



Nutrition & Wellness *with Musical Minds*

Dates - weeks starting 22 June, 29 June, 6 July 2026

Wurundjeri season - Waring (Wombat)

NAIDOC week celebrations – First week of July

WHY CHOOSE MUSICAL MINDS?

- Live, Interactive, Active Learning**
No backing tracks. Our professional musicians provide live singing and ukulele, fostering active listening, curiosity, and deep engage.
- Inclusive Communication (Key Word Auslan)**
We integrate Key Word Auslan into our songs, offering a multi-sensory experience where children of all abilities can connect and express themselves.
- Deep Connections to Country**
Our curriculum embeds the Wurundjeri seasons, connecting children to local First Nations culture.
- A Global Instrumentation**
Children explore a curated range of authentic, age-appropriate instruments from diverse cultures, spanning from nursery to kindergarten. Bridging the gap to Primary School.
- Wrap-Around Educational Support**
We provide families and educators with videos, lyrics, and learning tools to bridge the gap between the classroom and home. Ask your centre for the exclusive resources link!

LINKS TO THE EYLF

- Outcome 4 (Learning):** Sparks inquiry, responsiveness, and focus through real-time musical interaction.
- Outcome 5 (Communication):** Broadens literacy, promotes non-verbal expression, and champions inclusive communication.
- Outcome 2 (Community):** Honors Aboriginal and Torres Strait Islander perspectives, building a strong sense of place and environmental respect.
- Outcome 2 & 4 (Diversity & Inquiry):** Promotes cultural competence and hands-on, tactile problem-solving.
- Outcome 3 (Wellbeing):** Refines fine motor skills, hand-eye coordination, and emotional resilience through mastery.
- Outcome 1 (Identity):** Strengthens a child's sense of Belonging by connecting their early learning center directly with their family life.



musicalminds.com.au

Wurundjeri Season – Waring Season (Wombat)

- This season, which falls from April to July, is characterized by cool and wet weather, misty mornings, and longer nights.
- Wombats become more active during the day, emerging from their burrows to graze and soak up the winter sunshine.



Developmental Stage	Key Learning Area	Outcome	Key Word Sign - Auslan	The Elements of Music
Nursery	Let's listen to the high and low sounds of the music. Tracking with our vision as our teachers apply movement to the pitch of the sounds. Let's explore the texture of the instruments that we are using.	1.1, 2.1	Caterpillar Strawberry Banana	Pitch - High/Low Dynamics - Loud/ Soft Tempo - Fast/Slow
Toddlers	Let's keep the beat of the music as we explore the movement of different modes of transport. Let's play the instruments to the beat and move our bodies to the beat.	1.1, 2.1, 2.2, 3.1	Emotions: <i>Happy</i> <i>Sad</i> <i>Angry</i> <i>Tired</i> <i>Excited</i>	Structure 2 parts. Chorus & Verse
Kinder 3	Let's keep the beat as a team/band. Let's count the number of beats in the bar before we start playing. Let's use expression to move like different modes of transport.	1.1, 2.1, 2.2, 3.1		Rhythm ta – crotchet ti-ti – quavers sa (shh) – 1 beat rest
Kinder 4/ Pre-Prep	Let's count the number of beats in the bar before we begin a song, then let's sing the lyrics while keeping the steady beat on our bodies.	1.1, 2.1, 2.2, 3.1		Beat of the song 1,2,3,4 1,2,3



Musical Minds Weekly Routine Songs

It's Time For Music | Let's Make a circle | Wake up Puppet | Shake and Stop
| Goodbye Song and we always share in an acknowledgement of country.

Our weekly routine songs are designed to support children's musical development by introducing and reinforcing the Elements of Music, including beat, structure, pitch, tempo, rhythm, dynamics, timbre, and expression.

These songs form the foundation of each child's musical learning. They are carefully composed and taught to promote understanding, recall, and the development of early music skills through active participation.

Each week, the songs are revisited with intentional and creative variations. This approach supports memory retention, deepens conceptual understanding, and allows children to progressively build musical knowledge in a developmentally appropriate way.

As children transition toward learning an individual instrument in Primary School, they will have established a strong and transferable understanding of how music works, providing a solid foundation for future musical learning.

It's Time For Music (*welcome song*)

Come on in it's time for music
Come on in it's music time
We'll sing and dance and play along
We'll sing and dance all day long

Shake and Stop (*sound and silence*)

We're going to shake and shake and shake and stop
Shake and shake and shake and stop
Shake and shake and shake and stop
Then we'll shake some more

Circle Song (*making music together*)

Let's make a circle, circle, circle
Let's make a circle it's music time.

