



Brain**STAR**
Strengthening Through Action Repetition

Classroom Activities



Movement Poem 4- Cave Music

Suggested Levels: 3-7

Time: Less than 5 minutes

Foundation: Rhythm & Beat

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Have the class read aloud in unison while acting out the movements.

Cave Music

Suggested Movements

Clap, clap, clap,
And
Ugh, ugh, ugh-
It's the cave man's music way.

(clap to beat)

(caveman impersonation)

Stomp, stomp, stomp,
And
Bang, bang, bang,
It's the way they danced in caves.

(stomp feet to beat)

(slap desk to beat)

Clap, clap, clap,
And
Ugh, ugh, ugh-
It's the modern music way.

(clap to beat)

(dancing impersonation)

Stomp, stomp, stomp,
And
Bang, bang, bang,
It's the way we dance today!

(stomp feet to beat)

(slap desk to beat)

Source: Confetti- A Crazy, Corny Collection of Choral Reading Activities for the Classroom, Kathryn Gangel