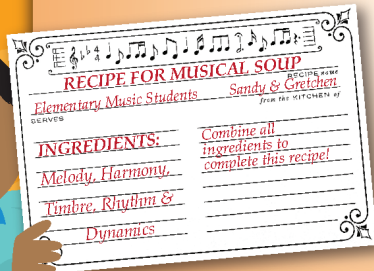


Musical Recipes from the Kitchen of Sandy and Gretchen

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Mixing It Up!



Sandy Lantz & Gretchen Wahlberg



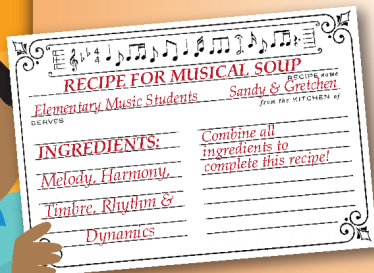
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<https://sandygretchen.com>

Sandy and Gretchen's two great books featuring Orff process lessons including your favorite children's literature are already best sellers! This third collection of great activities uses even more of the most popular children's books for inspiration. You will enjoy these activities making your classes fun and educational!

Mixing It Up!

Sandy Lantz
Gretchen Wahlberg

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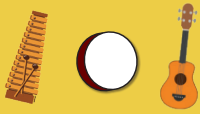
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Be Kind



BE KIND

Serves: 4th and 5th

Prep: barred instruments, hand drum, ukulele

Cook Time: 2 to 3 lessons

Degree of Difficulty: changing chords, new rhythmic strum

Book by Jan Peck, Illustrated by Valeria Petrone. Simon and Schuster
ISBN 978-0-689-85110-0



Sheet music for 'Be Kind' featuring three systems of music for Voice (V), Hand Drum (HD), and Barred Xylophone (BX). The key signature is one sharp (F#) and the time signature is 4/4.

System 1 (Measures 1-6):

- V:** Chords G, C, G. Lyrics: Be kind. Be kind. Be kind.
- HD:** Rhythmic pattern of eighth notes.
- BX:** Rhythmic pattern of eighth notes.

System 2 (Measures 7-12):

- V:** Chords D7, G, C. Lyrics: Be kind. Be kind. Be kind.
- HD:** Rhythmic pattern of eighth notes.
- BX:** Rhythmic pattern of eighth notes.

System 3 (Measures 13-18):

- V:** Chords G, D7, G. Lyrics: What does it take to be kind?
- HD:** Rhythmic pattern of eighth notes.
- BX:** Rhythmic pattern of eighth notes.



Be Kind

Process

Melody

- ✓ Teacher sings melody, Students echo by phrase.
- ✓ Show outline of chord structure

I I V V
 I I V7 V7
 I I IV IV
 I V7 I I

- ✓ Teacher sings root of chords.
- ✓ Teacher sings root again, Students echo.
- ✓ Students sing root, Teacher sings melody.
- ✓ Switch parts.
- ✓ Transfer chord roots to bass xylophone, sing.

Ukulele

- ✓ Display chord charts for G C D7, review fingerings.
- ✓ Students play G chord with new rhythmic strum. Brush up on beats two and four. "Air play" beats one and three.
- ✓ Repeat strum with all chords.
- ✓ All sing and play ukulele.

Hand Drum

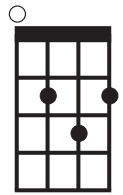
- ✓ Display words for hand drum rhythm, Students patsch rhythm on legs.

*Everybody, everybody, everybody **Be Kind**.*

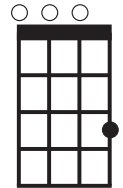
*Everybody, everybody, everybody **YES!***

- ✓ Teacher plays hand drum, students imitate.

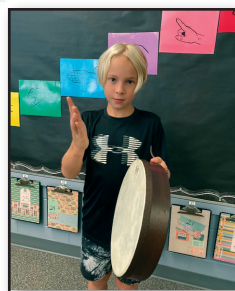
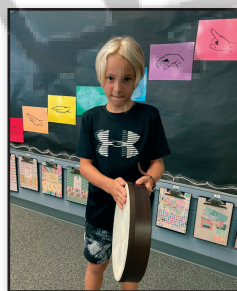
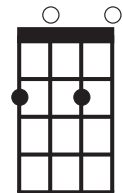
G



C



D7



- ✓ Make two groups, one sings melody, one plays hand drum, switch parts.
 Combine all ingredients and play throughout the reading of the book Be Kind.



Be You



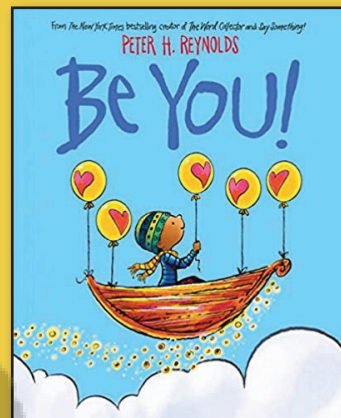
BE YOU

Serves: 5th

Prep: Barred instruments, soprano ukuleles, shakers, low drum

Cook Time: 3 lessons

Degree of Difficulty: AB form, chords on ukulele (F, C7, Bb, Dm), syncopation



A

V Just be you, no mat-ter where you are.

