

MUSIC LESSON 1 -

*Mindfulness Exercise Practice

Intro to Dynamics – LOUD (Forte) vs Soft (Piano)

What things are loud? What is soft? Dynamics in music is how loud or soft you play.

Roll Dice Game – On a dice cube you can get at the Dollar Store, write f on some sides and p on the other sides. Have each child roll the dice cube and have them say their name corresponding to what it lands on. If it lands on 'f' they say their name in a FORTE (loud) voice. If it lands on 'p,' say it in a Piano (soft voice).

Egg Shaker Fun! Hold up a marker board paddle and when you show the children the 'f' side, tell them to play their shakers FORTE or Loud. Repeat for 'p.'

Play 'Dynamics' (see recording or play with your guitar chords G – D) Have the children listen and play along accordingly with their shakers.

See worksheet attached for 'Dynamics Lesson'

MUSIC LESSON 2 -

*Mindfulness Exercise Practice

Intro to Tempo – Fast (presto) vs Slow (largo)

Tempo in music is how fast or slow you play. Listening Samples: 'Flight of the Bumblebee' is played Presto. 'Carnival of Animals - Tortoise' is played Largo. Have the children move like the music. Slow like a tortoise, fast like a bumblebee.

Scoring Stories – The Tortoise and The Hare. Have children learn the parts to the story. When the tortoise comes into the story have children play with their rhythm sticks to the slow (largo) rhythm 'slow-and-st-ead-y wins-the-race.' The hare is quick and presto: 'the hare is sup-er-speed-y' Read the story, playing the parts when called. See attached for further directions.

Review Dynamics and Tempo and play 'Dynamics and Tempo'

Freeze Dance (Greg and Steve), Let's Go Swimming (Laurie Berkner)

Jazzy – yoga track Kira Willey 'How to be a Cloud'

Head Shoulders Knees and Toes – start largo and end PRESTO!

MUSIC LESSON 3 -

*Mindfulness Exercise Practice

Intro to Percussion Family of Instruments

What is a Percussion instrument? Any instrument you can make sounds with by hitting, scraping or shaking. Your Body is a Percussion Instrument! Sometimes has a pitch, sometimes not.

Listen to and show pictures of different Percussion Instruments: Timpani, Bongos, Glockenspiel, etc. Is a Piano a Percussion Instrument? YES!

SOUND BOXES – (See below for instructions on how to make your own sound boxes!) Have children match sounds then put in order from softest to loudest.

Make and decorate your own egg shakers!

Use your shakers and play 'I Know a Chicken' by Laurie Berkner

Percussion Family of Instruments Worksheet (see attached)

MUSIC LESSON 4 -

*Mindfulness Exercise Practice

INTRO TO STRING FAMILY OF INSTRUMENTS

What is a string instrument? Largest family of instruments in an orchestra. A Stringed Instrument makes its sound with strings that can be bowed, strummed or plucked.

Listen to, Guess and Share Pictures of String Instruments: classical or acoustic guitar, electric guitar, double bass, cello, viola, violin, sitar, harp, etc....

Parts of a Guitar: the neck, frets, fret board, head stock, tuning pegs, nut, body, sound hole, bridge

Make a guitar! Using an old cereal box and rubber bands you can make your own stringed instrument!

'Zin Zin Zin the Violin!' by Lloyd Boss, Aladdin Picture Books

Stringed Instrument Coloring Page (see attached)

MUSIC LESSON 5 - INTRO TO Notes!

*Mindfulness Exercise Practice

Quarter Note = 1 count Half Note = 2 counts Dotted Half Note = 3 counts Whole Note=4 counts

Start with quarter notes and half notes. Write out a quarter note and clap the quarter note. Same for the half note clapping and saying 'half-note' I always write out rhythms to 4/4 (Time signatures come later) For example, write out a rhythm of: quarter quarter half note and see if they can read and clap. Eventually add in other note values and mix up the rhythms. This is an ongoing exercise that you can do at the end of every lesson to build upon.

Use flashcards to have children build their own rhythms using the notes learned. You can build upon these too with bar lines and time signatures. Building rhythms can also be a classroom activity that your students can use during 'work' time or free time.

MUSIC LESSON 6,7,8 - Holiday Fun!

*Mindfulness Exercise Practice

5 Little Pumpkins with Felt Board

All the Leaves are Falling Down

Make 5 Little Pumpkins Finger play

Thanksgiving Story with Bracelet (see attached)

5 Little Turkeys

Turkey Hokey Pokey

What are you grateful for? Sing 'I'm Grateful'

Hanukkah Songs : 8 Lights on the Menorah, Dreidel Dreidel (have children spin like dreidels and when the music stops they stop too! Hanukkah Bamba

Christmas Songs: Jingles Bells, Rudolph the Red Nosed Reindeer, Frosty the Snowman (if you have readers in your class, have them follow along with their finger as you sing the words)

MINDFULNESS EXERCISES:

I always start a music class out with a mindful moment practice. The children are usually coming from recess and need a moment to calm their bodies. These mindful moments tell the children it is time to focus and so I find I get a little more out of them when I practice these fun little 'mindful moments' before I begin.

Hot Chocolate, Bunny Breath, How to Be a Cloud – Kira Willey (Mindful Moments or yoga tracks on any of her CDs!) Play these fun 1-3 minute tracks and let the children listen and follow.

Pass the Cup – Have the children pass a cup around the circle. Fill it up a little more before going around the circle again and be careful not to spill!

Wood chime Practice – Strike the wood chime and ask the children to listen to the ring as long as it lasts.

