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MUNDO HELADO - FROZEN WORLD



Focus word: cold - el frío (ehl free-oh)

Hace frío ~ It is Cold

(To the tune of 'La cucaracha')

This session's song

Hace frío
Hace frío

Brrr it's very very cold

Hace frío
Hace frío

Brr it's very very cold

Frota, frota las manos
Rub your hands like this

Pisa, pisa, pisa fuerte
Stamp your feet like this

Mueve, mueve el cuerpo
Move your body like this

Nos calen, calen, calentamos
We warm ourselves up like this

Otra vez! (Repeat from 'Frota')

Standing

Suggested actions & movement



Start by crossing arms over the body and rubbing to show a warming up action.



Rub hands together with exaggerated movement.



Stamp feet hard on the ground along to the rhythm of the music.



Move whole body around by jumping, dancing, skipping, however you like!



Make faster warming up action on 'nos calen...'



Repeat all actions again and end on warming up 'hace frío' action.

Suggested adaptations

Babies

- Sit baby in your lap, wrap your arms around their body to make a warming up action.
- Rub hands together in front of baby, or guide their hands to perform the action.
- Tap their feet or cycle legs to 'stamp'.
- Lift or bounce baby to move their body. Then repeat all actions again!

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EYFS Curriculum links

Areas of Learning

Communication & Language

Personal, Social & Emotional Development

Physical Development

Understanding the World

Expressive Arts and Design

Resources required:
None

Integrate it by:

Using as a warm up for PE, or a chilly playtime!



Observation Opportunities

Listen & respond to a simple instruction by copying actions in song

Show an ability to follow instructions involving several ideas or actions

Use gross motor skills and coordinate body to perform actions with hands and feet.

Understand that when we feel cold, we can move our bodies to warm up.

Enjoy & take part in action songs.

Why not try...
Frío Role Play Area

Choose a space in the setting, or home with enough room for a small table and chairs - you could set it up like a cosy Alpine chalet, or icy cool igloo!

Equipment suggestions:

- Clothing for cold weather - hats, gloves, mittens, scarves, jackets, wellies.
- Artificial fire - Cardboard and inflatable ones can be bought easily online, large logs and orange, red, yellow cellophane, picture on wall of role play area.
- 'Hot chocolate' station - Plastic mugs, brown tissue paper, cotton ball 'marshmallows', plastic candy canes.
- Blankets - for getting cosy!
- Travel brochures for cold destinations - Ski holidays, Scandinavian cruises, Northern lights experiences
- Lighting - LED candles, battery operated fairy lights, plastic bottles with fairy lights inside.

If you're feeling really creative, you could collect, or ask for clean empty milk bottles from parents and even make your own 'ice arch' or 'igloo' for your role play area!

