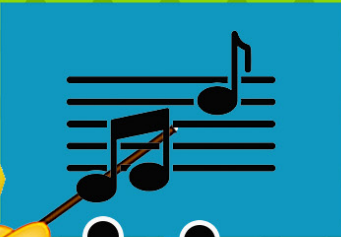


# Welcome to ...



## The ... Music Stand

From the Classroom of ... Mrs. Craig

Please Note ... Four Pages to this PDF

## Do The Five ... Elbow Cough and Go

Good Morning Van Students ...

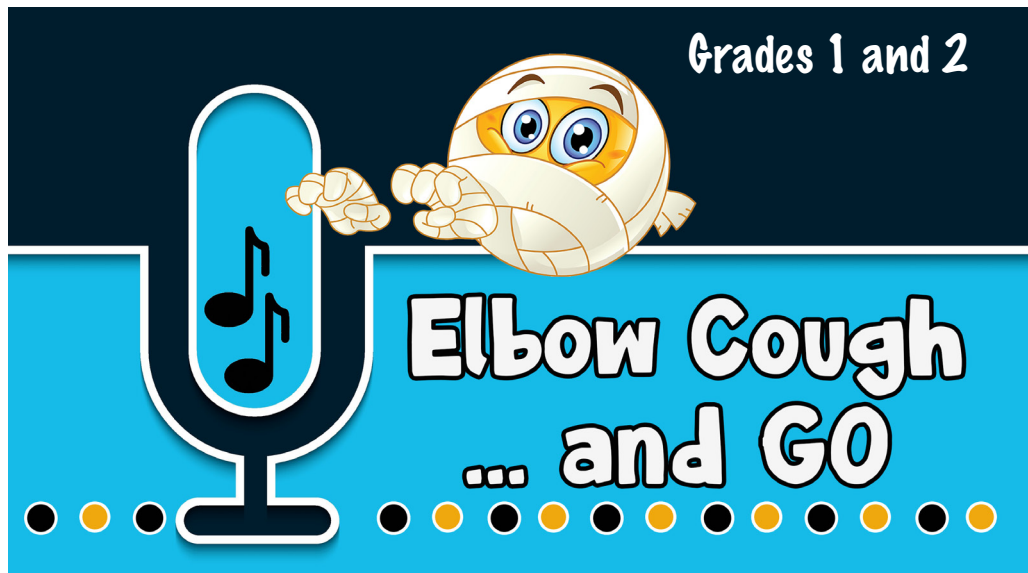
It is time for week four of Distance Learning in Music Class ... welcome! It's time to **DO THE FIVE!**

This week's music lesson focuses on the third **DO THE FIVE** motion and that is ... **Elbow Cough and Go!** Several students responded to last week's challenge question ... what kind of dance move could go along with the **Elbow Cough and Go?** The answer is ... **THE DAB!** You are probably already aware ... I am not a fan of "The Dab" ... but have decided this week is all about YOU ... and people you admire and care about. Hmm ... what could that mean ... keep reading!

As we explore the **Elbow Cough and Go**, we find out another way to protect ourselves, and especially others, is to cough, or sneeze, into our elbow. This keeps germs contained and therefore, they do not spread as easily to others. This safety tip is not only important during the Coronavirus pandemic, but whenever you cough or sneeze. We all need to be careful, safe ... so we're not sorry later on.

This week we are going to share a bit of kindness by **dabbing** those people you care about. Instead of receiving certificates for doing a great job on your challenges, you are going to be able to spread cheer, a bit of happiness, and put a smile on the face of others. YOU get to give away the certificates. I challenge you to pass along the **Dab Award** to at least 10 people. How do you do this? First ... ask your parents for a little help if needed. The certificates can be forwarded, copied, pasted, put on Facebook ... or printed and delivered on porches if you wish. The choice is yours ... just spread kindness to others. For fun ... please let me know how many certificates you passed along. You may email at ... [Tammy.craig@rensselaerschools.org](mailto:Tammy.craig@rensselaerschools.org) ... or simply click on the **email me** button on our new specials web site. I have set a goal ... let's reach at least 400 people with the **Dab Award**. Go for it!

