

Do The Five ... Don't Touch It

Good Morning Van Students ...

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

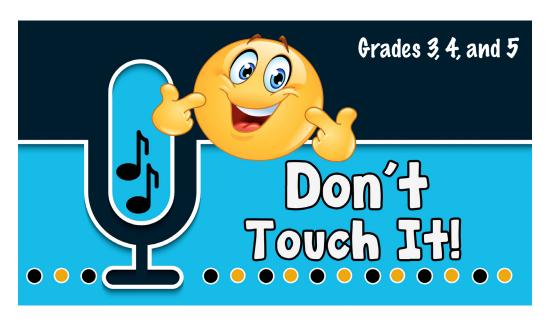
This week's music lesson focuses on the second **DO THE FIVE** challenge and that is ... **Don't Touch It!** The reference of **Don't Touch It!** refers to your face. Germs and viruses are easily transferred from your hands to your face and also to other items. People actually touch their face many times throughout the day. Once you begin thinking about it, you will be surprised at how many times you find your hands moving right past your chin to rub your eyes or scratch your forehead. Be aware of touching your face, keep washing your hands ... you are **Doing The Five**.

Headed your way next week is safety tip #3 ... and involves your elbow. **CHALLENGE TIME** ... what could a safety tip possibly have to do with your elbow? You tell me ... and if you can figure it out ... send me an email with the correct answer!

Wait ... **there's more to the challenge** ... once you figure how your elbow is involved ... tell me what kind of hand move would go best with safety tip #3. Put your brain to work! If you get BOTH of the anwsers correct, I will send you an online award certificate. Think, think, think ... it's not that hard! Do some research ... Google is your friend! My school email is ... Tammy.craig@rensselaerschools.org. I will be waiting!

Parents ... if at any time you have questions on any of the music activities, please feel free to send an email to Tammy.craig@rensselaerschools.org. Please join your students in this week's challenge ... located on page two of this pdf document. I'm certain they would love to see your facial expressions!

Sending smiles and happy songs to all ... Mrs. Craig



Let's PRACTICE ...

Performing and communicating in front of an audience is a skill ... and a challenge to many adults. If you become comfortable speaking, reading, and even singing in front of people when you are young, these skills will be with you throughout life. You will find them helpful in school, college, and especially when interviewing and applying for a job.

A major part of communicating, and being able to express your feelings and emotions to others, is through facial expessions. By changing the look of your eyes to the form of your mouth, your audience will be able to tell if you are happy, sad, concerned, or finding a bit of humor in the subject. Not only do your facial expressions help tell the story, your hand movements can also create motions as to why, what, when, or where.

This week in Distance Learning for music, we are going to explore the world of facial expressions and hand gestures as if you are performing in a show ... in front of thousands of people. YOU are a STAR ... and can not only sing your heart out ... you can also tell the story through your face and hands.

The CHALLENGE ...

Stand in front of a mirror and try out the facial expressions and hand gestures pictured below.



The COMPETITION ...

How good are your facial expressions and hand movements? I challenge you to send me a video ... or pictures ... of YOU duplicating all FIVE of the emoji emotions above. If you do ... you will receive an online certificate of accomplishment! Send to: tammy.craig@rensselaerschools.org



Don't Touch It!

How much longer must we stay home,
I'm ready to go - I'm ready to roam.
Ready to go somewhere, ready to get out,
Want to see my friends so bad, I could stand and shout.

But before we run - before we play, We must follow the five rules that they say. Wash your hands, stay six feet away, Up with the elbow, stay home all day ...

And don't touch it ... your face,
Don't touch it ... your face,
Stay home and be strong and nothing will go wrong ...

And don't touch it ... your face,
Don't touch it ... your face,
Be a part of the race ...
Keep your hands off your face ...
Don't have the time for us to waste ...

Don't touch it ... your face, Don't touch it ... your face, Don't touch it ... your face, Don't touch it ... your face,

OFF!



Smile ... Say Hi ... Po The Five









