

If My Rhythm Sticks Felt...(Lesson Plan)

Narwhals & Waterfalls

Grade Level

PreK-5th Grade

Learning Objective

I can demonstrate self-awareness by learning how I am effected by emotions.

I can demonstrate fine motor skills through playing with rhythm sticks.

Demonstration of Learning

Given rhythm sticks & the "If My Rhythm Sticks Felt..." song, I can demonstrate awareness of my emotions & fine motor skills.

SEL Standards:

Self-Awareness

Music Standards:

-Allegro/Largo

-Piano/Forte

-Playing classroom instruments in a group, or ensemble.

-Develop fine motor skills

-Improvisation

Resources:

Classroom Set of Rhythm Sticks

N&W Song-"If My Rhythm Sticks Felt..."

N&W "If My Rhythm Sticks Felt.." Slides

- **Greeting**
 - Sing the "Hello, Hello, Hello" song (Narwhals & Waterfalls)
- **Circle Time:**
 - Show them the Feelings Chart and ask what they're feeling today. Pass around the rhythm stick and explain that today it's the "talking stick" and whoever has it gets a turn to talk. Being respectful means listening when it's someone else's turn.
- **Discussion:**
 - What do you do when you feel Mad? Glad? Tired? Silly? Excited?
 - Think about someone you know, like your parents, friend, sister or brother. What do they do when they feel mad, glad, tired, silly, or excited?
 - Do you think rhythm sticks have feelings?
- **Passing out Rhythm Sticks**
 - Guidelines- Explain that there's 2 different positions for rhythm sticks. There's playing position (sticks up and ready to play), and resting position (sticks resting up on their shoulders). Practice these two different positions before passing them out. Explain that when you hand out the rhythm sticks, they should all be in resting position and making no noise!
 - Passing out Sticks Song: (Tune of London Bridges) "Time to take your rhythm sticks, rhythm sticks, rhythm sticks, time to take your rhythm sticks in resting position!" (and when all the rhythm sticks are passed out, and you're ready to play, you can replace resting with "playing position!")
- **"If My Rhythm Sticks Felt..." Song**
 - In this song we'll explore what rhythm sticks would do if they had feelings! You'll also hear some animals and musical terms in the song, so listen very carefully! Put your rhythm sticks in "playing position". Here we go!
 - Play the song "If My Rhythm Sticks Felt..."
 - Explore more animals and emotions together, with the rhythm sticks, while in the circle.
 - Sing another simple rhythm stick song, such as "This is the way we tap our sticks" (to the tune of "Here We Go Round the Mulberry Bush") adding verses such as "drum our sticks, hammer our sticks, scrape our sticks, etc.
- **Compose your own Rhythm Activity**
 - Can be done as a group, by projecting the slideshow to your class. It can also be done individually, or in groups, using the worksheet.
- **Rhythm Matching Game**
 - Put students in groups, and have each group cut out the flashcards (or you can do that beforehand), and match together the notes to the image/words. Then have them create their own 4 beat rhythm as a group and perform it for the class.
- **Extension Activity Crossword Puzzle**
 - Have students complete the crossword puzzle individually or in a group.
- **End-of-Class Routine**
 - Pick up Rhythm Sticks Song (tune of "If you're happy and you know it"): "It is time to put our rhythm sticks away, it is time to put our rhythm sticks away! We'll put our rhythm sticks away, save them for another day. It is time to put our rhythm sticks away"
 - Play the **"Goodbye Song"** by Narwhals & Waterfalls as students line up.