Wake up Puppet (*high & low sounds*)

Wake up *puppet name* how are you today?
So – mi – so – mi – do – do -re – do
G – E – G – E – C - C - D - C1

Goodbye Song (*Key Word Sign - Auslan*)

Key Words Signs: Goodbye, Time, to go, We, Day.

Goodbye, goodbye it's time to go
Goodbye, goodbye it's time to go
We must say, you made our day
Goodbye, goodbye it's time to go



Wake up your teacher's unique puppet every week.

A puppet supports a child's imagination, confidence, and empathy by providing a safe, playful way to explore ideas, express feelings, and practise understanding others through role play.

What is your teachers' puppets name?

Lyrics: Wake up _____ (2 syllable name) how are you today!

Actions: head, shoulders, head, shoulders, fist, fist, rocket to high fist

Solfège: So - mi - so - mi - do - do - re - do1

SING at pitch (words & solfège)

FEEL the music kinaesthetically (actions)

SEE the music visually (Curwen music hand signs)

HEAR the music aurally (practice singing together)

SOLFÈGE HAND SIGNS



TEACH
BESIDEME

	DO		
	TI		
	LA		
	SOL		
	FA		
	MI		
	RE		
	DO		

PRINTABLE CHARTS & FLASH CARDS



3 - Weekly Song List

Our teachers rotate through these songs over a three-week period. Children who attend weekly music classes will learn all of the songs, while those who attend less frequently: fortnightly and monthly classes, will be taught a selection of these songs.

Nutrition & Wellness with Musical Minds



HELLO SONG

A short, welcoming song that warms up the body and mind, engages attention, and fosters connection.

- Zucchini Chant
- Banana Chant
- Hello, stop and action

CORE TOPIC SONG with graphic notation reading sheet for Kinder.

This song introduces key lyrics and concepts related to the lesson. Children learn through interactive methods such as echoing or repeating after the teacher, which supports memory, language development, and active participation.

- Strawberries

TOPIC SONG

These songs highlight all elements of music and connect to EYLF topics, helping children explore rhythm, pitch, dynamics, tempo, and expression in a fun, engaging way.

- Shake the Papaya Down (Jamaican Folk Song)
- Hungry Caterpillar

ELEMENTS SONGS

These songs focus on a single element of music, such as rhythm, pitch, or dynamics, allowing children to explore and develop a deeper understanding of that specific musical concept through fun, engaging activities.

- Reduce, Reuse and Recycle
- If You're Happy And You Know It (Auslan KWS emotions)

LULLABY

Lullabies provide a calming musical experience that helps children rest and relax. They support emotional regulation, promote a sense of security, and contribute to healthy brain development and overall well-being.

- Lean On Me
- Major To Minor
- Inanay (NAIDOC)

REFLECTION ON SONGS FOR NAIDOC WEEK

- Itsy Bitsy Yerree
- Row Row Row your Gurrong
- Inanay
- Maranoa Lullaby

TRANSITION SONG IDEA

Songs can help children move smoothly between activities by providing a predictable, engaging cue. Using music during transitions supports emotional regulation, reduces anxiety, reinforces routines, and keeps children focused and engaged.

- Let's sing about how we are feeling today, it's ok to feel lots of emotions - Key Word Sign use.
- Let's sing Shake the Papaya down as we move to lunch.



Songs & Activities

Our teachers introduce these songs using developmentally appropriate approaches, incorporating instruments, key learning areas, and engaging activities across all rooms.

This allows children to learn and enjoy the same songs together, supporting continuity and shared musical experiences across the centre and with their families at home.

We have also included an **activity** for each song that ELC educators can use in the classroom when the program is not being delivered.

HELLO SONG

A short, welcoming song that warms up the body and mind, engages attention, and fosters connection.

Zucchini & Banana Chants

Activity idea for Educators – Can you bend like a banana and say “zzzz” like the word Zucchini? Let’s try it! A great movement chant to get the children moving in the morning.

