

Bobbing Up Bobbing Down---Short Lesson Breaks

1. Movement fun

- Using a drum/tambour the teacher keeps a steady beat. Children walk to the beat, changing direction when teacher stamps.
- Introduce movement words: e.g., jump, hop, wiggle, stretch, shake. Children walk to beat and when teacher calls a movement word, children move accordingly
- **Focusing on the weight we put into our walk:** light or heavy. Children walk to beat and on 'ssh' they creep quietly, then back to walking beat. On "stamp" children walk heavily
- **Different tempos:** teacher changes speed of beat, children walk appropriately
- **Level of height:** teacher uses hand signals to indicate low, middle and high as children walk to the beat.
- **Mixing these up:** weight change, tempo changes, changes of levels. Retain the beat.

2. Fun with Pitch (how the sound varies from low to high)

- **Boxes and rubber bands:** in small groups each with a box and several rubber bands.
- Stretch the rubber bands across the boxes to create sounds which vary in pitch
- Each group to play their sounds. Then again, while rest of class indicated with their hands, the level of each sound whether low, middle or high.
- **Bottles and water and wooden spoon:** gather bottles of different sizes. 4 jars for each group.
- Put water in each of these, to a variety of levels to create sounds of different pitch.
- As above, each group *gently* hits each of their 4 jars in the order on which they have decided.
- Repeat each playing: group plays, then class sings the succession of notes, moving hands in the air to indicate low, middle, high sounds.

3. A game for projecting the voice

- Children stand in circle. Hands on diaphragm. Breathe in. Breathe out while pushing the diaphragm in and mouth making a hissing sound.
- Breathe in, picturing the lungs as balloons being filled up each into a large circle.
- Teacher places a bucket on a chair about 4 metres away.
- Explain an arc by demonstrating how the voice goes up and then down into the bucket.
- Sing the chorus of the song, with the idea of projecting the words into this bucket. Keep shoulders relaxed and no shouting., only pushing the sound out with the diaphragm.