produce endorphins and growth hormones.

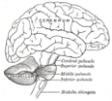
Hugs feel Good!!!

Nutrition plays role in behavior

Children who learn how to eat better, learn better  
BIG part of self-discipline

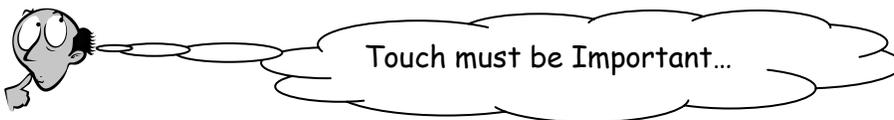
**I Know a Smart Woman** Tune of "I Know An Old Lady Who Swallowed a Fly"

- \*Teaches food groups and good food choices
- \*Listening skills, waiting their turn



### **BRAIN FACT**

*Touch precedes hearing and vision as our primary channel for learning. (Goddard, 2008)*  
Touch is 10 times more important than verbal or emotional contact. (Ackerman, 1990).  
Humans can survive without seeing, smelling, tasting or hearing but will die from touch deprivation. (Chapin, 1920). Children who lack play and touch have 20 - 50% smaller brains. (Perry, 1998).



**"Children with Challenging Behavior"** David Elkind compares two forms of discipline:  
"instructive...which is a matter of teaching children social skills and attitudes," and "punitive, [which is] a matter of stamping out misbehavior through punishment

### **Please Use Words**

- \*Song allows children to listen to situations and hear how other children thought
- \*Made a choice of using words or walking away until they calm down.
- \*Song can be used to teach about proverbs  
ie. If you can't think of something nice to say, you haven't thought hard enough  
*Please use words. Talk it out. And, I mean talk. So, please don't shout.*  
*When you speak, watch what you say. And if you can't talk it out, just walk away.*

- \*Having good communication skills is the number one correlation to success
- \*Aggressive behavior is linked to the inability to express oneself, frustration
- \*ELL learn through TPR and visual of movements as well as repetition in music
- \*Stress can lower IQ by as much as 20% or 10 points.

### **I Got the Crankies** ("I Love You Rituals" Vol 2)

Negative emotions are ok. It's where you go with them that can be good or bad.

- \*Values / moral compass are in place by the age 7 (approximately).
- \*Linked to when the brain shifts to concrete thinking.
- \*These first, very important years that affect how a person makes choices.
- \*Teach children to be aware of what they are doing and how their actions will either result in a positive reward or negative consequence.

### Choices, I Said "No!", I Can

- \*Adults need to be in charge.
- \*Children without discipline will become depressed / angry.

### Five Monkeys Swinging in a Tree

- \*New version where last monkey learns to make a different choice
- \*Children pretend to swing
- \*Snap hands together for alligator

### You Gotta Laugh

- \*Vowel Sounds
- \*Release of endorphins - importance of laughter; CREATE Happiness!

### Five Hip-Hoppy Frogs

- \*Croak for each frog. Awareness of number value
- \*Fingerpuppets help to teach self regulation, need to sit and read or do math

**Mr. Froggy** (Bk + 4) Use of any puppet is helpful in getting children to speak out  
*Mr. Froggy came out one day. Said "Hi Miss Mar. Would you like to play?"*  
*Miss Mar. said "Hi, frog. How do you do? Yes. I'd like to play with you."*

Sit in a circle. You hold frog (or any puppet) first and everyone sings first line to the child to your right. Just that child sings back. Everyone says "Yay!". The frog is then passed to that person who turns to the person to their right. The song continues around the circle.

- \*Personality is developed by age 8
- \*Children need opportunities before 8 to build confidence
- \*Letting children be leaders is important
- \*Singing out in a safe environment builds confidence

### Eyes on Me

- \*quick song to get focus

### Mr. Warm Sunshine

- \*Feel special

### Wide-mouthed Bullfrog book by Keith Faulkner

- \*Children love interacting with story.
- \*If you don't have the book, use pictures or puppets.
- \*Stay in one place or you become a moving target that is hard to follow.
- \*Children say with you "Hi. I'm a wide-mouthed bullfrog. I eat bugs."
- \*For mouse, "Eek". High pitch sounds energize the brain.
- \*For 'hop, hop, hopped', slap thigh 3 times. Vestibular system activated.
- \*Show the page where he makes his mouth small; help them understand the lesson by saying, "He didn't want to be a wide-mouthed bullfrog anymore."
- \*Open the last page and have everyone throw up their arms and yell "Splash!"



### **BRAIN FACT**

Music creates a positive state for learning because it helps to reduce stress levels, heighten attention, enhance concentration, reinforce memory and stimulate motivation. (Campbell, 1997; Jensen, 2000)

#### **Someone Else's Turn**

- \*understanding taking turns
- \*enjoy others having a turn

#### **We Will Have a New Friend** (Tune of "Coming Round the Mountain")

- \*Wake up and greet new friends; everyone feel welcome.
- \*Children must feel safe to learn;
- \*Feeling 'unsafe' releases stress hormone (cortisol) which inhibits learning
- \*7 stressors can reduce IQ by 20points (10%)

#### **Because We're Friends** (Bk + 4)

- \*Uses similarities and differences
  - \*Afterwards, can graph how many children have traits in song
  - \*What choices were missing in song?
- Music is a positive way to relieve stress and learn to work with emotions*

#### **This Little Star of Mine**

- \*Encourages that we each have a way to shine!
- \*Reinforces number placement, colors



### **BRAIN FACT**

Music helps children explore emotions. The more emotions we expose them to (including uncomfortable ones ie fear, sadness), the more capable they are of dealing with them when they happen. Peter Alsop calls this "putting tools in their toolbox".

#### **Bunny Foo Foo** (Bk + 4) *Traditional song - fun, but nothing valuable taught.*

1. Validate that the mouse is hurt;
2. Tell rabbit "Look. The mouse is crying. You hit the mouse. Hitting hurts. You may not hit.";
3. Instruct the rabbit to say, "You're crying because I hit you. Hitting hurts. I will not hit you again." (You can teach "I'm sorry" but by itself, it means nothing.)
4. Allow mouse to decide if she wants to play with the rabbit.
  - a. This teaches there are consequences to negative behavior;
  - b. Allows mouse to feel safe and in charge of choices; and
  - c. You do not need to play with someone just because they apologize
5. Teach not just how to deal with a bully; Teach what makes a bully and help



**BRAIN FACT** Music is helpful when doing chores because it can reduce stress levels, heighten attention, enhance concentration, reinforce memory and stimulate motivation. Campbell 97 Jensen 2000

### We're Lining Up

- \*Call and response teaches when to listen, when to speak
- \*Gets them focused on what they are doing

### Boy Who Cried 'Wolf!' (WMBF)

- \*The importance of being truthful
- \*Discuss story. It is often interesting what the child's perspective is.

*Music can make children feel successful - no right or wrong*

PROCESS  
PRODUCT



*So, if you can't teach that day, don't criticize. You - who you give them - is more important!*

### I Like to Jump!

- \*Body Control!!!!
- \*Gets heart rate up - more oxygen to brain for focus

Having fun makes it easier to learn!

Helps the brain understand the rhythm of language!

Dance with your children!

Find the Gift (Mr. Froggy's Family/Bk + 4) Reflective song about our role as teachers:

1. Help children find their talents and develop them; and
2. Help children feel good about their talents and strengths