

MODERN TUNES FOR RHYTHMS and INSTRUMENTS

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INTRODUCTION

This guide offers suggestions. Please understand it is not the only way to use this music. It is a collection of examples to stimulate your creativity. As you feel comfortable with the music, you will find yourself improvising as you go, getting ideas and variations from others and sharing the leadership role. There are several ways you can encourage people to move with the music.

1. Follow the leader games
 - a. Teacher as leader
 - b. People take turns being leader
2. Suggest problems and challenges
3. Invite people to create individually, with partners or in small groups.

Here are some examples of routines for follow the leader and some suggested problems and challenges that have worked for me. I have not given examples for every song and many of the activities are interchangeable between songs. The best approach is to listen to each selection and see what kind of movements it suggests to you. The ultimate goal is to have people creating their own rhythms and movements.

TRACK 1. SUNSHINE

INTRO: Hands low, shake high

A. Pat knees and clap hands

B. Swing arms side to side

INTRO: Repeat as above

A: Pat and bend knees at the same time, unbend knees and clap hands at the same time

B: INTRO A: REPEAT AS ABOVE

Can you find other parts of your body that you can shake high and low?

Can you find other ways to swing your arms?

Can you find something else to add as you pat and clap? (sway from side to side, bounce up and down, etc.)

TRACK 2. HAPPY MECHANICAL MAN

A: PAT KNEES OR POUND FLOOR WITH FISTS

B: CLAP 3 BEATS AND REST 1 BEAT

C: BUGS - quickly walk your fingers down your legs, then let them fly up and back to your waist. Repeat 8 times

A, B, C, A REPEAT AS ABOVE

Can you pat your knees and make your body bounce up and down?

Can you think of other things to do as you pat your knees? (wiggle side to side, make your shoulders bounce, etc?)

Divide into groups or partners. Each group creates a rhythmic pattern to the music using rhythmic instruments or body parts. The group can play the same rhythm pattern together or play interrelated rhythms, changing patterns whenever they choose. Of course, this approach can be used with any of the songs on the CD.

TRACK 3. MAIN STREET PARADE

TRACK 4. THE HAWK

A. PANTOMIME BIRD IN FLIGHT

B. PANTOMIME BIRD LOOKING

FOR FOOD - take 5 little bird steps then jump and turn in any direction, with the sound of the triangle. Repeat 6 times.

A, A, B, A REPEAT AS ABOVE

TRACK 5. THE WOODPECKER

Here's a little counting game people can do
Sitting in a circle.

INTRO: LOOSEN HANDS AND WRISTS -

Twist, open close, etc.

A: PATTING YOUR KNEES, COUNT TO 13 THREE TIMES, THEN COUNT TO NINE, CLICK YOUR TONGUE 3 TIMES DURING EACH PAUSE

B: SHAKE YOUR HANDS SIDE TO SIDE SHAKE YOUR HANDS INSIDE THE CIRCLE AND OUTSIDE THE CIRCLE

A, B, A, B, REPEAT AS ABOVE

Can you count out loud as you pat your knees?

Can you count in your head as you pat your knees?

Can you think of other ways to shake your hands? (high, low, forward, backward, apart, together, etc.)

Can you think of something else you could do as you count?

TRACK 6. POW WOW

A: POUND FLOOR WITH FISTS

B: CLAP 3 BEATS AND REST ONE BEAT

C: PAT THIGHS, KNEES, SHINS AND TOES - pat each part 8 times or just move down your leg as you feel it.

D: BUGS quickly walk your fingers down your legs, then let them fly up and back to your waist. Repeat 8 times.

A, B, C, REPEAT AS ABOVE

As you pound the floor,
can you add rhythmic

vocal sounds?

Can you think of something else you could do for 3 beats and then rest?

TRACK 7. PINKY

TRACK 8. ON A LITTLE STREET IN SINGAPORE

A. EXPLORE JERKY MOVEMENTS

B. EXPLORE FLOWING MOVEMENTS

A. REPEAT AS ABOVE

C. MOVE AROUND THE ROOM LIKE A GIANT MONSTER

Can you do jerky movements with just your arms, head, waist, etc.?

Can you do jerky movements using your whole body?

Can you move around the room with jerky movements?

Can you move around the room using flowing movements? Can you do it without making any noise?

TRACK 9. MARCH OF THE CLOWNS

FUNNY MARCH

A: MARCH - add variations as you feel them, march and juggle, march and sway from side to side, march and wiggle, etc.

B: JUMP IN FUNNY WAYS one foot, two feet, forward, backward, wiggle, bounce, sway, bend, etc.

WHEN THE HORN SOUNDS TWO TIMES, FALL DOWN AND GET BACK UP

Variation: do a quick somersault and get back up.

A, B, A REPEAT AS ABOVE

Can you find other funny ways to march?
Can you think of something else you could
do when the horn sounds?

TRACK 10. FRERE JAQUES

TRACK 11. MAI TAI

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