

Solais trafaig activity

Inbheach agus leanabh

Seas. Can ris an leanabh 'Dèan thusa mar a tha mise a' dèanamh'. Airson na sèist, coisich timcheall an rùm 's tu a' cur an ìre gu bheil thu a' dràibheadh càr le cuibhle-stiùirdh mhòr. Gluais do ghàirdeanan suas agus sìos ris a' cheòl. Cùm grèim teann air a' chuibhle-stiùiridh agus stad nuair a sheinneas tu 'A' stad aig solais trafaig'. Dèan seo gach uair a ghabhas tu an t-sèist.

Aig a' chiad rann, cuir do ghàirdean a-mach 's do bhois fosgailte a' dèanamh comharra 'STAD' nuair a tha thu a' seinn 'Stad a-nis! Tha e dearg'.

Gluais timcheall mar a rinn thu roimhe aig an t-sèist.

Aig an dàrna rann, fuirich far a bheil thu agus breab cas mu seach nuair a tha thu a' seinn 'Dèan deiseil! Tha e buidhe'. Aig an treas rann, ruith timcheall gu luath 's tu a' seinn 'Thalla a-nis! Tha e uaine!'.

Adult and child

Stand up. For the chorus, pretend to drive a car with a big steering wheel. Walk around the room at the same time. Try to move your arms up and down as you drive in time to the music. Hold your hands firm on the wheel and stop moving when you sing the line 'A' stad aig solais trafaig'. Do this every time you sing the chorus.

For the first verse, put your arm out with your palm facing forward to gesture 'STOP' as you sing 'Stad a-nis! Tha e dearg'.

Continue moving around as before for the chorus.

For the second verse, stay where you are and stamp one foot after the other as you sing 'Dèan deiseil! Tha e buidhe'. For the third verse run around quickly as you sing 'Thalla a-nis! Tha e uaine!'.

Gnìomh buidhne

Iarr air a' chloinn seasaibh far nach eil neach eile ro fhaisg orra.

Airson na sèist, coisichibh timcheall an rùm, a-mach 's a-steach eadar na leanaban eile, 's sibh a' cur an ìre gu bheil sibh a' dràibheadh càr le cuibhle-stiùirdh mhòr. Gluaisibh ur gàirdeanan suas agus sìos ris a' cheòl. Cumaibh grèim teann air a' chuibhle-stiùiridh agus stadaibh nuair a sheinneas sibh 'A' stad aig solais trafaig'. Dèanaibh seo gach uair a ghabhas sibh an t-sèist.

Aig a' chiad rann, cuiribh ur gàirdeanan a-mach 's ur boisean fosgailte a' dèanamh comharra 'STAD' nuair a tha sibh a' seinn 'Stad a-nis! Tha e dearg'.

Gluaisibh timcheall mar a rinn sibh roimhe aig an t-sèist.

Aig an dàrna rann, fuirichibh far a bheil sibh agus breabaibh cas mu seach nuair a tha sibh a' seinn 'Dèan deiseil! Tha e buidhe'. Aig an treas rann, ruithibh timcheall gu luath 's sibh a' seinn 'Thalla a-nis! Tha e uaine!'.

Group Activity

Ask the children to spread out and stand in a space.

For the chorus, pretend to drive a car with a big steering wheel. Walk around the room at the same time and weave in and out of the other children. Try to move your arms up and down as you drive in time to the music. Hold your hands firm on the wheel and stop moving when you sing the line 'A' stad aig solais trafaig'. Do this every time you sing the chorus.

For the first verse, put your arm out with your palm facing forward to gesture 'STOP' as you sing 'Stad a-nis! Tha e dearg'.

Continue moving around as before for the chorus.

For the second verse, stay where you are and stamp one foot after the other on the spot as you sing 'Dèan deiseil! Tha e buidhe'. For the third verse run around quickly as you sing 'Thalla a-nis! Tha e uaine!'.

Dè chì mi sa bhaile? Activity

Inbheach agus leanabh

Suidh mu choinneamh an leanaibh. Gluais do làmhan tè mu seach os cionn do shùilean mar gu bheil thu a' coimhead fada bhuaibh nuair a tha thu a' gabhail na sèist. Feuch ri seo a dhèanamh ris a' cheòl. Leig ort gu bheil thu a' dràibheadh càr nuair a tha thu a' seinn mu na 'càraichean'. Dèan bocadaich nad shèithear nuair a tha thu a' seinn mu na 'busaichean'. Leig ort gu bheil thu a' tairgsinn airgead às do làimh aig 'bùithtean'. Ruith ann an làrach nam bonn aig 'pàirc mhòr'.

Adult and child

Sit facing your child. Move your hands one by one above your eyes as if looking into the distance as you sing the chorus. Try to do this in time to the music. Pretend to drive a car when you sing about the 'càraichean'. Bump up and down on your chair as you sing about 'busaichean'. Pretend to offer money from your hand for 'bùithtean'. Run on the spot for 'pàirc mhòr'.

Gnìomh buidhne

Suidhibh air sèithrichean ann an cearcall. Dèan dà leth air a' bhuidhinn. Faodaidh aon bhuidheann an t-sèist a ghabhail agus faodaidh an dàrna buidheann na rannan a ghabhail. Seinnibh fhad 's a tha sibh a' dèanamh nan gnìomhan seo: Gluaisibh ur làmhan tè mu seach os cionn ur sùilean mar gu bheil sibh a' coimhead fada bhuaibh nuair a tha sibh a' gabhail na sèist. Feuch ri seo a dhèanamh ris a' cheòl. Leigibh oirbh gu bheil sibh a' dràibheadh càr nuair a tha sibh a' seinn mu na 'càraichean'. Dèanaibh bocadaich nur sèithrichean nuair a tha sibh a' seinn mu na 'busaichean'. Leigibh oirbh gu bheil sibh a' tairgsinn airgead às ur làimh aig 'bùithtean'. Ruithibh ann an làrach nam bonn aig 'pàirc mhòr'.