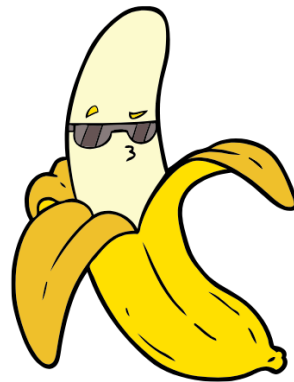
Z zucchini, z z zucchini
Z zucchini, z z zucchini

Going to peel zucchini, peel, peel zucchini
Going to peel zucchini, peel, peel zucchini

Going to slice zucchini, slice, slice zucchini
Going to slice zucchini, slice, slice zucchini

Going to cook zucchini, cook, cook zucchini
Going to cook zucchini, cook, cook zucchini

Going to eat zucchini, eat, eat zucchini
Going to eat zucchini, eat, eat zucchini
Going to Stop...**and do it again (repeat)**



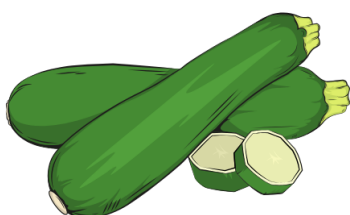
*Peel banana, peel, peel banana
Peel banana, peel, peel banana*

*Slice banana, slice, slice banana
Slice banana, slice, slice banana*

*Mash banana, mash, mash banana
Mash banana, mash, mash banana*

*Eat banana, eat, eat banana
Eat banana, eat, eat banana*

*Go bananas, go, go bananas
Go bananas, go, go bananas
Going to Stop...**and do it again (repeat)***



HELLO SONG

A short, welcoming song that warms up the body and mind, engages attention, and fosters connection.



Hello, Stop and Action

Activity idea for Educators – *Sing the song and try a range of different actions. Ask the older children to ideas! They will have so many great actions!*

C

Hello, hello how are you?

F

Hello, hello how are you?

C

Hello, hello how are you?

G7 **C** **Rhythm idea**

Stop and clap your hands (Ta Ti Ti Ti Ti Ta)



CORE TOPIC SONG with graphic notation reading sheet for Kinder

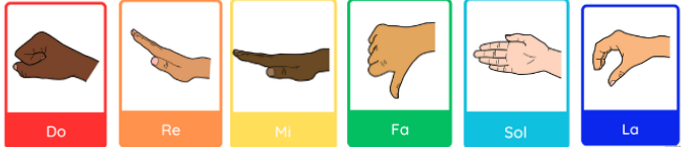














This song introduces key lyrics and concepts related to the lesson. Children learn through interactive methods such as echoing or repeating after the teacher, which supports memory, language development, and active participation.



Strawberries

- Download your chime bar reading music from the website.
<https://musicalminds.com.au/elc-support-materials/>

Activity idea for Educators – Can you pretend to pick the strawberries to the beat of this song?

Curwen Hand Signs (visual)	Minor Key 																																																																																																				
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Structure	AABC <ul style="list-style-type: none"> • Listen for the similarities and differences. • The start of each bar is the same 																																																																																																				
Chords Lyrics Body Percussion	Question Answer Teacher Child Strawberries (tap knees) Ripe to eat (tap knees) Strawberries (tap knees) What a treat (tap knees) Strawberries (tap knees) For me (clap) Strawberries (tap knees) For you (clap)		C F G7 Strawberries ripe to eat C F G7 Strawberries what a treat C Am Strawberries for me F G7 C Strawberries for you																																																																																																		

TOPIC SONG

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The Very Hungry Caterpillar

Based on the book by Eric Carle

Chorus

A7 **Dm**
He was a very hungry caterpillar
 A7 **Dm**
He ate and he ate, and he couldn't get enough
 Dm
He was a very hungry caterpillar
 A7 **Dm**
He ate and he ate, and he couldn't get enough

Verse 1

On Monday he ate through one apple
Tuesday he ate through two pears
On Wednesday he through three plums
And Thursday he ate through four
Strawberries

Verse 2

On Friday he ate through five oranges
Saturday he ate through 10 sweet treats
So he ate through one green leaf
By then he had a stomach ache Ohhhhhh!

Verse 3

Now, he wasn't small anymore
He was a great big caterpillar
He made a cocoon around himself
And stayed inside for 2 whole weeks

Verse 4

Then he nibbled a hole and pushed his way
out
and then he was a BEAUTIFUL BUTTERFLY!
Now that's the story of the
very hungry caterpillar who ate and he ate
and
couldn't get enough



ELEMENTS SONGS

These songs focus on a single element of music, such as rhythm, pitch, or dynamics, allowing children to explore and develop a deeper understanding of that specific musical concept through fun, engaging activities.



Reduce, Reuse and Recycle

Activity idea for Educators - Can you find objects around the room that we could reuse, make into something else?

Verse 1

C **F**
Let's work together to get the job done
G7 **C**
Working together with everyone
C **F**
We can care for our planet today
G7 **C**
So we can share in its wonders, hooray!



