

SING ORFF

Singing in the Garden – Trees and Flowers

With the wonderful weather last week over the June Bank Holiday, we hope you got to spend lots of time outside in your garden or perhaps in a nearby park. This week's musical activities are inspired by the trees and flowers in our gardens.



Nature is so amazing in the way that so many different things grow from tiny seeds, from the smallest flowers to enormous trees. Have you been planting any seeds in your garden? What kind of things would you like to grow?

Music and singing can be like nature, in that songs and activities that seem very simple and small can have big meanings and big effects on our happiness and well-being. Remembering our



favourite songs and activities can help us whether we are feeling sad and worried and want to feel better or whether we are feeling happy and energetic and want to express our feelings.



This week,

You can warm up, explore your voice and create your own sound patterns with the Marian's **"Daisy Vocal Exploration"** offline activity.

"Round the Oak Tree" with Elspeth. This is a lovely simple song that you can sing by yourself whenever you want to, or sing with other people together to make a round and sing in harmony. It has a message of the greatness inside everyone of us.

Ali is singing one of her favourite songs with you **'I am an Oak Tree'**. You can imagine how it would be to be a big oak tree, a beautiful wildflower and a strong, enormous mountain, all with their roots deep in the earth. You can sing, move and play to this song, and even make up your own verses for your favourite plants and parts of nature.

Carrie's video **'A Walk in the Woods'** shows many fabulous trees on her walk with her family. You can watch this video and listen to the beautiful music, and you could also see how you could move to the music and if you can use your bodies to show the things you might do and see on your own walk in the woods.

Marian continues introducing you to the benefits of meditation with the second of her breath exercises. **"Dandelion Breath Meditation"**. Think about a dandelion, the furry little seeds that are left after the petals have fallen off of a dandelion daisy flower. Children, the world over, love blowing them away. The same technique is used for this exercise.

Remember: The more you practice the easier it become and the stronger the benefits -and it is easy, free and accessible to anyone – especially you.

You can do this with Marian on the video or you can also use the card on the next page to guide you to do the breath meditation exercise offline.

FUN RESOURCES AND ACTIVITIES:-

- ✓ 'DAISY VOCAL EXPLORATION' – Marian (see below)
- ✓ "ROUND THE OAK TREE" – Elspeth <https://youtu.be/ omsOSZES2o>
- ✓ "I AM AN OAK TREE" – Ali <https://youtu.be/Sx0j2PrRhOQ>
- ✓ "A WALK IN THE WOODS" – Carrie <https://youtu.be/sCXqFfXuugg>
- ✓ "DANDELION BREATH MEDITATION" – Marian <https://youtu.be/XCE42yRyWio>

Offline activities!

"DAISY" VOCAL EXPLORATION



MAKING A DAISY CHAIN is a great way to spend some time outside enjoying the sunshine. You could make a daisy chain to go all around the kitchen table, lawn or path. Or perhaps they could have a competition with someone in the house to see who can make the longest one. You can make necklaces, bracelets, rings and crowns.

1. **MARIAN'S DAISY VOCAL CREATION!**

use the chain to create our own **VOCAL EXPLORATION** (do you like mine above?)

BUT you could also

WHAT YOU NEED

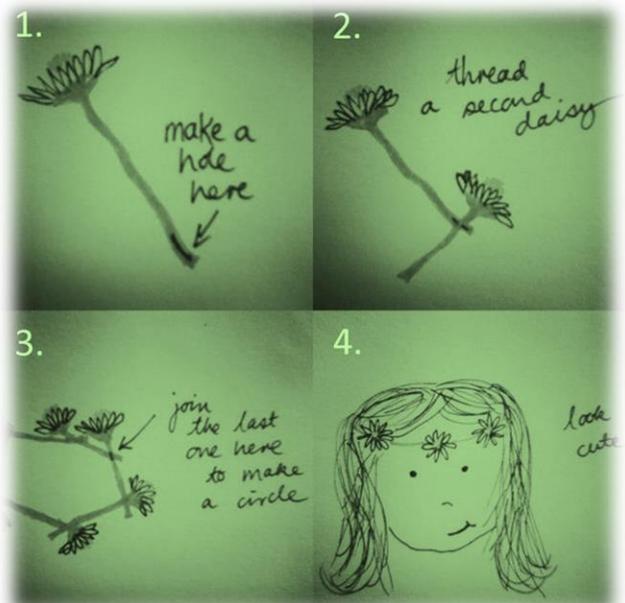
- Lots of daisies
- a sharp thumb nail or plastic knife to cut the 1-2 cm slit in the stem.

