

BC SRC 2018: Motion Commotion!
Program (Ages 9-12), Theme 6: Bust a Move!
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ICEBREAKER

Would You Rather? (5-10 minutes)

Have to dance whenever you were in a hurry?

OR

Sing whenever you had to have a serious discussion?

You can do this in a number of ways. The most basic way is to go around in a circle and have each participant introduce themselves and state their preference and why.

You can also give the participants an opportunity to ask questions about each scenario and make up the answers as you go along. For example, participants may ask “Do I get to choose what song I sing?” and you could say, “No, you always have to sing Happy Birthday”, or, “Am I a good dancer?”. After a set amount of time (or if participants no longer have any questions), you can close the question period and proceed with asking everyone about their choices.

ACTIVITY

Body Percussion (10-15 minutes)

1. Ask participants if they know what a percussion instrument.
 - a. Explain that percussion instruments are instruments that make a sound when they are struck, shaken, scraped, or rubbed. Some examples are rattles, xylophones, drums, and bells.
2. Introduce body percussion as a way of turning your body into a percussion instrument by doing actions such as clapping, toe tapping, stomping, chest thumping, snapping, etc.
3. Play Simon Says with body percussion. Instead of saying “Simon says”, participants should repeat your actions only if they hear a clap in it. You can also divide the group into two teams and whenever someone on a team makes a mistake, the other team gets a point.
4. Introduce a basic *ostinato* (repeating rhythm) with “We Will Rock You” (“stomp stomp clap”).
5. Perform or have a participant make up an ostinato. The next participant will have to repeat that same ostinato but in a different way. For example, the first person may stomp, the second might snap, the third might snap and clap, etc.

Body Percussion Classroom: Lesson Plans

<http://www.bodypercussionclassroom.com/lesson-plans.html>

ACTIVITY

Types of Instruments (15 minutes)

Musical Instruments https://www.naxos.com/education/music_instruments.asp

Let's talk about instruments.

1. What are some names of instruments?
2. Which instruments have you played?
3. What are your favourite instruments?

Name that instrument!

Hang up various pictures of instruments (piano, tambourine, tuba, horn, trumpet, clarinet, flute, violin, etc.) with room overtop each picture for the instrument name. Hang up the names of each instrument (with sticky tac or tape) in columns beside the pictures. Ask for volunteers to match the correct names to the correct pictures.

Categorizing musical instruments.

Hang up the names of the different categories of instruments, leaving space under each for kids to stick corresponding instruments to: Strings, Woodwind, Brass, Percussion, and Keyboard

Print out pictures of various types of instruments (piano, tambourine, tuba, horn, trumpet, clarinet, flute, and violin) and hand out a set to each team comprised of several kids each. Have each team work together to affix their picture under the correct corresponding category by giving them each some sticky tack or tape.

ACTIVITY

Craft - Making a Shoe Box Guitar (15-30 minutes)

Shoe Box Guitar Craft

<https://www.thespruce.com/shoe-box-guitar-craft-1252888>

Instructions on the following page.



PRESENTS

Crafts For Kids!

Oh Susanna: Make Your Own Guitar

Parental supervision is required

What you'll need:

- Shoebox
- 4 or 5 Rubber bands
- Pencil or toilet paper tube
- Paper-towel tube
- Markers, glitter, crayons



Have an adult cut an oval-shaped hole in the top of the shoebox.



Stretch a few rubber bands around the box and over the hole.



Put a pencil or toilet paper tube under the rubber bands on one side.



Tape on the paper-towel tube to the front of the shoebox.



Decorate the box anyway you choose.

SPEAKABOOS.com

BOOK SUGGESTIONS

The Kids Can Press Jumbo Book of Music by Deborah Dunleavy

Rubber-band Banjos and a Java Jive Bass by Alex Sabbeth

Percussion and Electronic Instruments by Robert Dearling

Woodwind and Brass Instruments by Robert Dearling

Stringed Instruments by Robert Dearling