

Hello **Edmonds Royalty!** (Grade 6 and 7) 😊

I miss you! I hope you are finding activities that you can do to keep your spirits up and your brain active. Making music is one of those! As I'm sure you know, at 7:00 pm every night, people around the world are showing their thanks to nurses, doctors and other frontline workers. Written below is one fun way you can join in and practice some Music too! If you don't understand part of my instructions, that's okay. Do the parts you do understand and take the time you need.

Sending you lots of hugs and smiles 😊,

Karin

Recess!! Body Percussion Break!

It's recess! Time now to take a short break from TicTok and Mario Cart. Oops, I mean it's time to take a break from Journal writing and Math 😊

Morning Recess:



Can you remember our 4 original body percussion patterns? Play each one until you've got it. Focus on a different one each day, or be a Music pig  and do them all at once.

1. 3-3-7
clap, chest, chest, rest, clap, chest, chest, rest, clap, chest, chest, pat, pat, stomp, stomp, rest.
2. 7-3-3
clap, chest, chest, pat, pat, stomp, stomp, rest, clap, chest, chest, rest, clap, chest, chest, rest.
3. 5-9
clap, chest, chest, pat, pat, rest, clap, chest, chest, pat, pat, side, side, stomp, stomp, rest.
4. 9-5
clap, chest, chest, pat, pat, side, side, stomp, stomp, rest, clap, chest, chest, pat, pat, rest.

Way to go!! You did it




5. Now, do you remember the pattern that you and your group created? Practice it until it's smoooooth.
6. Go to Page 2 and keep going 😊

Afternoon Recess:



You're on Recess Duty!

- Teach someone in your house one of the body percussion patterns. (If there is no one available or you can't bribe them with all these yummy snacks, teach your imaginary friend) 
- Play the pattern with your student until they are confident and can play it repeatedly without stopping at the end, going right back to the beginning of the pattern.
- See if your student can play it without you, several times in a row.
- Think of some words of encouragement and thanks for our nurses, doctors and frontline workers. Add some words on the claps (word and clap happen at the same time)
Example: 'Thank'/clap, chest, chest, rest, 'You'/clap, chest, chest, rest, 'Nurses'/clap, chest, chest, pat, pat, stomp, stomp, rest.
- When your student is confident, have them play the pattern while you add any second pattern. (Be patient, this might take a few days 😊)

7:00 PM Performance:

Time for your world première and to show nurses, doctors and frontline workers how much you appreciate them! Take your team to the balcony or front yard and strut your stuff! Play just one part or as many as you can manage 😊

Bravo! Well done! Take a bow!

Midnight snack:

Hand it in!



Now all you have to do is video yourself (with or without your student). Upload the recordings to Teams in the Assignments tab or send it to me by email: karin.johnson@burnabyschools.ca



Now you really do deserve to have your cake and eat it too. If only I could figure out how to deliver cake over Teams.....



Bonus Points – Video or audio record yourself doing 2, 3, 4, or all 5 patterns several times in a row. Record one pattern on top of the other so they play together. I'm not sure what applications you have available to you to do this, but you can always just use 2 smart phones if nothing else. You are so good, you can do the job of the whole class by yourself!