

THE RAINBOW FISH

MUSIC ACTIVITY: I Have One Friend Adapted by Sue Buntin

LISTEN HERE TO THE TUNE:

https://soundcloud.com/quench_arts/i-have-one-friend

This is a song that involves counting (numbers 1-5 or 1-10) with the children finger counting.

INSTRUCTIONS:

- Start with a clenched fist, hiding all of your digits. Show your thumb for the first line, 'I have one friend'. Your child should be encouraged to copy you. At the end of the second line, add your first finger to your thumb, 'Now I have two'.
- Add another finger each time the next number is sung.
- After 'Now I have five', wiggle all five digits. Continue wiggling whilst the last verse is sung, 'Goodbye little friends...'
- When singing, 'It's time to go to sleep', hide all of your digits in a clenched fist, the same as you did when you started the song!
- Sing the song again using the other hand this time.

With younger children, the adult gently squeezes the fingertips of the child, corresponding to the number/s sung as the song progresses. With older children, carry on using both hands, counting on to number 10.

LYRICS:

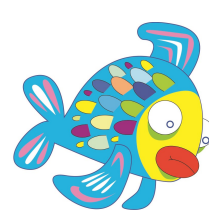
I have one friend, one friend, one friend,
I have one friend, now I have two.

I have two friends, two friends, two friends,
I have two friends, now I have three.

I have three friends, three friends, three friends,
I have three friends, now I have four.

I have four friends, four friends, four friends,
I have four friends, now I have five.

Goodbye little friends, little friends, little friends,
Goodbye little friends... it's time to go to sleep.



THE RAINBOW FISH

MUSIC ACTIVITY: Sea Shells Adapted by Sue Buntin

LULLABY

A lullaby is a soothing song or piece of music played for, or sung to, babies and young children. There has been quite a lot of research into the benefits of singing lullabies to very young children and the positive effects this has. Research also reveals that singing lullabies to poorly children can help ease pain and aid healing. A lullaby is sung much slower than other types of songs and therefore will slow the heart-rate and ease anxiety. It may feel a little strange singing so slowly but children really enjoy this, especially if they are being held closely to their parent/carer. If you have access to the internet, look up 'lullaby research'. It is fascinating!

LISTEN HERE TO THE TUNE:

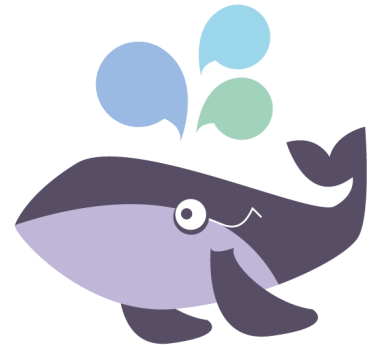
https://soundcloud.com/quench_arts/sea-shells

LYRICS:

Sea shells, sea shells, sing a song for me
Sing about the ocean, tell me about the sea

INSTRUCTIONS:

- Rock your child slowly to the beat (pulse) of the song as you sing.
- You can repeat the song many times.
- Humming to the melody will be also very soothing for your child.



Extended Reading

Visit the library! Look out for fish themed books. Here are a few suggestions:

Ten Little Fish by Audrey Wood & Robert Bruce Wood

Hooray for Fish! by Lucy Cousins

Rainbow Fish to the Rescue by Marcus Pfister & Alison James

Happy reading!



THE RAINBOW FISH

MUSIC ACTIVITY: What Colours Do We Need? Adapted by Sue Buntin

LISTEN HERE TO THE TUNE:

https://soundcloud.com/quench_arts/what-colours-do-we-need-vocal

LYRICS:

What colours do we need to make The Rainbow Fish?
What colours do we need to make The Rainbow Fish?
We need to use blue, we need to use green, we need to use purple
And... we need to use some silver
To make The Rainbow Fish
To make The Rainbow Fish

INSTRUCTIONS:

This song can be sung as you and your child are actually making a rainbow fish!
You can use lots of different things to make your rainbow fish.

- Try different colours of either: tissue paper, copier paper, card, paper plates, foil paper or a mixture of any of these. You will probably come up with other ideas of things to use.
- Your child can practise their cutting skills (make sure they are supervised at all times when scissors are available to them).
- You won't need glue. Simply place cut out scale-like shapes (they don't need to be perfect) on a surface – table, floor, a tray etc. in a fish-like shape. You can make them as big or as small as you wish.
- Make sure that you talk with your child about things like shape, colour, size, where the fish might be going etc.
- When you have finished your rainbow fish, all of the pieces can be collected and saved so they can be used again!

Have fun!



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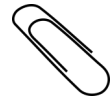


THE RAINBOW FISH

ARTS ACTIVITY - The Fishing Game By Sue Buntin

Things you will need:

- Paper or card (cereal box card will do or you could use coloured paper). You will need enough for 5 or 10 fishes (or more if you want!)
- Scissors
- Felt pen (to write the numbers on each fish)
- Paper clips (one for each fish)
- A length of twine or wool (for the fishing rod; half a metre would probably do)
- A short stick or dowel or even a pencil (for the fishing rod handle)
- A small magnet (an old fridge magnet would do)



INSTRUCTIONS:

To Make The Fishes

- Cut out fish shapes on card or paper
- Draw a mouth and eye on each
- Write a different number on each fish (1–5 or 1–10 depending on the age/ability of your child)
- Slip a paper clip on to each fish



To Make The Fishing Rod

- Attach your magnet to a piece of garden twine (or similar)
- Attach the other end of the twine to the short stick

Play the game!

Level 1 - for very young children: See if your child can manage to 'catch' a fish with the rod

Level 2 - for children beginning to recognise numbers 1–5:

Ask your child to 'catch' the number 1, then number 2 etc.

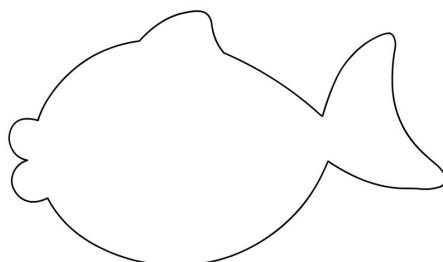
Level 3 - for children who can recognise numbers up to 20:

Ask your child to 'catch' a particular number i.e. number 8 etc.

Level 4 - for children who are beginning to add simple numbers together:

Ask your child to 'catch' 2 fishes Can they add the numbers up? (i.e. $6 + 8 = 14$)

Happy fishing!



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