

Activity for Rabaid gheal

Inbheach agus leanabh

Seas a' coimhead ris an leanabh. Gluais do ghàirdeanan suas agus sìos nuair a tha thu a' seinn 'Suas is sìos'. Cunnt na h-àireamhan 'Aon, dhà, trì' air do chorragan.

Aig an deireadh, leum suas agus sìos mar na beathaichean san òran.

Adult and child

Stand facing your child. Move your arms up and down as you sing the words 'Suas is sìos'. Count the numbers on your fingers for 'Aon, dhà, trì'.

Jump up and down like the animals in the song at the end.

Gnìomh buidhne

Seasaibh ann an cearcall agus sgaoilbh pìos lycra eadaraibh. Gluaisibh an lycra suas is sìos ri faclan an òrain. Feuchaibh an lycra a ghluasad suas is sìos ris a' cheòl. Cuiribh poca-phònairean ann am meadhan an lycra agus gluaisibh suas is sìos e mar a bha sibh a' dèanamh roimhe. Nuair a ruigeas sibh an loidhne 'Leum, leum, uì!' thoiribh air a' phoca-phònairean leum nas àirde agus nas àirde gus an tuit e air an làr

Group Activity

Stand in a circle and stretch out a piece of lycra between you. Move the lycra up and down following the words of the song. Try to move the lycra up and down in time to the music. Place a beanbag in the middle of the lycra and move it up and down as before. When you reach the line 'leum, leum, uì' make the beanbag jump higher and higher until it falls to the floor.

Activity for Na Solais Trafaig

Inbheach agus leanabh

Faigh àite dhut fhèin agus seas ann. Cuir do làmh suas agus dèan an comharra airson stad sa chiad rann nuair a tha thu a' seinn 'Stad ort!' Fuirich nad sheasamh far a bheil thu, ach gluais bho chas gu cas 's tu a' seinn 'Dèan deiseil'. Ruith timcheall aig an rann mu dheireadh 's tu a' seinn 'Thalla a-nis'.

Adult and child

Stand in a space. Place your hand up in the air and motion to stop as you sing the first verse, 'Stad ort!'. Stay standing where you are but move your weight from one foot to the other as you sing 'Dèan deiseil'. Run around for the final verse as you sing 'Thalla a-nis'.

Gnìomh buidhne

Seas air beulaibh na cloinne agus iarr orra àite fhaighinn dhaibh fhèin. Seinn an t-òran mar phractas. Cùm suas pòca-phònairean dathte no dotag dhathte a tha a' freagairt air an rann a tha thu a' seinn. Cuir do làmh suas dhan adhar agus dèan an comharra airson stad nuair a tha thu a' seinn 'Stad ort!' Brosnaich a' chlann gu bhith a' dèanamh mar a tha thusa a' dèanamh. Fuirich nad sheasamh far a bheil thu ach gluais bho chas gu cas 's tu a' seinn 'Dèan deiseil'. Bu chòir a h-uile duine ruith timcheall aig an rann mu dheireadh 's tu a' seinn 'Thalla a-nis'.

Nuair a tha sibh eòlach air an òran, cùm suas pòca dearg, buidhe no uaine air thuairmeas còmhla ris an òrdugh a tha a' freagairt air. Bu chòir a' chlann an gnìomh ceart a dhèanamh airson gach dath. Tha an leanabh mu dheireadh a nì an gnìomh ceart a-mach às a' gheama. Cumaibh a' dol gus a bheil buannaiche agaibh.

Group Activity

Stand in front of the children and ask them to stand in a space on their own. Practise singing the song through. Hold up a coloured bean bag or coloured spot to match the verse you are singing. Place your hand up in the air and motion to stop as you sing the first verse - 'Stad ort!'. Encourage the children to do the same. Stay standing where you are but move your weight from one foot to the other as you sing 'Dèan deiseil'. Everyone should run around for the final verse as you sing 'Thalla a-nis'.

Now that you are familiar with the song, hold up red, yellow or green bean bags randomly with the matching command. The children should do the correct actions for each colour. The slowest child to follow the command and do the correct action is out. Continue until you have one winner.

Activity for Luchag bheag gheal

Inbheach agus leanabh

Suidh mu choinneamh an leanabh. Buail do làmhan fhèin ri chèile agus an uair sin buail làmhan an leanabh fhad 's a tha thu a' seinn an òrain. Cuidich an leanabh a bhith a' bualadh an làmhan ris a' cheòl. Nuair a ruigeas tu an loidhne 'am falach fon staidhre' falaich d' aodann le do làmhan. Cumaibh a' dol a' bualadh ur làmhan airson gach rann. Dèan an gnìomh airson na loidhne mu dheireadh de gach rann. Sreap beinn airson 'a' sreap suas na beanntan', ruith air làrach nam bonn airson 'a' ruith tron bhaile', leum suas is sìos airson 'a' leum anns na lòintean' agus comharraich an t-adhar led chorraig airson 'shuas anns na speuran'.

Adult and child

Sit facing your child. Clap your own hands together and then your child's hands as you sing the song. Try to help your child clap in time to the beat. When you reach the final line 'am falach fon staidhre' hide your face with your hands. Continue as before clapping your hands for each verse. Follow the activity for the last line of each verse. Climb a mountain for 'a' sreap suas na beanntan', run on the spot for 'a' ruith tron bhaile', jump up and down for 'a' leum anns na lòintean' and point to the sky for 'shuas anns na speuran'.

