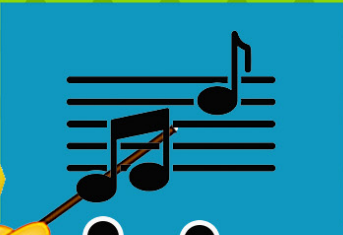


# Welcome to ...



## The ... Music Stand

From the Classroom of ... Mrs. Craig

Please Note ... Four Pages to this PDF

## Do The Five ... Six Feet Slide

Good Morning Van Students ...

It is time for week five of Distance Learning in Music Class ... welcome! It's time to **DO THE FIVE!**

This week's music lesson focuses on the fourth **DO THE FIVE** motion and that is ... **Six Feet Slide!** As I'm guessing most of you are already aware ... the rule for being out in the public, in stores, or just sitting outside visiting with friends is ... stay six feet away from other individuals. In fact, if you are in a store and going through the check-out line, there are signs on the floor letting people know to stand six feet away from the next person.

Why do we need to follow this rule? Staying six feet away from others helps control germs from spreading from one person to another. In addition, wearing a mask, covering your nose and mouth, is also a good idea. We must all do our part in preventing the Coronavirus from growing and continuing to have a large impact on our lives ... and our world.

So here we are ... with the **Six Feet Slide** waiting on us! Next week, for **DO THE FIVE** ... we take a look at the theme ... **No Place Like Home**. Guess what ... we are going to combine the two weeks .. giving you, and your family, plenty of time to prepare and practice for the latest and greatest competition yet ... **Bombers Home-Bound Bandz!** Yes ... students ... you and your family have the opportunity to form a home band, make a video, and submit the final project to me, Mrs. Craig, on or before Thursday, May 14, 2020. You may email the video to: [tammy.craig@rensselaerschools.org](mailto:tammy.craig@rensselaerschools.org) ... or simply submit through the **contact form** on the specials web site. If you have any problems submitting the video, please let me know.

There will be two family winners selected ... one from the primary school and one from Van. Yes ... there will be prizes ... and medals! In addition, **all** families submitting a video will be featured in an online iMovie showcasing their amazing talents and new-found abilities. If you would rather your video NOT be included in the final presentation, please let me know when submitting ... and of course, you can still win!

Keep reading ... to page two we go ... stay safe ... Mrs. Craig



## To Help You Get Started ...

- Don't panic! In most cases, YOU have experience on what it takes to build a band. Have a meeting with the entire family and select a song of your choice (using good judgement.) You may use a karaoke version or the actual real song for performing.
- Create your band name ... representative of the song you have selected to use.
- Who is going to do what? Assign responsibilities ... singer(s), dancer(s), what instruments (see page three), and of course, someone will need to serve as videographer. All family members are welcome ... and encouraged ... to participate.
- Singers ... if you can't memorize the words in time ... don't fret! If you simply say the word "watermelon" over and over again ... of course keeping with the time ... it will appear as if you know each and every word of your song. Believe me ... this works!
- The dance moves must include the **Six Feet Slide** ... and what is that? I see it as a step to the right with your right foot and your left foot slides to meet your right. However, it may be something much cooler and better than that. It is up to you ... but the moves must consist of what you decide the **Six Feet Slide** really is. Have some fun with this!
- Instrumentalists ... you are going to have a fun job ahead of you! If you have real instruments at home, you can certainly use them. If you don't, you can create your own from many items you have in your house ... again ... see page three for ideas and suggestions.
- Practice ... there's no place like home to create a lasting memory of forming your very own **Bombers Home-Bound Bandz**. Set a practice schedule ... organize your band members ... find or create your instruments ... and let the good times begin.
- Laugh, smile, enjoy the **Six Feet Slide** ... and more than anything ... remember - there's no place like home. Go get it!
- Check out my (Mrs. Craig) new YouTube video ... **Under the Sea** ... for some one-man-band inspiration. Sorry ... Benny (the dog) said it wasn't his favorite song ... so he wouldn't participate!



## YOU'VE GOT THIS!

### Instruments to DISCOVER

- Box of spaghetti ...  
maracas in an instant
- Spoons ... put two together ...  
you've got a beat
- Pans and kitchen spoons ...  
drums
- Plastic eggs ... fill with rice ...  
great shakers
- Plate - rubber bands stretched across ...  
guitar
- Glass filled with water ... add spoon ...  
music notes
- Rocks ... put in jar and shake ...  
another beat
- Beads ... put in plastic pop botte ...  
shake away

The possibilities are endless!

The kitchen is your new friend!

**Google** ... a great resource!

Explore nature ... sticks and stones!

**YOU ... CREATE ... SOUND!**

### ASSIGNMENTS to Mrs. Craig

Please send your  
**Bombers Home-Bound Bandz**  
name and title of song selection to  
Mrs. Craig by **Monday, May 11**.  
You may send this information through  
the specials web site form or use the  
email listed below:  
[tammy.craig@rensselaerschools.org](mailto:tammy.craig@rensselaerschools.org).

You are welcome to put your video in an  
iMovie before sending.

All submissions/videos are due by  
**Thursday, May 14** ... to Mrs. Craig.

If you have problems sending the video,  
please email Mrs. Craig.

If you do not want to appear in the  
combined final video presentation,  
please note when sending video to  
Mrs. Craig.

Most importantly ... **have fun!**

**YOU ... CREATE ... SOUND!**

*Coming Soon ...*



The ...  
**Music  
Stand**

From the Classroom of ... Mrs. Craig

● ● ● **Smile ... Say Hi ... Do The Five** ● ● ●

April 16, 2020



**Hand Jive Alive**

April 23, 2020



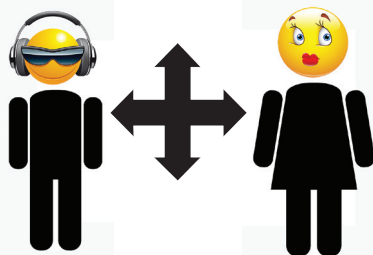
**Don't Touch It**

April 30, 2020



**Elbow Cough and Go**

May 7, 2020



**Six Feet Slide**

May 14, 2020



**No Place Like Home**

