

ENCORE VOCAL PROGRAMME

1st – 3rd

SING ORFF

Singing in the Garden - Mini-Beasts and Bugs

This week we are continuing with our theme of gardens and nature, but we are going to focus on the most important creatures in the garden – the mini-beasts and bugs!



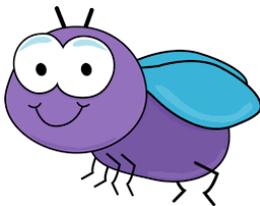
This is another example of how small things can have huge effects. We know how important bees and flying insects are at pollinating flowers and crops, but did you know how important worms are in keeping the soil healthy and how other mini-beasts are also important to process garden waste into good earth. Without our mini-beasts and bugs we wouldn't have beautiful gardens and parks, and we wouldn't be able to grow food for ourselves!



When we sing and move and make music, imagine that you are like one of these important mini-beasts, working hard at doing vital things which make life better for everybody. When we sing, even if we can't all sing together at the moment, we are making ourselves and other people happier!



This week,



Our first mini-beasts are flies and fleas, and you can warm up with Ali's "The Fly Catcher - Flea in my Pocket".

Next let's hear it for the worms and caterpillars! Elspeth shows you around her vegetable garden and is sharing a song with you called "The Inch-Worm".

Hopefully you can learn it and sing along. It comes from a musical called 'Hans Christian Anderson' about the storyteller who gathered lots of fairy tales. You might not realise it but you will be doing a bit of maths too!



You can also sing along with Ali to this song by **The Beatles** called "Ob-la-Di, Ob-la Da". Do you notice how the name of the band is spelt oddly? It's mixing up the word 'beetles' for the mini-beast with the word 'beat' for the music! You can sing and dance along to this happy song.

Marian's next meditation breath exercises is a "Counting Breath Meditation". This can link back to the counting and measuring the Inch-Worm is doing in Elspeth's song! This exercise is great for any situation where you need to help yourself to be calm and centered.

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:-

- ✓ 'THE FLY CATCHER - FLEA IN MY POCKET' - Ali <https://youtu.be/cWqgNfvGids>
- ✓ "THE INCH WORM" - Elspeth <https://youtu.be/4 GGmgk -ls>
- ✓ "OB-LA-DI, OB-LA-DA" - Ali <https://youtu.be/8DN9gbHj1o0>
- ✓ "COUNTING BREATH MEDITATION" - Marian <https://youtu.be/oHpQvzLfyrk>

Offline activities!

1. MINI-BEASTS WORDSEARCH

Name: _____

Created with TheTeachersCorner.net Word Search Maker

Mini-Beasts

N	B	P	L	Y	I	B	C	O	Q	O	K	K	V	X
C	J	D	A	R	C	W	G	C	O	C	H	O	M	Y
C	C	X	D	N	A	B	Q	D	P	A	L	A	D	S
X	D	U	B	R	T	E	V	O	R	F	L	E	A	T
T	I	O	O	B	E	E	T	L	E	E	Y	D	N	C
P	M	U	A	O	R	T	I	W	D	Q	K	P	G	E
F	H	C	C	N	P	T	N	O	E	W	X	X	I	N
L	A	D	Y	B	I	R	D	R	N	R	V	T	U	T
R	G	Q	B	E	L	K	H	M	Z	R	Y	U	T	I
N	H	S	O	V	L	F	L	Y	P	S	W	U	A	P
C	G	T	Y	K	A	G	D	X	S	G	Z	Z	V	E
D	T	X	W	Z	R	C	P	Q	J	X	P	M	M	D
E	B	U	T	T	E	R	F	L	Y	K	X	R	Z	E
J	R	W	N	T	W	J	B	E	Z	F	D	C	U	R
J	P	E	N	D	W	V	D	L	T	Z	V	C	D	S

BEE	BUTTERFLY	FLY
CATERPILLAR	CENTIPEDE	WORM
LADYBIRD	BEETLE	FLEA

2. MINI-BEASTS RHYTHMS

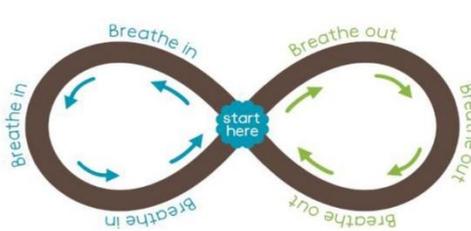
Say and clap the names of the mini-beast you have found. Can you make a word chain of four mini-beasts and say and clap the chain to a marching beat? Can you change the words around and see which words fit best in the chain?

3. MINI BEAST MOVES

How do each of the mini-beasts move? Can you make your body into the shape of each of them and move around like each of the mini-beasts?

4. COUNTING BREATH MEDITATION CARD

COUNTING BREATH



FIND SOMEWHERE COMFORTABLE, WARM AND QUIET TO SIT WITH YOUR BACK STRAIGHT AND TALL AND YOUR FEET PLANTED FIRMLY ON THE FLOOR HANDS RESTING GENTLY ON YOUR LAP, PALMS UP OR DOWN, WHATEVER FEELS RIGHT FOR YOU IN THIS MOMENT AND JUST BE STILL!

- RELAX YOUR SHOULDERS AND FACE AND CLOSE YOUR EYES.
- **(INHALE)** THROUGH YOUR NOSE, AS IF YOU ARE SMELLING A ROSE AND **(EXHALE)** WITH YOUR MOUTH SLIGHTLY OPEN **AH!**
- BREATHING **IN** 2 3 BREATHING **OUT** 2 3
- BREATHING **IN** 2 3 BREATHING **OUT** 2 3
- BREATHING **IN, IN, IN**
- BREATHING **OUT, OUT, OUT**

Card No. 3 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@kcteb.ie

Take care and keep singing!

Marian

Carrie Haskins

Ispeeth

Ali