Gnìomh buidhne

Seasaibh ann an cearcall. Tionndaidhibh ris an neach ri ur taobh anns a' chearcall, agus buailibh làmhan a chèile ris a' cheòl fhad 's a tha sibh a' seinn. Aig deireadh an rainn, tionndaidhibh ris an neach air an taobh eile. Tòisichibh a' bualadh ur làmhan còmhla ris a' charaid ùr. Tionndaidhibh air ais chun a' chiad charaid airson an ath rainn. Cumaibh a' dol mar seo gu deireadh an òrain. Smaoinichibh air gnìomhan a tha a' freagairt air na faclan san loidhne mu dheireadh de gach rann.

Group Activity

Stand in a circle. Face a partner in the circle and clap hands with your partner as you sing, keeping in time to the beat. Turn around at the end of the verse and face the person who is standing on your other side. Begin clapping again with this new partner. Turn back to the original partner for the next new verse. Continue in this way until the song is complete. Think about actions to match the words for the last line of each verse.

Activity for Dearg agus buidhe

Inbheach agus leanabh

Suidh air an làr. Cuir pocannan-pònair no blocaichean dathte air do bheulaibh. Comharraich na dathan nuair a tha thu gan seinn. Cuir an dà dhath còmhla ris an dath a tha iad a' dèanamh aig deireadh gach rainn. Brosnaich an leanabh gu bhith a' comharrachadh nan dathan còmhla riut. Faigh peant agus feuch am measgaich thu na dathan fhad 's a tha thu a' seinn an òrain.

Adult and child

Sit on the floor. Place some coloured beanbags or blocks in front of you. Point to the colours you sing about as you sing them. Place the two colours together with the colour that they make at the end of each verse. Encourage your child to help point out the colours. Get some paint and see if you can mix the colours as you sing the song.

Gnìomh buidhne

Seasaibh ann an cearcall. Togaibh poca-pònair a tha a' maidseadh nan dathan mu bheil sibh a' seinn. Nuair a ruigeas sibh an loidhne 'mun cuairt, mun cuairt a' measgachadh', tionndaidhibh gu luath ann an làrach nam bonn. Cò as urrainn an dath ceart a thomhas aig deireadh gach loidhne?

Group Activity

Stand in a circle. Pick up a beanbag which matches the colours you sing about. When you reach the line 'mun cuairt, mun cuairt a' measgachadh', spin around on the spot. Who can guess the correct colour at the end of each line?

Activity for Dè an dath as fheàrr leat?

Gnìomh buidhne

Seasaibh ann an cearcall is càrn phocannan-pònair no bhlocaichean dathte sa mheadhan. Iarr air a' chloinn seinn agus pàirt a ghabhail san t-sèist. A' chiad uair a ghabhas sibh an t-òran, can ris a' chloinn an dath a thaghadh a tha a' freagairt air an loidhne a tha sibh a' seinn. An dàrna uair a ghabhas sibh e, cuir na pocannan-pònair ann an diofar phàirtean den rùm. Can ris a' chloinn ruith chun an dath as fheàrr leotha nuair a tha sibh a' seinn mun deidhinn. Mar eisimpleir: An e uaine no orains as fheàrr leotha? Bu chòir dhaibh ruith gu dath diofraichte airson gach rann.

Group Activity

Stand in a circle with a pile of different coloured beanbags or blocks in the middle. Invite the children to sing and join in with the chorus. The first time you sing the song, ask the children to select the colour corresponding to the line you sing. The second time you sing it place the beanbags in different parts of the room. Ask the children to run to the colour they prefer as you sing about them. Eg: Do they prefer green or orange? The children should run to a different colour for each verse.

Activity for Dè an dath a th' air?

Gnìomh buidhne

Suidhibh ann an cearcall agus cuiribh poca-phònairean timcheall a' chearcaill ris a' cheòl. Brosnaich a' chlann gu bhith a' seinn dath a' phoca nuair a ruigeas sibh an loidhne mu dheireadh. Taghaibh poca de dhath diofraichte gach uair agus tòisichibh a-rithist.

Group Activity

Sit in a circle and pass a coloured bean bag round the group in time to the music. Encourage the children to sing the colour of the beanbag when you reach the final line. Choose a different coloured beanbag each time and begin again.n.

Activity for Càr beag buidhe

Inbheach agus leanabh/Gnìomh buidhne

Peantaibh truinnearan pàipeir leis na dathan a th' air na carbadan anns an òran. Nuair a tha iad tioram, cleachdaibh na truinnearan mar chuibhlichean-stiùiridh agus tionndaidhibh na cuibhlichean fhad 's a tha sibh a' seinn. Cleachdaibh truinnear de dhath diofraichte airson gach rann. Gluaisibh timcheall an rùm, a-mach 's a-steach am measg a chèile. Tòisichibh gach rann aig astar diofraichte agus gluaisibh a rèir sin

Adult and child / Group activity

Paint some paper plates the colours of the vehicles in the songs. Once they're dry, use the plates as steering wheels and turn the wheels as you sing. Use a different coloured plate to match each verse. Move around the room for each verse, weaving in and out of each other. Begin each verse at a different speed and move accordingly.