

SOUND EXPLORATORIUM:

# Jingle Bells

In this activity, we will make different **movements with our body** as we sing the song *Jingle Bells*.

First, let's **practice** the movements we are going to make. You can choose to try these movements either sitting down or standing up, whichever is most comfortable to you.



**Stomp feet** – Stomp your feet on the ground, one at a time, switching back and forth between your feet: right, left, right, left



**Pat legs** – With your hands, gently pat the tops of both of your legs



**Wave arms** – Lift your arms above your head or as high as is comfortable. Wave your arms from side to side: right, left, right, left



**Clap hands** – Clap your hands together in front of your body

**SENSORY FRIENDLY**  
HIGHMARK  
**HOLIDAY POPS**

  
PITTSBURGH SYMPHONY ORCHESTRA

CONCERT COMPANION ACTIVITY

Now, let's add music to our movements. We are going to sing the song *Jingle Bells*. If you prefer, you can choose just to listen to the song while somebody else sings the words.

As you sing or listen to the song *Jingle Bells*, make each of the movements that you practiced. See if you can match your movements with the beat of the song.

- 1 Stomp feet:** *Dashing through the snow, in a one-horse open sleigh,*
- 2 Pat legs:** *O'er the fields we go, laughing all the way.*
- 1 Stomp feet:** *Bells on Bobtail ring, making spirits bright,*
- 2 Pat legs:** *What fun it is to ride and sing a sleighing song tonight.*
- 4 Clap hands:** *Oh, jingle bells, jingle bells, jingle all the way,*
- 3 Wave arms:** *Oh, what fun it is to ride in a one-horse open sleigh, hey!*
- 2 Pat legs:** *Jingle bells, jingle bells, jingle all the way,*
- 3 Wave arms:** *Oh, what fun it is to ride in a one-horse open sleigh.*