



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)

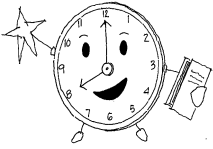
- a. Briefly talk about the importance of morning routines for getting to preschool/school on time.
- b. Invite parents to share with each other the key activities that need to be completed to get children ready for preschool/school.

3. Discuss parents/caregiver routines in the morning (10 minutes)

- a. Use the parent handout (attached) to stimulate conversation about what parents/caregivers must do in order to be able to help their children get to preschool/school on time. See sample below.

- b. Encourage parents to use the handout to write down what are **their** morning routines.
- c. Ask participants to share their most successful strategies for “**staying a step ahead**” of the children regarding morning.

Sample parent handout

 <h2 style="display: inline;">Parent/Caregiver Routines</h2>			Changes?
Time	Activity	Goal	Strategy
6:45	Alarm rings	Up by 6:50	Put clock across bedroom
6:50	Wake children	Kids out of bed by 7:00	Turn on lights
7:00	Use Bathroom		Be first...

Note: If you feel it would be helpful, you can also encourage parents to use a similar handout to think about their evening routines.

4. 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. If you have a multi-cultural group, invite parents to choose tunes that represent their heritage and/or create lyrics in their language
- e. Share sample song (see attached).

- f. Break into small groups. Encourage working as a team. If only a few parents show up for the workshop, consider working together to create 2 or 3 songs inspired by the favorite tunes of the different parents.
5. **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)**
 6. **(Optional) Honor the Work:** Use the Sing of Song On Time Handout after the activity to share the different songs created
 - a. Collect the worksheets listing tunes and lyrics.
 - b. Create a compilation of the songs parents created connecting “songwriters” to their work.
 - c. If you have songs from different cultures and/or lyrics in different languages, include a translation.
 - d. Give the song sheets to teachers for classroom use and/or send song sheets 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: