

21 ways to use the stretchy band

Get inspired now!

A creative movement prop for music and movement, community building, body and spacial awareness, teaching rhythm, music, and...FUN!

GOAL AREAS TO CONSIDER:

Motor skills
Spatial awareness and concepts
Bi-laterality (diagonals)
Cognitive - literacy, colors, body parts
Beat Competence
Social Skills
Creativity, Self Esteem
Boundary Issues, Trust, Team Building

This list includes clickable links to songs, videos, and blog posts.

1. Sit, on the floor or in chairs. Sing "Row, Row, Row Your Boat" doing the actions with the song while holding the stretchy band. You can see a video clip of this in action [here](#). It features the version of "Row, Row, Row your Boat." by Lynn Kleiner
2. Use the stretchy with the beautiful lullaby, "Little Bird Sings and Blows in the Wind" Read a blog post about it on [Susan Seale's Make Me Musical](#).
3. Musical Stretchy Band: Tie a ribbon on the stretchy band and use hand over hand motion to pass the band around the circle while some music plays. When the music stops, the person closest to the ribbon makes up an action and everyone copies it.

4. Ages 9-13 participate in learning 4/4 time, large motor exercises, group involvement, and fun! [Visit the video here.](#)

5. Use the song, "Here We Go Round the Mulberry Bush" while walking in a big circle. All fall down at the end, then get up and go the other direction for the 2nd verse.

6. This activity was sent in by Jessica Pelp of Adventures in Spanish, <http://www.portlandearlylearning.com/> - "We use them for our Spanish classes and camps for illustrating opposites. We put it around our backs when we're in a circle, leaning against it and say dentro/inside and then lift it over our heads in front of us and fuera/outside. OR hold it up and say arriba (high) and hold it down and say abajo/down. Things like that. It's lots of fun!"

7. Rachel Rambach MM, MT-BC wrote "Movin' in a Circle and is featured in the video found [here](#). The medium stretchy band is featured in this video with three different age groups.

8. Denise Travis from the music therapy program at EMU Autism Collaborative Center sent in her favorite private stretchy band song. Play pirate and move the back to accompany the "chores" pirates do like moving left and right near the floor to "scrub the deck" and in rhythmic circles in a rowing motion to "row", up and down "trim the sails" and everyone facing the same direction around the circle, pull hand over hand to "haul in the anchor." All while singing something like "Blow the Man Down" or "Song of the Pirates." Avast, me hearties!

9. "Stretch Back" song written by Eric Litwin and Michael Levine. Sheet music and coloring sheet can be [found at this link.](#)

10. Jan Ackley Melecha MT-BC NMT shared this fun song and activity she uses with the stretchy band "Bear up in the apple tree, Bear down on the ground (Up-down motion), Bear up in the apple tree (Up), shake them/those apples down (shake downward together)" You can vary voice tone (slide up getting louder and slide down getting quieter) teaching music dynamics, use color cues for the direction (color groups go up and down together on one line, change to another group on the next line, everyone

shake together) and visuals for loud (f) and soft (p) if goals indicate. The kids and adults I've used this with loved it and got creative as we changed the things in the tree....pear, plum, peach, acorns, soccer balls and even pumpkins (heavy lifting). It helped to have the stretchy band to gather us all in to a group social circle and dynamic, while all this sub-cortical concept/science learning and range of motion were going on. It was easy to include students in wheelchairs, as well as ambulant and some with upper extremity contractures."

11. Linda Jedrzejek MT-BC suggests using Tao Cruz' song "Dynamite" for teens/young adults.

12. B-I-N-G-O! - on "H.U.M. - Highly Usable Music" Track #11 by Carole Stephens of Macaroni Soup

Use the stretchy band for this traditional circle dance. For the final BINGO spelling we took steps toward the middle for B-I-N-G, then backing out on OOOOOOooooo, until the band was taught again!

13. Sing to the tune of "If You're Happy and You Know It"

While the stretchy band goes 'round, march your feet. (march in circle)

While the stretchy band goes 'round, march your feet In your hands the rainbow colors, really make you smile. While the stretchy band goes 'round, march your feet.

(Other movement suggestions: gallop, skip, walk, jump)

When the stretchy band goes up, make a yawn. (Lift stretchy band high)

When the stretchy band goes up, make a yawn. In your hands the rainbow colors, really make you smile. When the stretchy band goes up, make a yawn.

(Other movement suggestions: shout hooray, lift your leg, wiggle your shoulders, shake your head, do a dance)

14. - Use the Nutcracker Suite for a wonderful movement activity. Artie Almedia shows off her style in this video.

14. “The Wheels on the Bus”

1. wheels – move band in circles away from body.
2. doors – lay back, sit up (yup, it’s sit-ups!)
3. windows – move band up’n’down
4. wipers – move hands from side to side
5. people get bumped around – shake it, baby!
6. babies cry – knock fists together, then apart quickly
7. repeat wheels

16. “Stretchy Band Jam” by www.musicwithmar.com

17. “Who Can Pull the Stretchy Band” by www.musicwithmar.com

18 Miss Carole of Macaroni Soup’s song “Giddy-Up!”

19. Using movement, rhythmic cues, and a Stretchy Band, children learn the skill of alliteration in a fun and motivating environment. A related blog post gives more information about why alliteration—being able to generate words that start with the same sound—is an important foundation for literacy. Check out the [video here](#).

20. [Jump on board the stretchy band train](#). Using “Little Red Caboose” by Sweet Honey and the Rock and “Riding on a Train” by Nick the Music Man and Jen the Fairy Dancer, these two videos plus printable train tickets are sure to be a hit.

21. “Buddy Band on the Road” song by Margie La Bella of musictherapytunes.com

