

shake my sillies out

shake my sillies out is a popular children's song and movement activity that encourages kids to engage in energetic physical activity while having fun. This lively song is often used in preschool classrooms, daycare centers, and family settings to promote gross motor skills, coordination, and joyful expressiveness. Its upbeat tempo and playful lyrics make it an excellent choice for warming up, transitioning between activities, or simply encouraging kids to release excess energy. In this comprehensive guide, we explore the origins, lyrics, benefits, and variations of "Shake My Sillies Out," along with tips for parents and educators on how to incorporate it effectively into daily routines.

Origins and Background of "Shake My Sillies Out"

While the exact origins of "Shake My Sillies Out" are somewhat unclear, it is widely recognized as a children's musical activity popularized in the late 20th century. The song's playful lyrics and engaging movements have made it a staple in early childhood education.

The Creator and Cultural Impact

- The song is often attributed to early childhood music educators and songwriters who aimed to create fun, movement-based songs for children.
- It gained popularity through children's music albums, educational videos, and online resources.
- The song is frequently included in curricula designed to promote physical activity, emotional regulation, and social interaction among young children.

Why It Resonates with Children

- The energetic tempo and repetitive lyrics make it easy for kids to learn and participate.
 - The movements associated with the song help children develop motor skills and body awareness.
 - Its joyful, nonsensical lyrics encourage imaginative play and self-expression.
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Lyrics and Movements of "Shake My Sillies Out"

The core of "Shake My Sillies Out" involves a series of fun, exaggerated movements that correspond with the lyrics. While variations exist, the most common version includes the following:

Typical Lyrics

1. "Shake your sillies out"
- Action: Shake your hands, arms, or entire body vigorously.
2. "Shake your body down"

- Action: Bend knees and sway or bounce.
- 3. "Touch your toes"
- Action: Reach down to touch toes, stretching the hamstrings.
- 4. "Clap your hands"
- Action: Clap hands together rhythmically.
- 5. "Stomp your feet"
- Action: Stomp feet in place or around.
- 6. "Jump up high"
- Action: Jump vertically, reaching for the sky.
- 7. "Spin around"
- Action: Spin in place or turn around.
- 8. "Sit down"
- Action: Sit on the floor or a chair to transition out of movement.

Sample Movement Sequence

- Start by standing tall.
- Shake your sillies out by bouncing or shaking your limbs.
- Bend down to touch your toes, encouraging flexibility.
- Clapping hands and stomping feet add rhythm and coordination.
- Jumping and spinning boost cardiovascular activity.
- End with sitting down calmly to settle down.

Variations and Additional Movements

- Incorporate animal movements like crawling, barking, or flapping wings.
- Use props like scarves, balls, or ribbons to enhance engagement.
- Adapt the movements for different age groups and abilities.

Benefits of "Shake My Sillies Out"

Engaging children in activities like "Shake My Sillies Out" offers numerous developmental, physical, and emotional benefits.

Physical Development

- Gross Motor Skills: Jumping, stomping, spinning, and bending improve coordination, balance, and strength.
- Flexibility: Touching toes and stretching movements promote flexibility.
- Endurance: Continuous movement helps build stamina.

Cognitive and Educational Benefits

- Following Directions: Children learn to listen and execute movements based on lyrics.
- Rhythm and Timing: Moving to music enhances sense of beat and timing.
- Memory Skills: Repeating lyrics and movements strengthen memory.

Emotional and Social Benefits

- Self-Expression: Encourages children to express themselves freely through movement.
- Confidence: Successful participation boosts self-esteem.
- Social Interaction: Doing the activity in groups promotes teamwork and cooperation.

Emotional Regulation

- Physical activity helps children manage excess energy and reduce anxiety.
- Moving to music can be calming and help transition between activities.

How to Incorporate "Shake My Sillies Out" into Daily Routines

For parents, teachers, and caregivers, integrating "Shake My Sillies Out" into daily routines can be simple and highly effective.

Tips for Effective Implementation

- Timing: Use as a morning energizer, before outdoor play, or as a break between lessons.
- Environment: Ensure ample space for movement and a safe environment.
- Music: Play the song on speakers or use a live instructor for added engagement.
- Adaptations: Modify movements for children with mobility challenges or special needs.
- Props: Incorporate scarves, balls, or ribbons for added fun.

Sample Schedule

Time of Day	Activity	Purpose
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Morning	"Shake My Sillies Out" activity	Wake up the body, boost energy
Mid-morning	Short movement break	Re-energize and improve focus
Afternoon	Transition activity	Signal shift to quieter tasks

Creating Your Own Routine

- Combine "Shake My Sillies Out" with other movement songs.
- Add variety by changing movements or lyrics.
- Use visuals or story themes to enhance engagement.

Variations and Alternatives to "Shake My Sillies Out"

While the classic version is beloved, there are numerous variations to keep the activity fresh and

adaptable.

Themed Variations

- Animal Movements: "Shake your sillies out like a monkey" (climb and swing) or "like a bird" (flutter wings).
- Seasonal Themes: Incorporate holiday or seasonal movements.

Different Songs with Similar Activities

- "Head, Shoulders, Knees, and Toes"
- "The Hokey Pokey"
- "If You're Happy and You Know It"

Digital Resources and Videos

- Use online videos to demonstrate movements.
- Create a playlist of movement songs for continuous activity.

Conclusion

"Shake My Sillies Out" is more than just a children's song—it's a fun, versatile movement activity that promotes physical, cognitive, and emotional development. Its simple lyrics and engaging movements make it accessible for children of all ages and abilities. By incorporating this activity into daily routines, parents and educators can foster a joyful environment that encourages healthy movement, self-expression, and social interaction. Whether used as a warm-up, a transition, or a standalone fun activity, "Shake My Sillies Out" remains a timeless tool in early childhood development that helps kids shake off stress and silliness in the best possible way.

Frequently Asked Questions

What is the song 'Shake My Sillies Out' typically used for?

'Shake My Sillies Out' is commonly used as a fun, energetic song to encourage children to move and dance, often in preschool or early childhood education settings.

Who is the original artist of 'Shake My Sillies Out'?

'Shake My Sillies Out' was popularized by popular children's music artist The Wiggles, although variations of the song have existed in children's music for decades.

What are some common dance moves associated with 'Shake

My Sillies Out'?

Children typically shake their arms, legs, or entire bodies, jump up and down, or wiggle to the rhythm to physically 'shake out' their sillies.

Is 'Shake My Sillies Out' suitable for all age groups?

While primarily aimed at young children, the energetic nature of the song makes it fun for kids of various ages during group activities or family gatherings.

Can 'Shake My Sillies Out' be used in a classroom setting?

Yes, teachers often use this song to help children release energy, improve motor skills, and engage in playful movement during the school day.

Are there any variations or versions of 'Shake My Sillies Out' available online?

Yes, numerous versions, including animated videos, sing-alongs, and dance tutorials, are available on platforms like YouTube and children's music streaming services.

What are some benefits of singing and dancing to 'Shake My Sillies Out'?

Participating in the song promotes physical activity, coordination, emotional expression, and social interaction among children.

How can parents incorporate 'Shake My Sillies Out' into their daily routine?

Parents can play the song during playtime or when children need a break, encouraging them to dance and move freely to burn off energy.

Are there any educational themes associated with 'Shake My Sillies Out'?

Yes, the song often emphasizes the importance of physical activity, self-expression, and having fun, making it a valuable part of early childhood development activities.

Additional Resources

Shake My Sillies Out: A Fun and Effective Way to Keep Kids Active and Engaged

Introduction

Shake my sillies out—a phrase that resonates with parents, teachers, and caregivers

alike—embodies a lively, energetic approach to helping children release pent-up energy and foster physical development. This phrase is often associated with a popular children's song and dance routine designed to encourage movement, coordination, and emotional regulation. In a world increasingly dominated by screens and sedentary activities, incorporating movement-based activities like "Shake My Sillies Out" into daily routines has become more vital than ever. This article delves into the origins, benefits, structure, and implementation of this engaging activity, providing a comprehensive guide for those seeking to promote physical activity among children through a fun, musical, and educational lens.

The Origins and Cultural Significance of "Shake My Sillies Out"

The phrase "shake my sillies out" gained widespread popularity in the late 20th century, especially through children's music and early childhood education programs. It is most notably associated with the song "Shake My Sillies Out" by the renowned children's entertainer Raffi, who introduced it in the 1970s as part of his repertoire aimed at promoting active play among young children.

Historical Context

- **Roots in Early Childhood Education:** The activity concept aligns with developmental theories emphasizing the importance of physical movement for motor skills, cognitive development, and emotional well-being.
- **Music as a Motivator:** Songs like "Shake My Sillies Out" serve as tools to motivate children to participate actively, combining rhythm, movement, and fun.
- **Cultural Adoption:** Over decades, the activity has been adopted worldwide, often adapted into various educational settings, from preschools to community centers.

Symbolism and Educational Philosophy

The phrase "sillies" colloquially refers to feelings of restlessness or hyperactivity in children. "Shaking out" these sillies metaphorically suggests releasing excess energy, calming down, and preparing for more focused activities. This concept aligns with holistic educational philosophies that recognize the importance of physical activity for mental clarity and emotional regulation.

The Benefits of "Shake My Sillies Out" for Children

Implementing movement routines like "Shake My Sillies Out" offers a multitude of developmental and health benefits. These benefits extend beyond mere physical activity, influencing emotional, social, and cognitive domains.

Physical Development

- **Motor Skills Enhancement:** The activity promotes gross motor skills, including jumping, dancing, stretching, and balancing.
- **Coordination and Rhythm:** Moving in sync with music enhances coordination, timing, and spatial awareness.
- **Energy Regulation:** Helps children learn to control their energy levels, reducing hyperactivity and promoting calmer behavior afterward.

- Obesity Prevention: Regular movement routines contribute to maintaining a healthy weight and combating sedentary lifestyles.

Emotional and Behavioral Benefits

- Mood Improvement: Physical activity releases endorphins, boosting mood and reducing stress.
- Self-Expression: Movement allows children to express feelings non-verbally.
- Anxiety Reduction: Engaging in playful movement routines can mitigate anxiety and improve overall emotional regulation.

Cognitive and Social Advantages

- Attention and Focus: Active breaks like "Shake My Sillies Out" can improve concentration during subsequent classroom activities.
- Social Skills: Participating in group routines fosters cooperation, turn-taking, and shared enjoyment.
- Language Development: Singing along with the activity promotes vocabulary and listening skills.

Structure and Components of "Shake My Sillies Out"

The activity typically involves a song accompanied by specific movements designed to engage children physically and cognitively. While variations exist, the core structure remains consistent.

Core Elements

1. Introduction and Warm-up: The activity begins with gentle stretching or calming movements to prepare children.
2. Main Movement Sequence: A series of energetic movements synchronized with the song's lyrics.
3. Cooldown: Gentle movements or breathing exercises to help children settle down after high energy activity.
4. Reflection: Brief discussion or quiet time to process the activity experience.

Typical Movements

The movements in "Shake My Sillies Out" are simple, repetitive, and adaptable:

- Jumping: Jump up and down to release energy.
- Twisting: Twisting side to side to engage core muscles.
- Stretching: Reaching high and touching toes.
- Clapping: Rhythmically clapping hands.
- Spinning: Turning in circles safely.
- Waving: Moving arms side to side or overhead.

Example Lyrics and Corresponding Movements

Note: Lyrics may vary depending on the version, but a common rendition includes:

"Shake, shake, shake my sillies out,"
Children shake their whole bodies.

"Stretch, stretch, stretch my muscles,"
Children stretch arms overhead and touch toes.

"Jump, jump, jump around,"
Children jump in place.

"Wiggle, wiggle, wiggle,"
Children wiggle hips or shoulders.

"Sit down quietly,"
Children sit or lie down to cool off.

Implementing "Shake My Sillies Out" in Various Settings

The versatility of "Shake My Sillies Out" allows it to be integrated seamlessly into different environments, including homes, classrooms, and community programs.

In the Classroom

- Morning Routine: Starting the day with movement to energize students.
- Transition Breaks: Short activity between lessons to reset attention.
- Physical Education: As part of a broader physical activity curriculum.
- Behavior Management: Using movement to redirect energy positively.

At Home

- Daily Play: Incorporate during indoor or outdoor playtime.
- Family Activity: A fun way for parents and children to bond.
- Calming Down: Use after a busy or stressful event to help children self-regulate.

Community and Special Needs Settings

- Therapeutic Use: Adapted movements can support children with developmental delays or sensory processing issues.
- Inclusive Play: Activities can be modified for children with physical disabilities, ensuring everyone can participate.

Tips for Effective Implementation

- Music Selection: Use lively, age-appropriate songs with clear rhythms.
- Safety First: Ensure the space is free of hazards.
- Encourage Participation: Use enthusiastic leadership and positive reinforcement.
- Adaptability: Modify movements for different age groups and abilities.
- Consistency: Incorporate regularly to establish routine benefits.

Scientific Perspectives on Movement and Child Development

Research underscores the importance of movement-based activities like "Shake My Sillies Out" in fostering healthy development.

Neuroscientific Insights

Studies reveal that physical activity stimulates brain regions involved in attention, memory, and executive function. Movement increases blood flow to the brain, promoting neuroplasticity and learning readiness.

Physical Health Research

Regular movement routines help build cardiovascular health, strengthen muscles, and improve flexibility. They also contribute to establishing lifelong healthy habits.

Psychological Impact

Movement activities help children manage emotions, reduce behavioral problems, and enhance self-esteem. The joy and success experienced during such routines build confidence.

Conclusion

"Shake My Sillies Out" is more than just a catchy phrase or a simple activity—it's a dynamic approach rooted in developmental science, cultural tradition, and educational best practices. By engaging children in movement through music and fun, caregivers and educators promote physical health, emotional well-being, and cognitive growth. Its adaptability across various settings makes it a versatile tool in nurturing well-rounded, active, and happy children. As the world continues to recognize the importance of movement in childhood, activities like "Shake My Sillies Out" serve as timeless reminders that learning and growth are most effective when combined with joy and movement.

References

While this article synthesizes established knowledge and practices, readers interested in deeper scientific exploration can consult sources such as the American Academy of Pediatrics, the National Association for the Education of Young Children, and peer-reviewed research on child development and physical activity.

Note: This article is intended for educational purposes and encourages safe, inclusive participation in movement activities.

[**Shake My Sillies Out**](#)

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shake my sillies out: Come on Everybody, Let's Sing! Lois Birkenshaw-Fleming, 2000-04-24 Written by the author of *Music for Fun*, *Music for Learning*, the book incorporates a child's activities such as singing, dancing, playing instruments and body movements and gestures to develop the understanding of musical concepts, musical literacy and an appreciation for different kinds of music as well as co-ordination, motor and listening skills, social skills and acquisition of basic facts. Intended to be a useful and practical resource for teachers, parents and leaders of all children, *Come on Everybody Let's Sing!* also encourages a greater use of music with special students. The audio package offers songs from each chapter of the book professionally recorded and produced to provide both the teacher and students with excellent representations of the songs as set out in the book. Preschool-Grade 6.

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shake my sillies out: Ms. Moffett's First Year Abby Goodnough, 2009-04-28 In summer of

2000, legal secretary Donna Moffett answered an ad for the New York City Teaching Fellows program, which sought to recruit talented professionals from other fields to teach in some of the city's worst schools. Seven weeks later she was in a first grade classroom in Flatbush, Brooklyn, nearly completely unprepared for what she was about to face. New York Times education reporter Abby Goodnough followed Donna Moffett through her first year as a teacher, writing a frontpage, award-winning series that galvanized discussion nationwide. Now she has expanded that series into a book that, through the riveting story of Moffett's experiences, explores the gulf between the rhetoric of education reform and the realities of the public school classroom. Ms. Moffett's First Year is neither a Hollywood- friendly tale of 'one person making a difference,' nor a reductive indictment of the public education system. It is rather a provocative portrait of the inadequacy of good intentions, of the challenges of educating poor and immigrant populations, and of a well-meaning but underprepared woman becoming a teacher the hard way. While the story takes place in New York, Ms. Moffett's first year is a metaphor for the experiences of teachers everywhere in America, one that illuminates the philosophical, economic, political, and ideological dilemmas that have come more and more to determine their experience -- and their students' experiences -- in the classroom.

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songs, and poems.

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Finger in the Air * Rainbow Connection (from The Muppet Movie) * Riding in My Car (Car Car Song) * Ring Around the Rosy * Rock-a-Bye Baby * Rock-a-Bye Your Bear * Row, Row, Row Your Boat * Shake My Sillies Out * She'll Be Comin' 'Round the Mountain * Skidamarink * Splish Splash * Supercalifragilisticexpialidocious * Swinging on a Star * Take Me Out to the Ball Game * There Were Ten in a Bed * This Land Is Your Land * This Old Man * Under the Sea (The Little Mermaid) * The Unicorn * We're Off to See the Wizard (from The Wizard of Oz) * The Wheels on the Bus * When the Saints Go Marching In * When You Wish Upon a Star * Whistle While You Work * Who Built the Ark * Who's Afraid of the Big, Bad Wolf? * Winnie the Pooh * Zip-a-Dee-Doo-Dah. 144 pages.

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"Yasmine's emphasis on social communication, emotional regulation, and supportive relationships embodies the most effective, cutting-edge approaches for supporting autistic individuals. Autism and The Power of Music is a much-needed resource for parents to connect with their children through music and will also be embraced by educators and clinicians who wish to infuse joyful learning experiences in their work." — Barry M. Prizant, CCC-SLP, Brown University and author of *Uniquely Human: A Different Way of Seeing Autism* Music therapist Yasmine White shares the insights she's developed after decades of working with children, teens and adults on the autism spectrum, both in private practice and as founder of Voices Together, a non-profit music therapy organization that brings her effective techniques to schools across North Carolina. The techniques featured in this book are designed to bring back the connection of joy, motivation, and understanding that everyone needs in order to truly grow. As any parent of a child with autism understands, sometimes helping your child can feel overwhelmingly hard. Autism and the Power of Music helps find insightful, practical new ways for you and your child to connect through music, even when it feels difficult. Because music and language may be processed in the same hemisphere of the brain in children on the spectrum, the techniques in this book can help unlock language in an entirely new way. Music becomes a bridge to help children access language in ways other approaches cannot. As Dr. Terri L. Shelton says in her foreword, "To have an interaction that is affirming, fun, and successful, that builds on the child's strengths and preferences and enhances their interest in engaging and ability to sustain that engagement increases the chance that all other encounters, whether with their friends, their families, or with therapists and teachers, will be successful."

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shake my sillies out: Toddler Storytimes II Diane Briggs, 2008 School Library Journal: With 25 theme-based chapters, this is a handy resource. Each theme includes book recommendations, often 10 or more, with a nice mixture of classic and newer titles, and a suggestion to choose two or three per session. Words and instructions for fingerplays, rhymes, and songs are provided, while a discography provides melody sources for all songs. Each theme includes a flannel-board activity, complete with reproducible patterns and brief directions on how to present the story or song on the board. Safe and simple crafts ideas are presented as optional activities. Activities are listed by type, rather than in an ordered list, so tellers can pick, choose, and order according to individual style and preference. An introduction provides tips and rationale for all of the types of activities. A couple of sentences note the potential impact on brain development and early-literacy skills, but the focus is on the activities themselves; strategies for sharing early-literacy information with parents and caregivers are not addressed. Judy Nichols's *Storytimes for Two-Year-Olds* (ALA, 2007) and Linda L. Ernst's *Baby Rhyming Time* (Neal-Schuman, 2008) provide more comprehensive looks at all aspects of storytime planning and presentation. This update of Briggs's *Toddler Storytime Programs* (Scarecrow, 1993) will be most useful as a resource for programming ideas and fleshing out themes.

shake my sillies out: Crash Course in Storytime Fundamentals Penny Peck, 2015-01-26

This manual is a one-stop shop on how to present storytimes to suit different audiences including bilingual learners, special needs children, and those in a variety of settings such as Head Start, preschools, and day care situations. This beginner's guide to storytelling traces the developmental stages of very young children, illustrating how to present storytime for babies, toddlers, and preschoolers as well as in family settings to be most effective. Author Penny Peck will teach you the fundamentals of reading with the intent of capturing children's imaginations, showing you how to incorporate music, play, and hands-on activities into your routine. She offers expert advice on how to choose the best picture books and provides lists of books for addressing particular literacy needs. A perfect primer for those new to the task, this guide illustrates how to make this activity a favorite of children and provides tips for progressing in the role of storyteller, with ideas for engaging your audience and enhancing enjoyment. Beginning with the basics of performing a library storytime, each subsequent chapter builds on that knowledge, offering ways to infuse technology, special needs adaptations, and music into the story. The revised edition addresses such current topics as iPads, apps usage, online options, and dance programs.

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