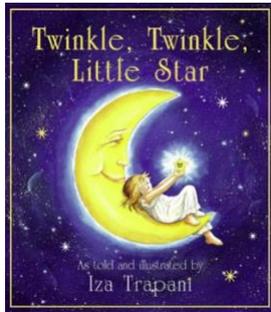


LISTENING & RELAXATION

This activity can be used in early childhood settings for 3-5-year olds in addition to Stage 1 in primary school. Thematically it can be incorporated into 'outer space' and extended by including other star/moon/planet songs and dramatizations.



Step by Step

1. Read "Twinkle Twinkle Little Star" by Iza Trapani to the children.

Twinkle Twinkle Little Star

Poem written by English author Jane Taylor, and published in 1806 as "The Star"
The melody of "Ah, vous dirai-je, Maman" was first published (without words) in 1761.



2. Learn to sing the song with actions.
3. The children lie down on their backs and relax, they're asked to turn on their listening ears and close their eyes if that's helpful. Play the two variations of Mozart's *Variations of Twinkle, Twinkle Little Star*. Can the children hear the nursery rhyme hiding inside these 2 x pieces?
4. Ask children to have a big stretch and sit back up. Ask the following:
is the piece loud/soft, fast/slow? Does it make them feel happy/sad? Can they identify the instrument playing? (Piano).

Children learn very early about authors and illustrators. They can easily learn about composers too – observe and journal their ideas. Begin a class list of the composers' music/pieces that the children like or not, and why the music makes them feel that way. It is our jobs as educators to introduce children to music they may not hear otherwise. Some fun facts about Mozart include: at 4 years of age he studied the violin and made up his own compositions. By 5 he would practice by candlelight, staying up really late. Mozart really liked arithmetic and loved animals.

The Early Years Learning Framework, Outcome 4: Children are confident and involved learners.

Stage 1, Learning Intention: Children will be given the opportunity to hear music from various genres.

Success Criteria:

- Singing
- Children become critical thinkers and listeners. They can articulate their thoughts about the music they hear (Do they like it or not? Why?).

Julia Rennick, August 2022