Be sure to check out the new videos on my YouTube channel. Your dabbing expertise is needed! In addition, I have a surprise for you ... more details on page two! Sending smiles, happy songs, and dabs to all ... Mrs. Craig



## YOUR TO-DO LIST THIS WEEK ...

So much to do ... so little time ... where should you begin? Let me help ...

- Check out this week's song on **YouTube** ... *Doin' the Dab* ... and you should not need any practice on this **Elbow Cough and Go** move! Whenever the words ... doin' the dab ... come around ... YOU do the dab. If you want, follow the words and sing along ... see page three.
- YOU get to pass out kindness certificates! Read page one and make your list. Ask your parents for help if needed ... and spread good cheer to others. The certificate is on the new specials web site - under music - in the same location you found all of this information! Your goal ... 10 sends per student will help us make our team goal of 400 certificates sent.
- Email me, Mrs. Craig ... [Tammy.craig@rensselaerschools.org](mailto:Tammy.craig@rensselaerschools.org) ... or click on the **email me** button ... and report how many certificates you shared.
- Sing along with the song!
- Stay safe, be kind, spread happiness ... and keep a song in your heart!
- Now ... **READ THE BIG NEWS BELOW!**

## BIG NEWS!!

I hope all of you are singing ... in the shower, to the radio ... wherever and whenever - singing can make you smile!



I miss hearing your voices. I miss everyone singing together as a class. I miss you! Life just hasn't been the same without everyone being together. As I was walking outside, I heard humming coming from the barn. (Tidbit ... llamas hum ...) I thought to myself ... what if? Yes ... what if? With a little bit of practice and a lot of grain ... I am proud to announce the latest, greatest group ... straight out of **Red Barn Studios** ... **The Llama Bamas** ... with their first big hit just for Rensselaer Bombers! Have fun!



## Doin' the Dab

Well, you can tell by the way I tap my feet ...  
 I'm a music fan, can't stay in my seat.  
 Music makes me wanna dance, yes all around ...  
 And throughout the town.  
 And so it's alright, it's okay,  
 And you may look the other way ...  
 And some of you may understand,  
 I've never been a dabbing fan ...

But you've been a sittin' or at home a knittin' ...  
 Try doin the dab ... it's so cool and rad.  
 Do not try to hide it put your face in your armpit,  
 And you're doin' the dab, doin' the dab ...  
 Ah, ah, ah, ah ... doin' the dab ... doin' the dab ...  
 Ah, ah, ah, ah ... doin the dab' ...

Well now, I get down and I get up,  
 And sometimes life is really tough.  
 With the sun in my eyes and shining on my shoes ...  
 I'm a music fan and I just can't lose.  
 You know it's alright, it's okay,  
 I'll see you on another day ...  
 We can try to understand,  
 This pandemic's affect on man ...

If you've been a sittin' or at home a knittin' ...  
 Try doin the dab ... it's so cool and rad.  
 Do not try to hide it put your face in your armpit,  
 And you're doin' the dab, doin' the dab ...  
 Ah, ah, ah, ah ... doin' the dab ... doin' the dab ...  
 Ah, ah, ah, ah ... doin the dab' ...

Ain't goin' nowhere, oh no we don't dare,  
 We've go to stay where we are ... yeah ...  
 The days pass by us, don't see a school bus,  
 No one's in a big rush ... oh yeah ...

If you've been a sittin' or at home a knittin' ...  
 Try doin the dab ... it's so cool and rad.  
 Do not try to hide it put your face in your armpit,  
 And you're doin' the dab, doin' the dab ...  
 Ah, ah, ah, ah ... doin' the dab ... doin' the dab ...  
 Ah, ah, ah, ah ... doin the dab ...

*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



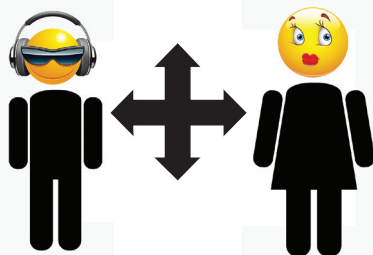
**Don't Touch It**

April 30, 2020



**Elbow Cough and Go**

May 7, 2020



**Six Feet Slide**

May 14, 2020



**No Place Like Home**

