

BookTrust Cymru

Amser Rhigwm Mawr Cymru

Big Welsh Rhyme Time

Busy Body

by **Rhiannon Oliver**

**Beep, beep, beep nose
Tap, tap, tap, toes**

**Clap, clap, clap hands
Step, step, step, stand**

**Stretch, stretch, stretch high
Flap, flap, flap, fly**

**Touch sky, touch ground
Run, run, run round**

**Stomp, stomp, stomp feet
Boom, boom, heart beat!**

Watch the accompanying rhyme video at www.booktrust.org.uk/thebigwelshrhymetime



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Busy Body Activity

Top tips to help you warm up and get ready to rhyme (Physical Warm Up)

Stretch

- Make yourself as tall as a giraffe, as wide as an elephant and as small as a mouse.
- Repeat and stretch as far as possible.

Energise

- Pretend to be a crab, stepping to one side and then the other. Go faster!
- Run on the spot like a puppy trying to catch a ball. Quick it's getting away! Run! (Find a moment where children can catch the ball and celebrate this).
- Be a bunny, crouching down and bouncing up high. Repeat x 5.
- Run on the spot again as puppies, chasing another puppy that is running away with your ball!

Focus

- Pretend to be starfish, legs shoulder width apart, arms wide in the air. Make your head the tallest point of the star. It should be relaxed and loose but lifted, as though pulled up by a piece of string. Hold for 10 seconds. (This is a power pose, great for boosting mood and confidence).
- Be a flamingo and stand on one foot. Hold for 3 seconds then swap legs.
- Become a lion, feet planted firmly with every bit of the foot pressing into the ground. Make your back long and straight. Pull your shoulders up towards your ears then drop them back down. Repeat x 2.

Watch the accompanying warm up video at www.booktrust.org.uk/thebigwelshrhymetime



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Busy Body Activity

Top tips to help you warm up and get ready to rhyme (Voice Warm Up)

Breath

Breathing well helps your voice to be loud and confident.

- Breathe in slowly through your nose. Imagine smelling a delicious cake baking in the oven.
- Breathe out slowly through your mouth as though you are blowing out candles. Repeat x 2.
- Breathe in through your nose and out while making an 'S' sound. Breathe in again and out while making a long 'Sh' sound.

Stretching

Stretching the face helps your words to be clear.

- Make a wide, excited face and then a scrunched up disgusted face. Repeat x 3. Encourage children to be bolder each time and commit to the feelings of excitement and disgust.
- Chew a huge sweet. It's tasty, so add some humming, Hmmm. Chew slowly, then quickly.
- Use your tongue to get the sticky sweet out of your teeth. Go to one side of your mouth, then the other.
- Circle your tongue inside your mouth one way and then the other (your tongue should be tired now!)

Vocalising

To warm your voice ready to speak.

- Jump on a motorbike to deliver some treats to your friends. Let's all make a motorbike noise with our voices. Feel your lips buzz.
- Sound a siren to announce that you have arrived. Move your voice up and down, making the highest and lowest sounds you can.

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