

日	月	火	水	木	金	土
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

3月のお知らせ

3/17~23 イースター

3/24 から春休み

春休み明けのレッスン開始日が未定です。後日連絡させていただきます。

リンク集

[小学生学習リング](#)

[Let's Go](#) 小学生用の動画・単語

[Quizlet](#) フラッシュカード

[Facebook](#) 公式ページ

[インスタ](#) 公式アカウント

Your Body

3月 からだ

Vocabulary 単語 [ここで発音を確認!](#)

Kangaroo	<ul style="list-style-type: none"> • head あたま • knee ひざ 	<ul style="list-style-type: none"> • shoulder かた • toe 足のゆび 	
Koala	<ul style="list-style-type: none"> • Eye 目 • Ear 耳 	<ul style="list-style-type: none"> • Nose 鼻 • Mouth 口 	
Step 1	Kangaroo & Koala の復習		
Step 2	<ul style="list-style-type: none"> • Chin あご • Hand 手 	<ul style="list-style-type: none"> • Leg あし • Back 背中 	<ul style="list-style-type: none"> • Arm うで • Foot あし
Step 3	<ul style="list-style-type: none"> • Neck くび • Eyebrow まゆげ 	<ul style="list-style-type: none"> • Tooth/teeth 歯 • Tongue 舌 	<ul style="list-style-type: none"> • Hair 髪の毛 • Elbow ひじ

Move your Body 体を動かす

<u>Stretch</u> your body 体を伸ばして
<u>Fold</u> your arms 腕を組んで
<u>Cross</u> your legs 足を組んで
<u>Spread</u> your fingers 手の指を広げて
<u>Bend</u> your knees 膝を曲げて
<u>Straighten</u> your back 背筋をまっすぐにして
Can you massage my shoulders 肩揉んでくれる?
Ouch, that hurts それは痛いです!

3月の手遊び

Kangaroo

Now tall Now Small [動画はこちら](#)

I'm stretching very tall
And now I'm very small
Now tall, now small
Now I'm a little ball.

Koala, Step 1-3

Hot Cross Buns [動画はこちら](#)

Hot cross buns ! Hot cross buns !
One a penny, two a penny,
Hot cross buns !
If you have no daughters,
Give them to your sons,
One a penny, two a penny,
Hot cross buns

Hot Cross Buns とは



ホットクロスバンズ(Hot Cross Buns)は、キリストの復活を祝う復活祭(イースター)には欠かせない、イギリスの伝統的な食べ物のひとつです。

ホットクロスバンズは、グッドフライデーの朝食にする習慣があり、この日に焼かれたパンには、魔よけと幸運をもたらす力があるとされているそうです。

レーズンやカレンズ(小粒のレーズン)などのドライフルーツやスパイスを加えた生地、白い生地などで十字の模様をかたどって焼き上げた、甘めのパンです。(食育大事典より)

3月の歌

Mummy and Me 1 Kangaroo

Head, shoulders, knees and toes [動画はこちら](#)

Head, shoulders, knees and toes

Knees and toes, knees and toes.

Head, shoulders, knees and toes

We all clap hands together!

Mummy and Me 2 Koala / Preschool Step 1

Head, shoulders, knees and toes [動画はこちら](#)

Head, shoulders, knees and toes

Knees and toes

Head, shoulders, knees and toes

Eyes and ears and mouth and nose

Head, shoulders, knees and toes

Preschool Step 2

Carobics

Stretch your hands up in the air.

Shake them shake them everywhere

Roll them up, roll them down

Clap them, clap them all around.

Heads and shoulders knees and toes, knees and toes, knees and toes

Heads and shoulders knees and toes, we all clap hands together.

Open your hands, fingers wide.

Creep them, creep them down your side

Wriggle your shoulders, wriggle your toes,

Touch your head, and touch your nose.

Tickle your knees, do it again.

Pump your arms, like a train

Smile at someone, wiggle your nose

Blow a kiss, and there it goes!

Step 3 / Elementary 低学年

The Hokey Pokey Shake [動画はこちら](#)

You put one hand in. One hand out. One hand in.
And you shake, shake, shake, shake, shake.
You do the Hokey Pokey and turn around
Everybody turn around.

You put two hands in. Two hands out. Two hands in.
And you shake, shake, shake, shake, shake.
You do the Hokey Pokey and clap your hands.
Everybody clap your hands.

You put one foot in. One foot out. One foot in.
And you shake, shake, shake, shake, shake.
You do the Hokey Pokey and sit down.
Everybody please sit down.

You put two feet in. Two feet out. Two feet in.
And you shake, shake, shake, shake, shake.
You do the Hokey Pokey and stand up.
Everybody please stand up.

You put your head in. Your head out. Your head in.
And you shake, shake, shake, shake, shake.
You do the Hokey Pokey and sing a song.
La la la la la!

You put your backside in. Your backside out. Your backside in.
And you shake, shake, shake, shake, shake.
You do the Hokey Pokey and be quiet.
Everybody please be quiet. Shh!

You put your whole self in. Your whole self out. Your whole self in.
And you shake, shake, shake, shake, shake.
You do the Hokey Pokey and take a bow.
Everybody take a bow.