# SLEEPING BUNNIES

## Hop Little Bunnies - Music, Movement & Listening

A playful action song exploring stillness, listening, role play, hopping and whole-body movement.

Suggested age: Early Years, Reception & KS1

You will need: the music, a clear movement space and an optional parachute.




### SLEEP → WAKE → HOP → STOP

| | |
|---|---|
| **SLEEP** | curl up, sit or rest quietly. |
| **WAKE** | stretch and slowly come to life. |
| **HOP** | travel around like a bunny. |
| **STOP** | freeze when the music tells you. |
| **SLEEP AGAIN** | return to a calm, still position. |

### EXPLORE DIFFERENT HOPS

- tiny hops
- big hops
- slow hops
- quick hops
- forwards
- on the spot
- two-foot jumps
- change direction

Child-led idea: invite children to invent another bunny movement.

### EXPLORE THE OPPOSITES

still / moving
quiet / lively
slow / fast
small / big
low / high

Say the words as children show the contrast with their bodies.

### PARACHUTE BUNNIES

- hold and gently move the parachute
- take turns sleeping underneath
- lift the parachute to 'wake' the bunnies
- hop out when the music changes

Focus: turn-taking, anticipation and group cooperation.

### MAKE IT EASIER

- stay seated
- use hands or arms
- copy an adult
- make smaller movements
- watch before joining

### ADD CHALLENGE

- remember 2-3 movements
- change direction
- alternate fast and slow
- create a short sequence
- take turns leading

### WHAT CAN YOU OBSERVE?

- response to musical cues
- stillness to activity
- role play
- hopping and jumping
- stop/start control
- participation with others

### LEARNING OPPORTUNITIES

listening • timing • gross motor movement • coordination • body awareness • imaginative play • movement vocabulary • turn-taking • cooperation • responding to music

Inclusive participation: Children can join in standing, seated or with supported movement. Gestures and upper-body actions can replace hopping or jumping.



Adult supervision recommended. Keep the movement space clear and adapt hopping and jumping to suit the children taking part.