

# Seek the Lord Early Body Rhythm

## How to Play:

- Sing through Seek the Lord Early once before introducing this fun body rhythm activity.
- Start the pattern simply by tapping on your knees for each word of the song. The kids will pick it up and start doing it with you the first time through without needing directions!
- Then, demonstrate the added piece to the rhythm by singing through a line without giving instructions. You'll pat each hand on the knee in front of it for all words except those that talk about ourselves or about the Lord. When you get to one of those special words, you'll cross your hands to the opposite knee, then back again to continue for the rest of the words, like this:
  - I'll / seek / the / Lord / early / while / in / my / youth
  - \* \* / \_ \_ / \_ \_ / \* \* / \_ \_ / \_ \_ / \_ \_ / \* \* / \_ \_ (Stars for switching knees)
- Did you notice a pattern? What did you see? Take answers. If they didn't quite get it, say watch again, here goes! When they guess that you switch hands when it talks about us and the Lord (I'll / Lord / my in the example), then say let's see if that's right and try the line again. That fits the pattern! Can you try it with me?
- \*Note, for the second verse, I did not include "prophets" or "they" as one of the keywords to switch on. This can challenge them if they were thinking it is all the words talking about a person. You can add tap your head (or toes) for those 2 words if you want to up the challenge!
- You can post the keyword 1-page poster to help the kids that may need a visual to follow. Each dot is a normal word + tap.
- First page below is the Simple pattern, 2<sup>nd</sup> for the normal full pattern, 3<sup>rd</sup> is the advance challenge 1, and 4<sup>th</sup> for challenge 2.

**Simple Version:** Make the pattern really easy for the first time through or for Junior Primary by only switching hands on I'll/me/my words first, then adding the second set when they're ready for it.

**Advanced Challenge #1** – Add 2 claps to the last 2 words (regardless of what the word was) in place of pats on the knee

**Advanced Challenge #2** – Stand/Sit each time you get to one of the keywords instead of switching hands. That will get in lots of up and down movement!

## Extension Activities:

- Let the kids help you come up with a fun action to do instead of tapping your knees. What slight modification can you add for the switch keywords? An example might be pat and fist bump or tap and stomp.
- Have one half of the room sing only the written words and the other half sing only the dot words. Then switch! Make it a competition and you'll get those backrow boys joining in!
- Have one side stomp on all the written words and the other side clap on all the dot words. Everyone sings!

