

SING ORFF

Singing is Active - 2!!



Here is the second week of our Sing Orff activities to tie in with **'Active Schools Week'** which many schools are helping children to take part in at home around now. Remember that singing and dancing are part of being active and they are amazing exercise for the body and mind!

It's more important than ever to keep active when we are staying at home, so keep including singing and moving to your activities to stay healthy and happy while staying at home!

You can follow our videos and activities and also make up your own. The classic is to have a dance party and sing and move along

to your favourite tracks by yourself or with other people in your house!



This week,

"Warm up and Stomp" with Elspeth and George.

This is a real favourite warm up in our classes and exercises your voice and your body!

Marian performance track of **'Let's Go Fly a Kite'** with you in full! We hope you've had great fun learning this song. Maybe you had a go at making your own kite? Did it fly?

Ali has the second part of the body percussion piece **'Alley Cat'** and is putting it all together

Carrie's Brazilian musical game **"Borborletinha"** (means 'little butterfly') is a great way to move to the beat of the music and you could ask other people at home to join in. Perhaps you have some paving outside and could jump between the paving stones instead of on mats inside if the weather is nice!

Borborletinha Notes:



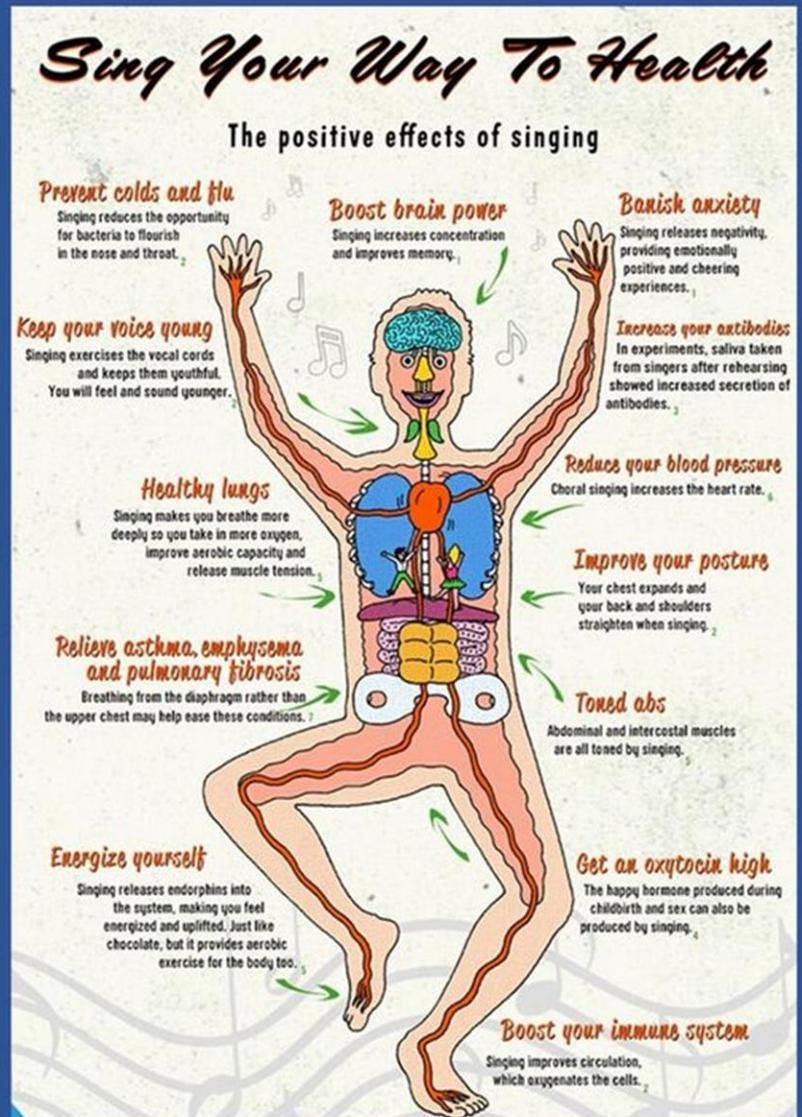


RAINBOW BREATH

As a lovely way to wind down after all that activity, Marian introduces you to this mindful breath meditation that you can try out and practice. The more you practice the easier it become and the stronger the benefits -and it is easy, free and accessible to anyone – especially you.

