

MUSICAL MOMENT

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Need a five-minute brain and body break? You can add some rain sticks and thunder tubes for extra fun, but all you really need is your body and your voice.

1. Sing *It's Raining*

It's Raining

Musical score for the song "It's Raining". The score is written on two staves in G major (one sharp) and 4/4 time. The melody consists of quarter and eighth notes. The lyrics are: "It's rain - ing, it's pour - ing. The old man is sno - ring. He went to bed and he bumped his head and he did - n't get up in the morn - ing."

2. Start Body Percussion Rainstorm:

- Light whistling (breathe in through the nose and out through the mouth*)
- Slide hands together
- Snap fingers+
- Pat legs
- Stomp feet

3. Sing *Rain, Rain, Go Away* while stomping feet – add score

Rain, Rain, Go Away

Musical score for the song "Rain, Rain, Go Away". The score is written on one staff in G major (one sharp) and 4/4 time. The melody consists of quarter and eighth notes. The lyrics are: "Rain, rain, go a - way. Come a - gain a - no - ther day. We want to go out - side and play."

3. Finish Body Percussion Rainstorm

- Stomp feet
- Pat legs
- Snap fingers
- Slide hands together
- Light whistling

4. Sing *Mr. Golden Sun*

Mr. Golden Sun

Oh, Mis-ter Sun, Sun, Mis-ter Gol-den Sun, please shine down on me. Oh, Mis-ter Sun, Sun,
Mis-ter Gol-den Sun, Hid-ing be-hind a tree.
These lit-tle chil-dren are ask-ing you to come on out so they can play with you. Oh, Mis-ter
Sun, Sun, Mis-ter Gol-den Sun, please shine down on _____

*This ancient strategy for calming down and centering ones' self literally cools the brain down because the artery that brings fresh blood to the brain passes right behind the nasal passage. When you bring in cool air (room temperature), that blood cools down slightly, thereby cooling down the brain. As you exhale, you let some of the heat out into the environment, further cooling the brain. Don't be a hot head; let cooler heads prevail!

+ Lots of kindergarteners can't snap yet. Here's a trick to help them:

1. Ask kids to practice touching the different fingers of one hand to the thumb of the same hand. Make a game of this using either finger names (pointer, middle, etc) or numbers. (This is good for dexterity and brain / body connections.)
2. Have them blow hot, moist air onto their hands, then snap their middle finger against their thumb. There are some folks who are first or third finger snappers, so let the kids experiment with different fingers. Remind them to move their fingers as fast as they can.