SINGING IN 3D WITH SHABANG!

STAR STEPPIN'

We hope you enjoy this original Shabang Song.
Here are some ideas to help your song go with a swing – we call this "singing in 3D" – it helps to make a song as accessible as possible, for everyone. Shabang songs are pretty straightforward to sign in Makaton.

STAR STEPPIN' is a great energising song to start a session with or follow up after The Hello Song. You can incorporate any physical exercises or movements – to suit your group.
We often start with "shake hands up /down, side to side , in front /behind" to enhance proprioception and coordination. It is also an easy movement to support children with if they are not at a stage where they can do it independently. However, if your group are keen to move you can create all sorts of exercises to get them going.
Movement is brilliant for the brain and the body. When we move we get improved brain function, enhanced cognition, improved memory reduced stress, balanced behaviour, improved social skills, improved academic performance, fitter bodies - what's not to like?!



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STAR STEPPIN'

A Star Steppin' Umbrella is easy to make.
Choose as dark a colour as possible to represent the night sky and cover with starry fabric or paper stars. This can be a whole group activity so that everyone contributes to the end results by contributing their own star.
Hang stars from the edges of the brolly – top tip: use elastic to hang the stars from – this will stop them from being pulled off by over enthusiastic star gazers!

We always look out for stars in the shops around Christmas - they are cheap and easy to find. This means we have plenty in reserve if any break or go missing.
Non telescopic brollies work best.
If you want to get extra sensory with this task you can fix battery operated fairy lights onto the umbrella and hang mini bags of potpourri wrapped in starry fabric to hang amongst your brolly.

During the song the children take it in turns to "Reach for the stars".

Have fun and let us know how it goes – send us pictures – we would love to see how you get on.



Click to listen to 'Star Steppin' on YouTube

Click to see Star Steppin' featured in one of our lock down videos - 9.07 secs in, on YouTube

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