

Songs and Ideas for using a Parachute

Music Therapist's from all over the country shared ideas in our "Music Therapist's Unite!" facebook forum.

Song Title/Artist	Possible Activity Ideas, Key things to know!
<i>Going to Kentucky</i>	We hold and shake it up and down, during "Shake It" we go side-to-side and for "rumble to the bottom/top", we do just that!
<i>Popcorn Chant</i> Raffi	You put the oil in the pot (echo) (pretend to put oil in), and you watch it get hot (echo) (start to shake slightly), you put the popcorn in (echo) (put pom poms, bean bags, plastic balls, balloons, or something of the like in), and you start to grin (echo) (big pause to delay gratification), aaaannnnndddd sizzle sizzle sizzle sizzle sizzle sizzle sizzle sizzle sizzle sizzle (all together) (rattling the parachute so that the things just start to bounce a little bit), Pop! Pop! (2 slow ones) Pop pop pop pop pop pop pop pop pop pop pop pop (bouncing the things until they have all flown off) YUM! The tune is sing-songy like a military chant. It's really fun!
<i>Merry Go 'Round</i> Music Together	great song in a minor key. You get to walk around and lift and fall the parachute gently.
<i>"Elevator"</i> Dave Archuletta	The Chorus: <i>"elevator goes up, elevator goes down, and you just go with the flow til your feet are back on the ground. It's an endless ride sometimes it takes up sometimes it tears you down inside. But it's the butterflies that keep you feelin' so alive, so alive. You gotta get back that high"</i>
<i>Sally go Round the Sun</i>	

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<i>Jim Along Josie</i>	
<i>Wigglin Worms (to the tune of "Farmer in the Dell")</i>	<p>Lyrics: "The worms are wiggling low, the worms are wiggling low, high ho the dairy-o the worms are wiggling low."</p> <p>You can change the words to fast, slow, etc. I should add that you can have a few of the kiddos go under the chute and be the worms.</p>
<i>Will it Go Round in Circles</i> By Billy Preston	
<i>Slow and Fast</i> Hap Palmer	
<i>The Rabbit and The Turtle</i> Laurie Berkner	Fast/Slow Song
<i>Popcorn</i> Barenaked Ladies	Small pompoms for popcorn
<i>My Bonnie Lies Over the Ocean</i>	<p>Each time you say the words: "Bonnie", raise the chute. "Ocean", make waves and ripples</p> <p>Adapt: Speed up the song with each repetition</p>
<i>A Pirate Song</i>	<p>http://www.makingmusicfun.net/html/f_mmf_music_library_songbook/going-over-the-sea-lyrics.htm</p> <p>Replace "sailor" with "Pirate" Have a Ball on top of the chute, at "1, 2, 3!" Make the ball fly!</p>

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<i>Bubble Gum, Bubble Gum</i>	Put large brightly colored pom poms in the middle. The kids shook the parachute softly and then lifted it up on "wish." They enjoyed seeing the "bubble gum balls" fly everywhere! And they actually really enjoy cleaning up, too!"
<i>Good Green Earth</i> James K.	Kids will lift parachute up, down & shake or walk/rotate to the left/right, depending on age level to go with the chorus 'The sun goes up, the sun goes down, the good green earth goes round and round
<i>Somewhere Over the Rainbow</i>	
<i>Let's Go Fly A Kite</i>	
<i>Ring of Fire</i>	
<i>Orange Colored Sky</i>	