



# 22 GEMS for JUNIORS

by JoAnn Butler

## Gem #1

Try this HAND JIVE to capture the choristers' attention, to teach them to follow directions, to teach them to feel rhythm, and to create a happy, positive atmosphere in the rehearsal room.

Put this list of body movements on a half-sheet of poster board using a felt marker. Instruct the children to do each movement four times. Say "1, 2, ready, go" and play "This Old Man" while they move through the list. If you don't have a copy of "This Old Man," use any eight measures of a song in 4/4 time that has a good, strong rhythm.

Keep this poster handy. It makes a great "relaxer" when you need it in a rehearsal.

Here's the list:

- Clap
- Blink Eyes
- Snap Fingers
- Patschen
- Stomp Feet
- Pat Head
- Tap Shoulders
- Rabbit Ears

Note: *Patschen* means to slap thighs and *rabbit ears* means to make floppy motions with hands on heads.

## Gem #2

Nothing will help your rehearsals like rhythm activities. They help the children feel good and at the same time they are learning to feel a steady beat.

Here is a rhythm game for your choir. Divide the group in the center. Instruct one group to follow the bottom line of the following exercise and the other group to follow the top line of notes. Explain that the stems on the top line go up and the

stems on the bottom line go down. Practice each group separately. Put them together. When they've mastered one part, switch parts.

The group following the bottom line will slap their thighs (patschen) on their notes. The group following the top line will clap their hands.

While the children are doing the game, you play "This Old Man" or a similar song in 4/4 which has 8 measures.

This is what you put on your poster: