



HARMONY GARDEN

MUSIC THERAPY

Music Intervention Guide

“Jack and Jill Got Up, Up, Up”

Adapted by Jaime Lawrence, MT-BC

Population:

- Early Childhood/Elementary

Materials:

- Guitar (optional)
- Scarves (optional)

Goal(s):

1. To increase direction following
2. To increase creative expression through movement
3. To increase understanding of opposites

Rationale:

- This intervention provides opportunities for the client(s) to:
 - Accurately respond to the leader’s verbal prompts
 - Express their creativity through movement, encouraged by lyrics such as “dance”, “stomp”, “wobble”, etc.
 - Determine the differences in the way the verses (slow, swinging, 12/8) sound as opposed to the choruses (fast, choppy, clave).
 - Learn and demonstrate the difference between “up up up” and “down down down”.

Procedure:

1. Choose to facilitate this intervention either by presenting the video recording, by using instruments and props, or simply by singing through the song with movements.
2. Explain that this song has word instructions to follow, like “dance”, “stomp”, etc.
3. If using scarves or other props, hand them out now and demonstrate how to use them.
4. Sing/play/act out the song, prompting movements as described in the lyrics.
5. Use any of the following extensions/adaptations to complete or add to the intervention, based on your client’s/group’s needs and abilities.

Extensions/Adaptations:

- Have clients create their own movements to the lyrics (for example, brushing their hands on their shirt/pants to “brush off that dirt”).
- Have clients add their own lyrics in place of the preexisting actions (“dance”, “stomp”, “wobble”, etc.).
- Use scarves to demonstrate “up” and “down” in order to reinforce the concept of opposites. Incorporate “right”, “left”, “forwards”, “backwards”, or any other directional or movement-based lyric, when applicable.
- Demonstrate slow, swinging/rocking movements to match the musical quality of the verses, and fast, jiving movements to match the musical quality of the choruses.
- Sing/vocalize through the entire song again without using words/lyrics for a dance break!



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Lyric & Chord Sheet

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Recorded in the Key of Eb, written in the Key of D
Capo 1 (optional)

VERSE 1

D
Oh, Jack and Jill went up the hill
D
To fetch a pail of water
G D
Jack fell down and broke his crown
A7 D
And Jill came tumbling after

VERSE 2

D
Then up Jack got and he said to Jill
D
As in his arms he took her
G D
Brush off that dirt, cuz we're not hurt
A7 D
Let's fetch that pail of water

CHORUS 1

G
But Jack got up up up
D
Where he fell down down down
A7
And then he stomp, stomp, stomped
D
All around-round-round
G
Yes, he got up up up
D
Where he fell down down down
A7
And then he dance, dance, danced
D
On the ground ground ground

CHORUS 2

G
So Jill got up up up
D
Where she fell down down down
A7
And then she wiggle, wiggle, wiggled
D
All around-round-round
G
Yes, she got up up up
D
Where she fell down down down
A7
And then she jump, jump, jumped
D
All around-round-round

Spoken: Everybody dance!
(sing chorus melody on “doo”)

Spoken: Everybody jump!
(sing chorus melody on “doo”)



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Lyric & Chord Sheet

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VERSE 3

D
Jack and Jill had had their fill
D
Of tumbling down the hillside
G D
They'll head back home, it's time to go
A7 D
And see you again next time!

CHORUS 3

G
So they got up up up
D
Where they fell down down down
A7
And then they swung the pail
D
All around-round-round
G
Yes, they got up up up
D
Where they fell down down down
A7
And then they clap, clap, clapped
D
All around-round-round

Spoken: Everybody clap!
(sing melody on “doo”)

Spoken: One more time!
(sing melody on “doo”)