**I'll . . . . my .**

**. . . me . . .**

**I'll . . . . .**

**. . . Our . . .**

**I'll . . . Lord . . . my**



**. . . he . . . me . . .**

**I'll . . . . him . . .**

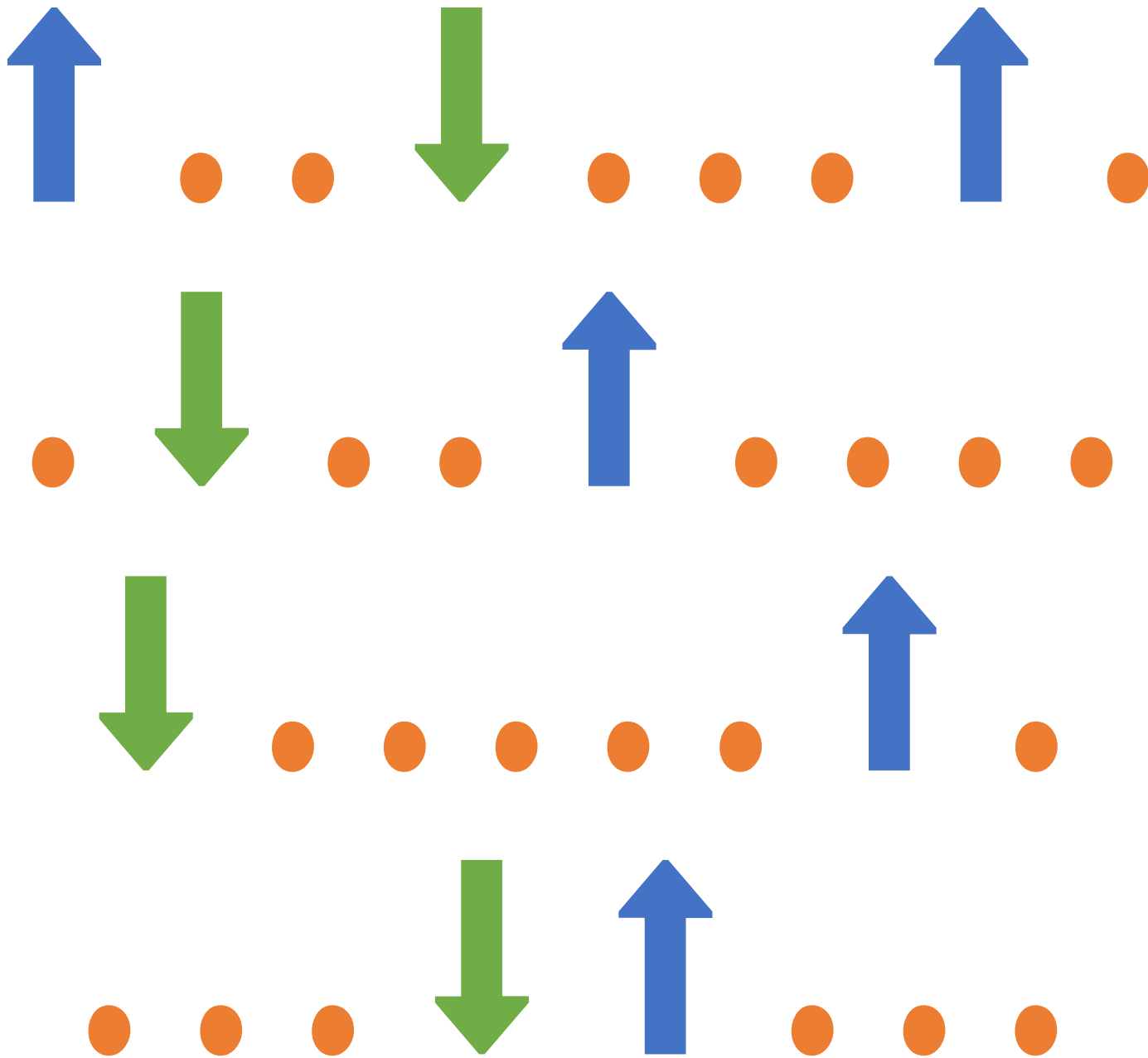
**. . . Our Father . . .**

**I'll . . . Lord . . . .**  

**. he . . . me . . .**  

**I'll . . . . .**  

**. . . Our Father .**  



I'll . . . . . I'll .

. . . . .

I'll . . . . .

I . . . . .



**I'll . . . Lord . . . I'll**



**. His . . . . . I'll .**



**his . his . . . I . . .**

**Lord . . he . . .**

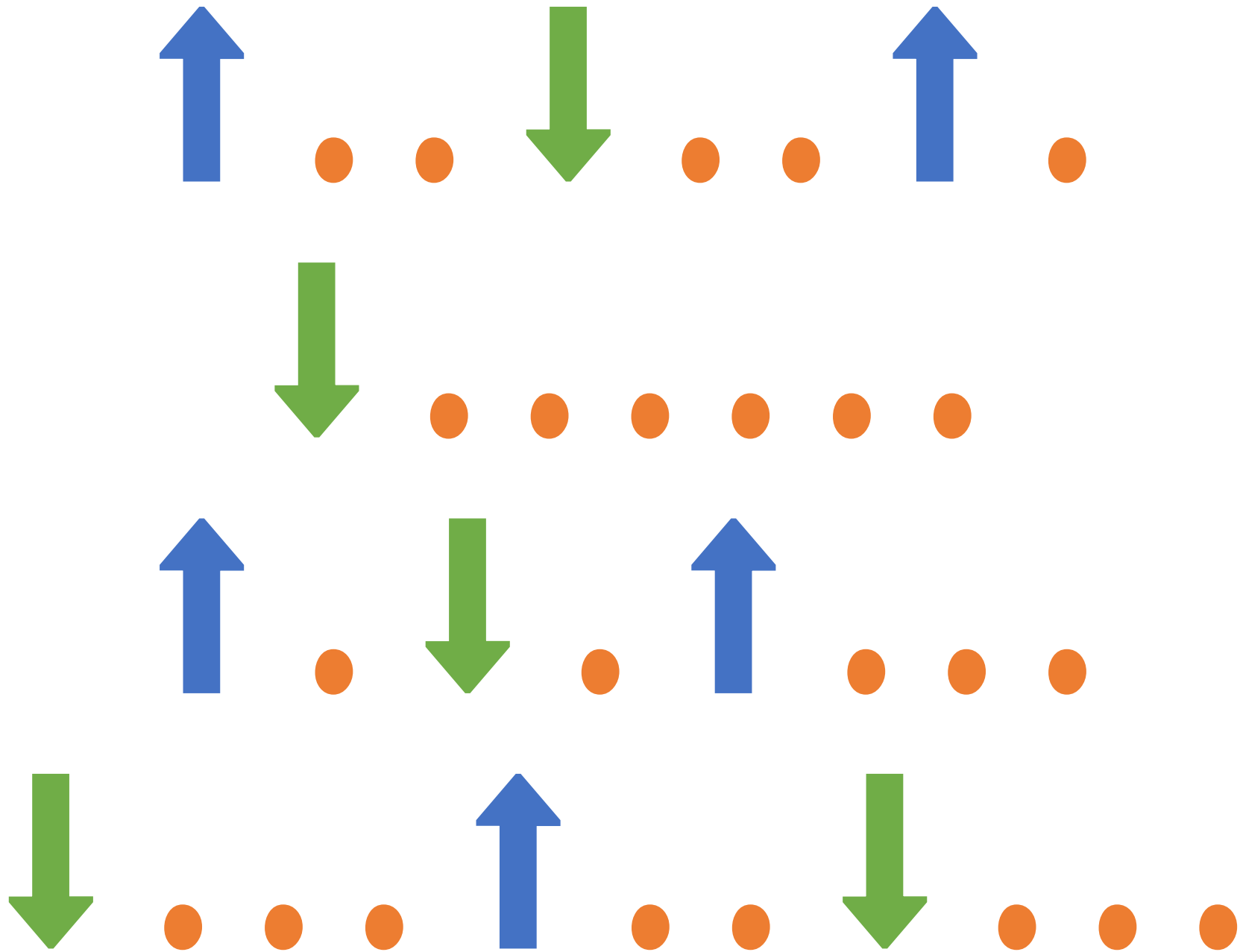
**I'll . . Lord . .**  

**His . . . .**  

**I'll . his . his .**  

**I . . . Lord . . he .**  







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