LESSON PLANS/ACTIVITIES

Instrumental Music

Objective: To learn new music from music book; to keep meter.

Activity: Choose a piece to learn from Suzuki music books. The music teacher/UM student can accompany on piano. Students should listen tape of piece prior to playing the music. Students should learn the songs in pieces, learning to recognize more and more notes.

Note cards were created to help students learn to recognize notes. This has been turned into a “flash cards” game.

Materials: Violins, music books, tapes of pieces in book so students can hear piece, piano accompaniment.

Dance

Objective: To learn a dance routine to an N’Sync (can also use Backstreet Boys) song.

Activity: Students learn one or two new dance moves each week. When dance moves are choreographed to the entire song, students can have a small performance. Dance moves can either copy the actual dances of N’Sync, or else the students can make up their own dance moves for the song.

Each dance class begins with stretching and review of muscles. Stretches include ankle rolls, toe touches, shoulder and neck rolls, butterfly stretches, thigh stretches, and calf stretches. Students then gather into a small circle and share something special about their day, week, family, self, etc.

Then, students begin learning the routine. Students can break into pairs to make up the dance moves. Each week, review the dance moves learned in past weeks, and build upon this with the new moves.

Materials: Radio and Tape/CD of music.

Arts and Crafts
ACTIVITY 1: COLLAGE

**Objective:** To use creativity skills by making a collage. To learn to share and cooperate.

**Materials:** Popsicle sticks, glue, crayons, old magazines, markers, clothes-pins, construction paper, string, glitter, confetti, scissors, etc.

**Activity:** Students create a collage with above materials. The collages can be general or have a “theme” such as “What I like” or “My favorite hobby/activity . . .” “My hero’s”,

ACTIVITY 2: CHARADES

**Objective:** Children will pretend to be an object, and then draw that object.

**Activity:** On small pieces of paper, write the names of several related objects. Students can look through magazine pictures for an object to imitate as well. For example, each piece of paper can bear the name of a type of fruit/vegetable, animal, bug, household object, etc.

Have each child pretend to be the object, and have others in the group try to guess what each student is supposed to be (like Charades). After the students have finished guessing each student’s object, have the students draw a picture of the object they were.

**Materials:** Small pieces of paper, magazines, crayons, markers, colored pencils, paper for drawing, etc.

ACTIVITY 3: HOME-MADE CARDS

**Objective:** To use creativity to make “home-made” cards.

**Activity:** Pick an upcoming holiday or event (such as the Holidays/Christmastime, Thanksgiving, Birthdays, Mother’s Day, Father’s Day, religious/cultural holidays, etc. Students can make a card for someone special to them for this particular holiday/event.

**Materials:** Crayons, glue, markers, construction paper, glitter, confetti, etc – all types of Art supplies.

ACTIVITY 4: BUGS

**Objective:** To create their own bugs, to learn why bugs have certain features (defense mechanisms, attraction, eyes, nose) It is helpful for the facilitator to know something about bugs.
**Activity:** Give each student a body for the bug: rolled up paper plate, empty toilet paper roll, etc. Students should paste on additions: legs, wings, antennae, etc. Students will explain the function of each addition and the color of their bug’s body.

**Materials:** paper plates, glue, pipe cleaners, markers, construction paper, cotton balls, styrofoam peanuts, tape, bug eyes, etc.

**ACTIVITY 5: COW PUPPET**

Materials needed: Paper Lunch Bag (preferably white), black paint, circle shaped sponge, construction paper, glue

Instructions: Use a white paper lunch bag if you can. Use the construction paper or markers to make a face on the bottom of the bag. The mouth will be on the bottom edge where the bag is folded. Cut small pointy ears out of construction paper and glue them to the side of the bottom edge of the paper bag.

Once your face is drawn, you can finish making your cow by giving it black spots. Dip a small round sponge into black paint and dab it on the bag. Set aside until the paint dries.

**ACTIVITY 6: SUNFLOWERS**

Materials needed: Paper plate, glue, sunflower seeds, yellow paint

Instructions: Cut around the edge of the paper plate to make petal shapes. Make sure you leave the center big enough to add your seeds. Paint the flower-shaped plate yellow. After the paint dries a bit, squeeze a generous amount of glue into the center of your flower and stick on the sunflower seeds.