Group Activity

Sit on chairs in a circle. Split the group into two. One group can sing the chorus and one group can sing the verses. Sing whilst following these actions: Move your hands one by one above your eyes as if looking into the distance as you sing the chorus. Try to do this in time to the music. Pretend to drive a car when you sing about the 'càraichean'. Bump up and down on your chair as you sing about 'busaichean'. Pretend to offer money from your hand for 'bùithtean'. Run on the spot for 'pàirc mhòr'.

Chì mi na craobhan àrda - Activity

Inbheach agus leanabh

Seas còmhla ris an leanabh. Can ris an leanabh, 'Dèan mar a tha mise a' dèanamh'. Cuir do làmhnan còmhla air beulaibh do bhroillich agus put suas iad nuair a tha sibh a' seinn 'craobhan àrda'. Cuimhnich gum bi gàire air d' aodann 's tu a' seinn 'Agus bidh mi sunndach'. Cuir do làmhnan ri chèile agus gluais do ghàirdeanan mar abhainn lùbach nuair a tha sibh a' seinn 'abhainn lùbach'. Dèan beinn dhe do làmhnan agus gluais iad os cionn do chinn airson 'beanntan mòra'. Gluais do chorrigan a-null 's a-nall faisg air an ùrlar nuair a tha sibh a' seinn 'feur gorm'. Buail do làmhnan air do ghlùinean agus an uair sin buail do bhoisean ri boisean an leanabh nuair a tha sibh a' seinn na sèist. Feuch gum buail thu ri buille an òrain.

Adult and child

Stand with your child. Bring your hands together in front of your chest and push them upwards as you sing 'craobhan àrda'. Don't forget to smile as you sing 'Agus bidh mi sunndach'. Clasp your own hands together and move your arms like a winding river as you sing 'abhainn lùbach'. Make your hands into the shape of a mountain and move them above your head for 'beanntan mòra'. Wiggle your fingers from side to side down low as you sing 'feur gorm'. Tap your knees and then clap your hands together as you sing the chorus. Try to tap in time to the beat.

Gnìomh buidhne

Seasaibh ann an cearcall. Iarr air a' chloinn seasamh nan dithisean, aghaidh ri aghaidh. Cuiribh ur làmhnan air beulaibh ur broillich agus putaibh ur làmhnan suas nuair a tha sibh a' seinn 'craobhan àrda'. Cuiribh ur làmhnan ri chèile agus gluaisibh ur gàirdeanan mar abhainn lùbach nuair a tha sibh a' seinn 'abhainn lùbach'. Dèanaibh beinn le ur làmhnan agus cuiribh air mullach ur cinn iad airson 'beanntan mòra'. Gluaisibh ur corragan a-null 's a-nall faisg air an ùrlar nuair a tha sibh a' seinn 'feur gorm'. Buailibh ur làmhnan air ur glùinean agus an uair sin buailibh bhoisean ri boisean ur caraid nuair a tha sibh a' seinn na sèist. Feuchaibh gum buail sibh ri buille an òrain.

Group Activity

Stand in a circle. Ask the children to stand in pairs, facing each other. Bring your hands together in front of your chest and push them upwards as you sing 'craobhan àrda'. Don't forget to smile as you sing 'Agus bidh mi sunndach'. Clasp your own hands together and move your arms like a winding river as you sing 'abhainn lùbach'. Make your hands into the shape of a mountain and move them above your head for 'beanntan mòra'. Wiggle your fingers from side to side down low as you sing 'feur gorm'. Tap your knees and then clap your partner's hands as you sing the chorus. Try to tap in time to the beat.

Annas na lòintean – Activity

Inbheach agus leanabh

Can ri do leanabh, ‘Dèan mar a tha mise a’ dèanamh’. Seinn a’ chiad rann. Seas agus breab do chasan a-mach bhut ri buille a’ chiùil. Breab do chasan air an ùrlar nuair a tha thu a’ seinn na sèist: ‘Splisidh, splaisidh anns na lòintean’. Leum suas agus sìos nuair a tha thu a’ seinn an dàrna rann: ‘Tha spòrs againn anns na lòintean’. Feuch gun cùm thu ri buille an òrain.

Adult and child

Sing the first verse. Stand up and kick your feet away from your body in time to the music. Stamp your feet as you sing the chorus: ‘Splisidh, splaisidh anns na lòintean’. Jump up and down as you sing the second verse: ‘Tha spòrs againn anns na lòintean’. Try to keep in time throughout.

Gnìomh buidhne

Seasaibh ann an cearcall làmh air làimh. Gluaisibh deasail fhad ‘s a tha sibh a’ seinn a’ chiad rann. Fanaibh far a bheil sibh airson na sèist agus leumaibh no breabaibh ur casan a-mach. Cumaibh oirbh a’ gluasad timcheall làmh air làimh a-rithist airson an dàrna rann. Fanaibh far a bheil sibh agus leumaibh no breabaibh ur casan a-mach airson na sèist mu dheireadh.

Group Activity

Stand in a circle holding hands. Walk round in a clockwise direction as you sing the first verse. Stay where you are for the chorus and jump or kick your feet out. Continue walking round again for the second verse holding hands. Stay where you are and jump or kick for the final chorus.