



## Hands on Activity “Routines that Rock!” Song

**Goal:** This module helps parents use a song as a fun way to engage young children in developing routines that support getting to preschool/school every day. (30 minute activity)

**Materials:** Pencils, paper, colorful markers, large paper for brainstorming, masking tape to hang paper, lyrics sheet

### Instructions:

#### 1. Introduce Importance Of Attendance (10-12 minutes)

- a. Show *Bringing Attendance Home* video. (6.5 minutes)
- b. Debrief Video (5 min)  
Ask participants to turn to their neighbor and share what insights they gained about why attendance matters (3 min).  
Ask a few people share out (2 min)

#### 2. Introduce Morning Routines (5-8 min)

Briefly talk about the importance of morning routines for getting to school/preschool on time. Then, ask participants to write or talk to a partner about what are those key morning activities. (5 minutes)

### 3. Writing a song (15 min)

- a. Introduce the idea that a song is a way to capture the routines.
  - b. Ask participants to name a few of their children's tunes.
  - c. Point out tunes that are easy to connect to words:
    - ✓ Jingle Bells.
    - ✓ Row-Row-Row Your Boat
    - ✓ The wheels on the bus
  - d. Share sample song (see attached).
  - e. Break into small groups. Encourage working as a team. If only a few parents show up for the workshop, consider working together to 2 or 3 songs inspired by the favorite tunes of the different parents.
4. **Sing Out:** Ask groups to sing their songs to each other. Consider using your mobile phone to video tape to them. Ask the parents to hand in the lyrics they created. **(5-10 min)**
5. **(Optional) Honor the Work:** Use the Sing of Song On Time Handout after the activity to show and share the different songs created. They could be given to teachers and sent home to all the parents in the preschool/school.

## Sample Song (Handout)

### A Perfectly Punctual Song Created by Parents for their Children

Set to the tune of "The Farmer in the Dell"



### Song #1

*Wake up – brush your teeth!*

*And put on your clothes!*

*We are on time for success, this is how it goes!*

*We're on the bus by 8!*

*We're at the school on time!*

*Good morning and hello friends,*

*I'm ready to learn today!!*

***Created by parents of Morgan State University's Head Start Program***



## Sing a Song of On-Time (Handout)

**Participants:**

**Song Tune:**

**Lyrics:**