**ACTIVITY 7: BUBBLE PAINTING**

Materials needed: Tempera paint, liquid dish soap, paper, drinking straws.

Instructions: Stir together 1/2 cup water, 1-2 tablespoons paint, and 1/2-1 tablespoon dishsoap. Place in a shallow dish such as a pie pan. Place one end of a straw in the paint/soap mixture and gently blow to make bubbles. Blow until the bubbles are almost over the edge of the pan. Place a piece of paper on top of the bubbles and hold it in place until several bubbles have popped and left their imprint on the paper. Continue the process with different colors. Blow more bubbles as needed. Set aside to dry.
**ACTIVITY 8: PAPER HANGING BIRD CRAFT**

Materials needed: paper, scissors, tape, thread

Instructions: Using the paper, cut out a profile of a bird and a pair of wings. Color the bird and draw a face. Fold down the inside edge of the wings and tape it to the body. Tape a piece of thread on the back of the bird and hang it from the ceiling. Make many of these birds to decorate a room or you can even make a mobile.

**ACTIVITY 9: DOCTOR BAG**

Supplies: Black construction paper, red construction paper, stapler, white chalk, misc items such as band aids, cotton balls, q-tips, etc.

Instructions: Fold the black paper in half. Staple the sides together and cut out a red cross to glue on the side of the bag. Make a handle out of black construction paper and staple it on. Put supplies in bag.

**ACTIVITY 10: MAKE YOUR OWN MARACA**

Materials needed: containers with a lid or styrofoam cups, rice/driedbeans or other item that can be shaken, masking tape, crayons/markers

Decorate your cups/container using the crayons/markers or other decorative items. Fill container or one cup with rice/dried beans/etc. Tape the other cups together at their opening.

Grasp the middle of the container / cups and shake. Notice how different fillers make different sounds.

**ACTIVITY 11: SWIRL-PAINT POSTCARDS**

Based on the age-old adage that oil and water don’t mix, this marbleized paper is a fun, easy project that creates a unique set of postcards that can be sent to friends or relatives.

Materials needed: old plastic container big enough to put a postcard in, water, eyedroppers, two or more colors of ENAMEL paint, toothpicks or sticks, a pack of white postcards or white 5X7 index cards.

Fill the container half-way with water. Using the eyedropper, add a few drops of paint in different colors to the water and swirl. Drop the postcard into the water. After a second or two, carefully lift the card straight up and set aside to dry on newspaper or paper towels.
You can clear the water between postcards by dragging a toothpick through the water.

**ACTIVITY 12: ALLIGATOR CLIP-ON CRAFT**

Materials needed: Spring-type clothespin, Green Paint, Tri-cornered (triangle shaped) beads, tacky glue or hot glue gun, wiggle eyes.

Paint the clothespin green. Let the paint dry. Glue beads down the back of the clothespin. Glue on the wiggle eyes. Paint on a mouth if you want.

**ACTIVITY 13: RECIPES**

**Crazy Putty Dough**

1/3 cup liquid starch, 1 cup white glue, baking sheet, craft sticks

Pour liquid starch on baking sheet. Slowly stir in glue. Mix with craft stick. After it starts to clump, let set for 5 minutes. Dab a small amount of starch on fingers and knead mixture. Store in airtight containers. Do not get on furniture.

**Finger Paints**

1 cup soap flakes, food coloring, warm water.

Cover work surface with newspaper. Place soap flakes in a large bowl. Slowly stir in small amounts of warm water until the mixture is thick like pudding. Spoon into separate containers and add food coloring. Use as normal finger paint.

**Sculpting Clay Dough**

Saucepan, 1 cup cornstarch, 2 cups baking soda, 1 1/4 cups water.

In a saucepan, mix cornstarch, baking soda, and water. Heat on a medium setting, stirring constantly until thick. Cool. Knead clay on wax paper. Create, dry, and paint.

**Modeling Clay Dough (play dough)**

1 cup flour, 1/2 cup salt, 1 Tbs. Vegetable oil, 1 cup water
Mix ingredients in a large bowl until mixture becomes doughlike. Place on a sheet of wax paper and sprinkle with flour. Divide into lumps and add food coloring. Store in refrigerator or let air dry and paint.