If you are feeling tired in the morning and find it hard to get out of bed – use your **RAINBOW BREATH** to get your body moving and wake up that sleepy head. Or anytime you need a little more energy. Get comfortable in a sitting position - and connect with your breath in “**Rainbow Breath**” with Marian.

Do check out the “Rainbow Breath” Demo Video below



LINKS TO RESOURCES AND ACTIVITIES:-

- ✓ 'WARM UP AND STOMP' – Elspeth and George <https://youtu.be/jEyKiuknCv4>
- ✓ “LET’S GO FLY A KITE” – PERFORMANCE VIDEO: <https://youtu.be/wqhESURUAJI>
- ✓ ”BORBORLETINHA” – Carrie <https://youtu.be/tip-8eyK2Ek>
- ✓ ”BORBORLETINHA” NOTES https://drive.google.com/file/d/1a_bcooKhySTGOKEaJaO9CPSRFU4IngdK/view?usp=sharing
- ✓ ”ALLEY CAT” – Complete - Ali <https://youtu.be/gCIUJi05rbs>
- ✓ ”RAINBOW BREATH MEDITATION” – Marian <https://youtu.be/pq1SLXEG-wM>
- ✓ ”RAINBOW BREATH” DEMO VIDEO https://drive.google.com/file/d/1K_lkASTG8w0inl_vClqsISH-rvMWWSlq/view?usp=sharing

Offline activities!

MOVE!

Perhaps you could move your voice and your body like a kite, twisting and turning in the wind? Can you add some actions or dance moves to the 'Lets Go Fly a Kite' song?

BREATHE!

Rainbow breath meditation card

CREATE!

Can you draw or paint your amazing *Magic Rainbow Breath*? What does your breath look like?

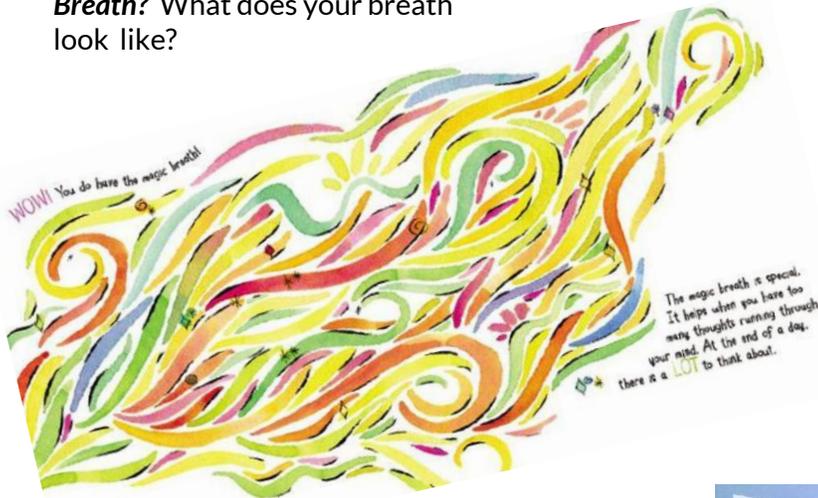
RAINBOW BREATH



SIT UP AND LET YOUR SPINE GROW TALL - EITHER ON THE FLOOR, YOUR LEGS CRISS-CROSSED OR SITTING COMFORTABLY IN A CHAIR, YOUR FEET FLAT ON THE FLOOR, HANDS RESTING GENTLY ON YOUR LAP, PALMS UP OR DOWN, WHATEVER FEELS RIGHT FOR YOU IN THIS MOMENT.

- GET TOTALLY RELAXED, TRY CLOSING YOUR EYES AND BRING YOUR ATTENTION INWARDS.
- BRING YOUR ARMS AND HANDS OUT STRAIGHT TO THE SIDES - PALMS DOWN.
- TURN PALMS UP, *Inhale* AND SWEEP YOUR ARMS UP AND OVER YOUR HEAD, HANDS MEETING PALM TO PALM.
- TURN PALMS OUT; *Exhale* AND BRING YOUR ARMS ALL THE WAY BACK DOWN AND OUT TO YOUR SIDES TO CREATE THE RAINBOW.

(Inhale = Breathe In; Exhale = Breathe Out)



*Card 1 of 4 Breath Meditations Cards
(cut out and keep until you collect the 4)*



We really love hearing how you're getting on with music-making at home and hope you enjoy singing with us. Be sure to keep in touch and share with us here what you are up to musically: musicgenerationcarlow@kcteb.ie

Take care and keep singing!

Marian

Carmie Haskins

Aspeth

Ali