Chorus

C
Reduce what we use
F
Reuse what we buy
G7
Recycle what we can
C
Don't throw it away. **REPEAT**

Verse 2

A bottle we can refill with water to drink
A worn out sock is a puppet friend
An old drawing becomes new again
Let's work together to mend our earth

Verse 3

Every little step we take today
Will stop the earth from decay
Let's work together to care for our world
It's yours, it's mine, so let's treat it with respect



ELEMENTS SONGS

These songs focus on a single element of music, such as rhythm, pitch, or dynamics, allowing children to explore and develop a deeper understanding of that specific musical concept through fun, engaging activities.



If You're Happy And You Know It

Auslan KWS emotions

Activity idea for Educators - *Let's learn the Auslan Key Word Signs for our emotions.*

Verse 1

C	G7
If you're happy and you know it, clap your hands	
G7	C
If you're happy and you know it, clap your hands	
F	C
If you're happy and you know it, then your face will surely show it	
G7	C
If you're happy and you know it, clap your hands	

Verse 2

If you're angry and you know it, stomp your feet
If you're angry and you know it, stomp your feet
If you're angry and you know it, then your face will surely show it
If you're angry and you know it, stomp your feet

Verse 3

If you're sad and you know it, touch your toes
If you're sad and you know it, touch your toes
If you're sad and you know it, then your face will surely show it
If you're sad and you know it, touch your toes

Verse 4

If you're excited and you know it, wiggle around
If you're excited and you know it, wiggle around
If you're excited and you know it, then your face will surely show it
If you're excited and you know it, wiggle around

Verse 5

If you're tired and you know it, lay down
If you're tired and you know it, lay down
If you're tired and you know it, then your face will surely show it
If you're tired and you know it, lay down

Verse 6

If you're happy and you know it, jump for joy
If you're happy and you know it, jump for joy
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, jump for joy

Verse 7

If you're happy and you know it, do all three (hurray!)
If you're happy and you know it, do all three (hurray!)





LULLABY

Lullabies provide a calming musical experience that helps children rest and relax. They support emotional regulation, promote a sense of security, and contribute to healthy brain development and overall well-being.

Lean On Me

Bill Withers

Activity idea for Educators - Let's rest and relax and think of our families that we love, as we sing and/or listen to this song.

Verse

Sometimes in our lives we all have pain

We all have sorrow

But, if we are wise

We know that there's always tomorrow



Chorus

C **F**
Lean on me, when you're not strong

F **C**
And I'll be your friend

C **G7**
I'll help you carry on

C **F**
For it won't be long

F **C**
'Til I'm gonna need

C **G7** **C**
Somebody to lean on

Bridge

You just call on me buddy, when you need a hand

We all need somebody to lean on

You just might have a problem that I'd understand

We all need somebody to lean on



Weekly Resources

Share these links with your families & on your education portal:
storypark, OWNA, Explor and your newsletter

All songs available at [YouTube@musicalmindsaustralia](https://www.youtube.com/@musicalmindsaustralia)

Share this link or the YouTube handle above:

<https://www.youtube.com/@musicalmindsaustralia>

Sing at home: Educational Resources for your families.

Share this link for PDF materials & a selection of song videos:

<https://musicalminds.com.au/elcsupportmaterials/>

www.musicalminds.com.au

[instagram.com/musical.minds](https://www.instagram.com/musical.minds)

[facebook.com/MusicalMindsAus/](https://www.facebook.com/MusicalMindsAus/)





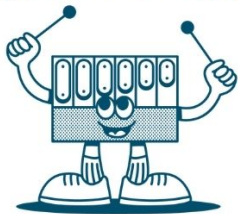
Music Resources

(print & share)

Music is for everyone



MUSICAL MINDS



PDF Lyrics & Activity
Song Videos
Graphic Music Reading Sheet
New Topics Every 3 Weeks!!



musicalminds.com.au/elcsupportmaterials/



[musical.minds_](https://www.instagram.com/musical.minds_)



1300 159 859

Music is for Everyone



WHY LEARN MUSIC?

Music is inherently a form of communication, and when kids learn it together, it acts as a powerful catalyst for social, emotional, and cognitive growth.

WHY ARE MUSICAL MINDS LEADERS IN MUSIC EDUCATION?

WE SING - WE PLAY - WE MOVE

We go beyond passive entertainment and unlock the true developmental power of music.

The program is uniquely designed to optimize how young brains grow.



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