Clap and Repeat Rhythm – clap a rhythm and have the children listen and repeat back

Yes/No Game (See if they can do it using Dynamics and Tempo too! For example, you say yes in a piano voice, they say no in a forte voice. Double Opposite thinking!)

Do as I say, Not as I do Game – In a rhythmic voice, tap and say a part of your body, but make sure your students have their listening ears on because you could trick them by saying something different than what you do and they have to LISTEN to what to do – not what YOU do! For example, 'tap my shoulders, (tap your shoulders) I tap my feet (tap your feet), I tap my belly (tap your belly), I tap my nose (tap your knees!) Children must tap their nose – not knees. Do as you SAY not as you DO!

Guided Meditation for Kids (See website for free downloads)

In *music*, *dynamics* means how loud or quiet the *music* is.

Forte (*f*) is LOUD. Piano (*p*) is QUIET.

Circle all the things that are LOUD (forte).



Circle all the things that are QUIET (piano).



The Tortoise and The Hare



There once was a speedy hare who bragged about how fast he could run. Tired of hearing him boast, Slow and Steady, the tortoise, challenged him to a race. All the animals in the forest gathered to watch.

Hare ran down the road for a while and then and paused to rest. He looked back at Slow and Steady and cried out, "How do you expect to win this race when you are walking along at your slow, slow pace?"

Hare stretched himself out alongside the road and fell asleep, thinking, "There is plenty of time to relax."

Slow and Steady walked and walked. He never, ever stopped until he came to the finish line.

The animals who were watching cheered so loudly for Tortoise, they woke up Hare.

Hare stretched and yawned and began to run again, but it was too late. Tortoise was over the line.

After that, Hare always reminded himself, "Don't brag about your lightning pace, for Slow and Steady won the race!"

SOUND BOXES

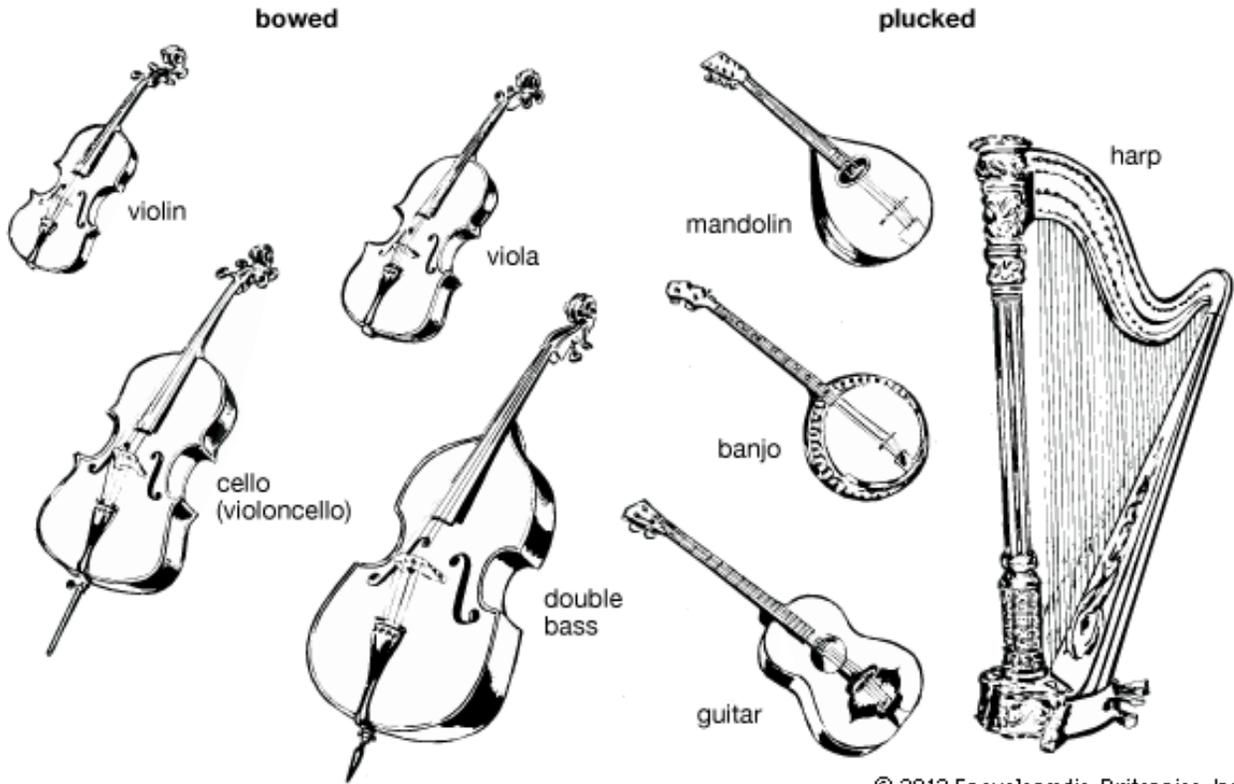


1) Fill cylinders like the picture (these are Montessori materials but you can get similar DIY materials at the Dollar Store. I used Easter eggs!)

2) Fill eggs or cylinders with different ingredients that will produce soft and loud sounds; cotton balls or faux snow, lentils, beans, popcorn kernels etc. Fill 2 eggs (use different colored eggs) with each ingredient and be sure to mark them with matching stickers so that when you present the lesson you will have a control of error. Children will have to match sound with correlating cylinder or egg. When they match the sounds, they can then put in order from loudest to softest or softest to loudest.

A **string instrument** is a musical instrument that makes sound by vibrating the strings on it. The strings are plucked, strummed or played with by a bow to produce sounds. Color the stringed instruments below.

Stringed instruments



CIRCLE THE STRING INSTRUMENTS ONLY!

