The KiDS'School

The Sound of Music

Language Club

Activity 1 - Warm up your body and breath

If we want to sing and make music, we have to warm up more than our voices first!
Let's do some warm-ups together to prepare our vocal instrument

- Roll your head in a circle
- Roll down touch your toes
- Swing back and forth then roll up slowly



Take some deep breaths!

- breathe in for 4, hold for 4 and breathe out for 16 on 'SSS'
- use your diaphragm to say some powerful 'HA's

Activity 2 - What is rhythm?

Let's find out how to make rhythm!
Fig = quarter note
Apple = 2 eighth notes
Watermelon = 4 sixteenth notes
Raspberry = eighth note, 2 sixteenth notes
Coconut = 2 sixteenth notes, eighth note
Pineapple = triplet

Fig, fig, fig, fig
Fig, apple, apple, fig
Fig, watermelon, apple, fig
Apple, apple, watermelon, fig
Raspberry, apple, watermelon, fig
Apple, fig, coconut, apple
Fig, fig, pineapple, fig
Raspberry, apple, pineapple, fig

Make up your own combinations!



Activity 3 - Warm up your voice

Now let's do some more technical vocal warm-ups.
Let's find the different parts of our voice

- touch your diaphragm and make a low round 'HA HA HA HA' sound
- touch your chest and make a loud forward 'HEY HEY HEY HEY' sound
- hold your nose and make a squeaky bright 'HEE HEE HEE HEE' sound
- point to the sky and pretend you're going to yawn! Make a round airy 'HOO HOO HOO HOO' sound

Let's repeat this and try to place our voices really well!

Now for some more technical warm-ups
• buzz our lips, trill our tongues, or hum and slide from Do to So
• 5-note scale with me on 'La'
• octave scale
• minor 5-note scale, how does it sound different?
• Bidi bidi bee, bidi bidi bee, bee bee bee bee bee
(Now we'll change the vowels sounds!)

Activity 4 - What are notes?
Let's watch this video and sing along to find out!
https://www.youtube.com/watch?v=Qy9cj-zwbVY

Let's start at the very beginning
A very good place to start
When you read you begin with A-be-see
When you sing you begin with do-re-mi
Do-re-mi, do-re-mi
The first three notes just happen to be
Do-re-mi, do-re-mi
Do-re-mi-fa-so-la-ti
Let's see if I can make it easy
Doe, a deer, a female deer
Ray, a drop of golden sun
Me, a name I call myself
Far, a long, long way to run
Sew, a needle pulling thread
La, a note to follow Sew
Tea, a drink with jam and bread
That will bring us back to Do (oh-oh-oh)



Activity 5 - Vocab Flashcard games:

Let's learn some musical instruments! Do you play a musical instrument?

Now let's play some games!

(We will drill instruments flashcards, chorally and then add some individually)

(We will stick the flashcards up outside/around the classroom, play "run and touch" – call the name of a flashcard and have 2 students race/hop to touch it first. Have students take on the role of "teacher", calling the names of the instruments)

(We will play musical flashcards – place the flashcards in a circle on the floor, play some music. When the music stops, each student must find a flashcard to stand on and SAY THE NAME OF THE INSTRUMENT. Remove one flashcard each round until there is one winner left. Students that are "out" can help control the music)

(We will play charades – show one student a flashcard, they must
others can guess. If there's enough students, do so in teams, the



Activity 6 - Listening:

Can you recognize the musical instruments?

Listen and guess which one you can hear!

1. https://www.youtube.com/watch?v=9YTO6wus8s0
2. https://www.youtube.com/watch?v=9E6b3swbnWg
3. https://www.youtube.com/watch?v=be1jJCH32OU
4. https://www.youtube.com/watch?v=MK6TXMsvgQg
5. https://www.youtube.com/watch?v=0jXXWBt5URw
6. https://www.youtube.com/watch?v=l-qgum7hFXk

Now watch the videos and see if you were right!

Activity 7 - Story:

I know a shy fellow who swallowed a cello

Listen to the story: https://www.youtube.com/watch?v=APpeoh3h68w

What instruments can you see?

Activity 8 Crafts:

- Wind pipe instrument: https://laughingkidslearn.com/wind-pipe-instrument (requires straws)
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- Do re mi bottles: https://www.lifewithmoorebabies.com/2012/10/do-re-mi-bottles.html (requries bottles and water)
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- African drums https://www.dltk-kids.com/world/africa/mdrum.htm (requires paper/styrofoam cups)

Let's try playing some music!

Mary had a little lamb, little lamb, little lamb

Mary had a little lamb its fleece was white as snow

And everywhere that Mary went, Mary went, Mary went

Everywhere that Mary went the lamb was sure to go!



Sing the song together and play along with your instruments!