

Individual Activity Lesson Plan



Date: Friday 12.06.2020	
Activity Title: A Lullaby for Baby Bear	
Learning Intention: To build a repertoire of songs.	Activity Overview: To learn a lullaby to help Baby Bear sleep.
Links to EYFS: Expressive arts and design: -Begins to build a repertoire of songs and dances	
Resources: -Link to lullabies - https://www.youtube.com/watch?v=X5voTsX1hWA -Lyrics attached below lesson plan	Key vocabulary: Lullaby, sleep, relax, lyrics, words.
ACTIVITY IMPLEMENTATION (including key questions)	
<p>Introduction: *Watch/recap today's story <i>Peace at Last</i> by Jill Murphy. -Can you remember what baby bear was doing? -Do you think Baby Bear was ready to sleep?</p> <p>Main Activity:</p> <ul style="list-style-type: none"> • Explain to your child that they are going to learn a song to help Baby Bear sleep. • Traditionally songs to help children sleep are called lullabies. <p>-Do you know what a lullaby is? - Do you know any lullabies?</p> <ul style="list-style-type: none"> • Follow the link in the resource box to listen to a song. • The song is very short – please repeat as many times as you like. • Use the lyrics attached below the lesson plan and teach your child the song. • Use a call and response method to teach your child the song. You sing a line and ask your child to sing it back to you. • When you have completed the song in this way, sing the song together. • Finally encourage your child sing the song independently. <p>Challenge for Parents:</p> <ul style="list-style-type: none"> • Teach your child a song that was sung to you when you were a child. • This could be a song before bedtime or a traditional rhyme, a song from your country or in a different language. 	
<p>Additional ways to support your child: Try speaking the words first then ask your child to say them back.</p>	<p>Extension: -Can you think of any other ways to help Baby Bear get to sleep? - Make a poster to show Baby Bear your bedtime routine.</p>



Good night sleep tight

The time has come to say goodnight.

To say sleep tight to the morning light

The time has come to say goodnight.

It's the end of a lovely day.

The time has come to say goodnight.

To say sleep tight to the morning light.

The time has come to say goodnight.

It's the end of a lovely day.

We've had so much fun today.

Tomorrows just a dream away.

Now it's time to say goodnight.

At the end of a lovely day.

Goodnight!