

Objective 15

Demonstrates phonological awareness, phonics skills, and word recognition

c. Notices and discriminates discrete units of sound

Related Objectives: 2c, 4, 5, 8b, 12a, 14b, 21a, 23, 34

What You Do

1. Divide the children into two groups.

Explain that one group will stand up and the other will squat down each time you say the word “seesaw.”

2. Continue the movement as you recite the following chant:

Seesaw, seesaw/Up and down on the seesaw
Reach up high to touch the sky
Then reach down and touch the ground
Seesaw, seesaw/Up and down on the seesaw

- **Sing the song at different tempos to encourage the children to move faster or slower.**
- **Invite the children to perform different actions with the word “seesaw,” e.g., raising and lowering arms or leaning back and forth.**
- **Add complexity by asking children to “seesaw” by balancing on one foot and then the other as they lean from side to side.**
- **Adapt this as a seated activity, inviting children to lean forward and sit up straight, and clap or pat their legs to indicate the syllables in the chant.**