Shakers

BX

V Just be you, you're a star. Be your-

Sh.

BX

V self! Do your best in all you do and en-joy your life,

Sh.

BX

Chords: F, Bb, C7

Be You

Process

A Section

- ✓ Teacher sings A Section. Students echo by phrase. Students echo entire song.
- ✓ Using the words “You are wonderful. You are a star,” Teacher speaks words with rhythm (shaker part). Students echo speak. Transfer to shakers.
- ✓ Make two groups. One group sings A Section, one group plays shakers. Switch parts.
- ✓ Teacher patsches Bass Xylophone rhythm and speaks “Just be yourself al-ways, yes!” Students echo speak words with rhythm. Transfer to bass xylophone on I chord (F), IV chord (Bb only), and V chord (octave C’s).
- ✓ Make three groups. One group sings, one group plays shakers and one group plays bass xylophone. Switch parts.
- ✓ Create introduction with bass xylophone. Perform A section.

B Section - (lesson 2)

- ✓ Teacher sings B Section and claps low drum part.
- ✓ Teacher sings again, Students clap low drum part.
- ✓ Students echo sing by phrase (continuing claps)
- ✓ Transfer claps to low drum.
- ✓ Students echo sing entire song. Add ritardando on final three notes.
- ✓ Teacher demonstrates a roll with patchen while singing entire song. (roll on right leg for D, left leg for C) Students join. Transfer roll to bass xylophone on low D and C.
- ✓ Combine all parts. Singing group, low drum, and bass xylophone.

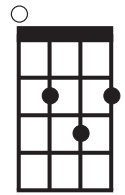
Lesson 3

- ✓ Teacher displays ukulele chord templates - F, C7, Bb and Dmin.
- ✓ Students practice each chord, playing each chord for 8 beats, rest for 8 beats, and play the next chord for 8 beats. Continue with all chords. Reduce strum and rest beats to 6 beats, then 4 beats. This will allow students to switch chords more fluidly.
- ✓ Display lyric sheet with chord templates. Slowly practice all chords. Add singing.
- ✓ Gradually add all parts.
- ✓ Form ABA

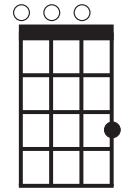
Optional Ingredients

- ✓ When performing the ritardando at the end of the B Section, practice the A Section *a tempo*. Rehearse these tempo changes.
- ✓ Add a two-measure introduction to A Section and a 2-measure interlude from B to A.

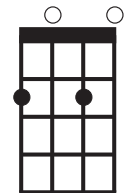
G



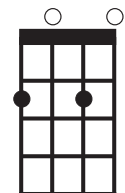
C



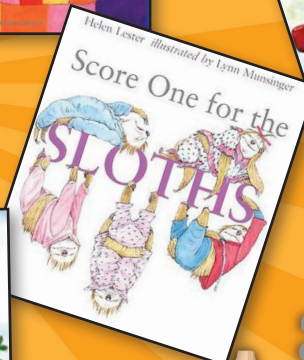
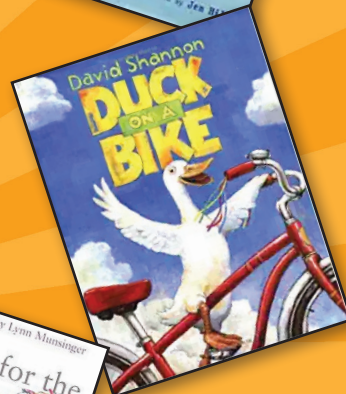
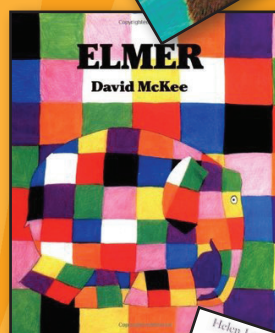
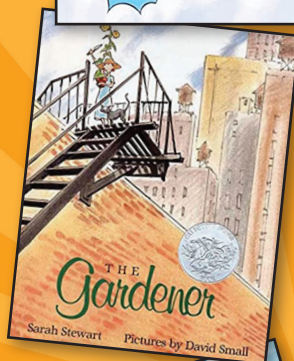
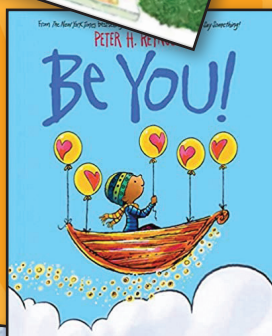
D7



D7



Be Kind
 Be You
 Bear Came Along
 Black Light Trips
 Dorian Dance
 Drums United
 Duck on a Bike
 Elmer
 Jam 'n Jelly
 Mia, Come
 Move Around
 Move It
 Oh, How Lovely
 Prairie Chicken Little
 Score One for the Sloths
 Snake Alley Band
 Strictly Elephants
 Summertime Storms
 The Gardner
 Too Many Carrots
 Under the Black Light Circus



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