INSTRUCTIONS →

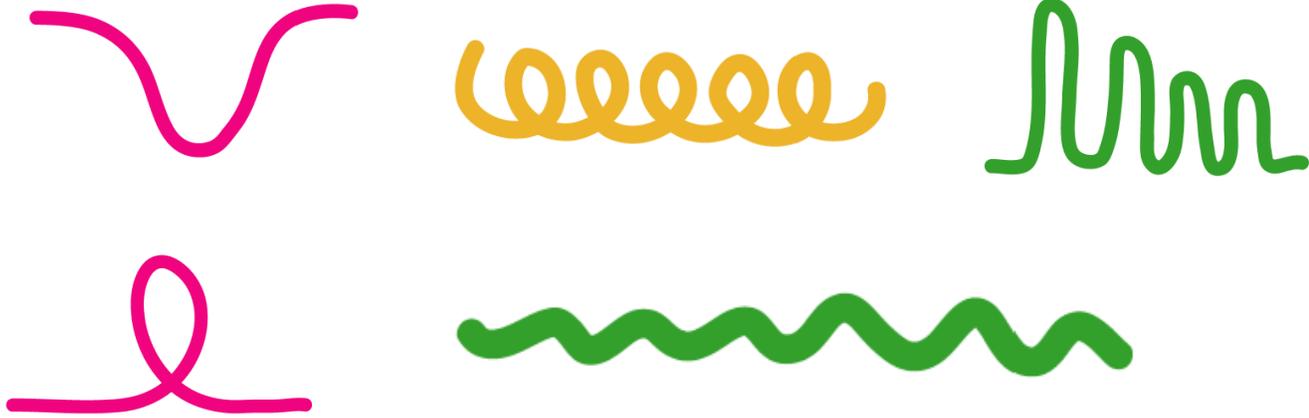
Repeat these steps until you reach the desired length of your daisy chain.

VOCAL EXPLORATION

1. Now that you have your daisy chain made – can you *lay your daisy chain out on the table or the floor and arrange it to match any of the shapes you see below:-*



2. Can you **make a sound with your voice** to follow the shape of your design – making a rising and falling glissando “**Whoooooo**” sound just like an Owl!



3. Can you create your own shape/composition out of your daisy chain? Take a picture of it and/or record your voice and email it to us here at musicgenerationcarlow@kcetb.ie

DANDELION 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.

- RELAX YOUR SHOULDERS AND FACE AND CLOSE YOUR EYES.
- IMAGINE A SOFT DANDELION FLOWER – ALL WHITE & FLUFFY.
- PICK UP YOUR DANDELION
- (INHALE) THROUGH YOUR NOSE, AS IF YOU ARE SMELLING IT AND (EXHALE) WITH YOUR LIPS GENTLY PRESSED TOGETHER BLOWING GENTLY AND SLOWLY ON THE FLOWER, EXPELLING ALL THE SEEDS INTO THE AIR.
- REPEAT THESE STEPS TWICE MORE
- NOW PUT YOUR DANDELION DOWN AND SHOW HOW YOU CAN DO THIS WITHOUT ANYONE KNOWING YOU ARE DOING IT. YOU CAN FEEL MORE COMFORTABLE AND RELAXED AND NO ONE HAS TO KNOW.



*Card No. 2 of 4 Breath Meditation 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@kcetb.ie

Take care and keep singing!

