

# Music, Movement and Song

## ‘The Jungle Book’

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### Introduction

A fun light exercise activity based on our theme of ‘The Jungle Book’.

You will need to source two of the best-known songs from Walt Disney’s animated film of ‘The Jungle Book’. These are ‘I Wanna Be Like You’ and ‘The Bare Necessities’.

As with all activities, be careful not to make it too childish, but do make it fun and light-hearted.

### Resources

Make animal masks and sock-puppet snakes from your Activity Bank this month, which can be found in the Art and Craft section, and you can use them in this Music and Movement activity. There is also a Discussion entitled ‘The Jungle Book’ along with an Animals Picture Quiz.

You will need a good sound system.

### What To Do

Start with a short warm-up session, stretching arms and legs, and gently twisting from side to side.

Let residents choose which animal to be, handing out the animal masks to be held in front of faces or at arm’s length and waved. Some residents will prefer instead to have the sock puppets of snakes. Help them to form the mouth of the snake with their hand. Have fun practicing moving the hand inside the sock puppet.

Introduce each animal and get them to take a bow. How does each animal sound? Include the hissing snakes!

Play each song. Encourage people to join in as much as possible, both with singing along and moving to the tune.

Then play the songs again, each time getting all the tigers, then all the bears, then all the snakes and so on to do the singalong.

