



# **Integrating Migrant Children at Schools through Artistic Expression**



WP2: ArtsTogether Inclusive Curriculum Module 5 Guide: Celebration Activity/Output/Deliverable 2:1

Prepared by: Bath Spa University





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# **MODULE 5: CELEBRATION**

#### Aims

- 1. Develop awareness and knowledge of global cultural experiences through reflective appreciation of diverse seasonal celebrations and festivals.
- 2. Enhance participants' creative and linguistic understanding through engagement with cultural practices linked with seasonal celebrations and festivals.
- 3. Promote interdisciplinary interactive creative and cultural participation through culinary, visual and performing arts activities celebrating seasonal festivities.
- 4. Support curriculum development and community participation through global seasonal celebrations, fostering integration and inclusion within expressive arts.

# **Module 5 Focus**

People, across different times and places, celebrate and commemorate their lives, heritage, experiences, beliefs and values through celebrations and festivals based around the seasons; cultural and religious; national, regional and family traditions. UNESCO advocates sharing traditional food, costumes, music, and dancing, to raise awareness of specific geographical, cultural, religious and economic aspects of different communities.

Module 5 focuses on exploration of the meaning and practice of seasonal celebrations and festivities across a range of perspectives, providing opportunities for participants to share their own cultural experiences, as well as gaining a wider understanding of elements of global, seasonal commemorations within diverse settings and contexts. Module 5 provides support for exploration and dissemination of familiar and new celebratory opportunities, encouraging participants and their families to join in and generate seasonal events and festivities, sharing traditions of food, costume, music and performance across their wider communities.

# **Module 5 Themes**

# Theme 5A: Global Food Cultures

Theme 5A encourages learners to explore cultural meanings and practices within their own and diverse international food cultures, investigating the dietary role within seasonal and cultural celebrations and festivals. Participants investigate how seasonal celebrations and festivals are commemorated through food preparation and sharing within global communities, exploring food-themed artwork, recipe cards, posters and books, and demonstration videos.

UNESCO and the Council of Europe recognize food culture as Intangible Cultural Heritage; promotion of intercultural dialogue through food fosters tolerance and understanding. Engagement with culinary heritage and recipes opens up conversations and breaks down barriers between communities through the enjoyment of shared and diverse food cultures. Theme 5A generates artworks inspired by celebratory seasonal food, promoting dietary sharing across a range of cultures.





|                                 | of the European Official  |
|---------------------------------|---|
| Theme 5B:<br>Carnival           | Theme 5B develops an exploratory approach in responding to the global carnival theme, supporting participants' experimentation with a range of media, scales and formats. Participants develop mixed-media two and three-dimensional images and artefacts engaging with the carnival theme from diverse community perspectives.  Responses to the theme of global carnival includes creation of head-dresses, costumes and artefacts providing a model for celebratory engagement with communities through the arts. Exemplar projects such as Womad's World Festival of Arts promote Theme 5B values generating: 'a world without borders, a global fiesta of music, food, dance and art.' |
| Theme 5C:<br>Recycled Orchestra | Recycled Orchestra explores the role and meaning of music within global festivities, investigating diverse cultural instrumentation in facilitating celebratory cultural experiences. Democratisation of musical participation is supported through designing, creating and playing instruments from recycled materials.  The making of innovative instrumentation inspires musical engagement and participation for all, developing musical accompaniment to enrich celebrations and festivals across cultural and seasonal contexts.  |
| Literacy                        | <ul> <li>Participants investigate visual and performing arts experiences of seasonal and intercultural celebrations, to develop understanding, vocabulary and communication skills.</li> <li>Relationships between the individual, community and society are developed through listening and speaking, extending vocabulary and understanding around the theme of shared and diverse celebrations.</li> <li>Participants gain confidence, developing visual communication and performance skills through engagement with their own and others celebratory practices.</li> </ul>   |





|                                | MODULE 5 CELEBRATION: OVERVIEW       |  |                  |  |  |
|--------------------------------|--------------------------------------|--|------------------|--|--|
| LEVEL                          | LEARNING ACTIVITY                    | FOCUS  | TIME             |  |  |
| THEME 5A: GLOBAL FOOD CULTURES |                                      |  |                  |  |  |
| All Levels                     | Introduction: Global Bread           | Global food cultures - bread                                       | 1-2 hours        |  |  |
| Level 1 & 2                    | Global Food: Pizza                   | Design and make pizzas   | 2-3 hours        |  |  |
| Level 2 & 3                    | SlowMed Project                      | Mediterranean Diet research and making                             | 1-3 hours+       |  |  |
| All Levels                     | Global Cakes                         | Seasonal global celebration cakes                                  | 1-2 hours        |  |  |
| Level 1                        | Celebration Cookies                  | Playdough cookies  | 2 hours          |  |  |
| Level 2                        | Celebration Cookies                  | Clay cakes and food  | 2 hours          |  |  |
| Level 3                        | Cake Sculptures                      | Create cake sculptures   | 2-3 hours+       |  |  |
|                                | THEME                                | 5B: CARNIVAL   |                  |  |  |
| All Levels                     | Introduction to Cultural<br>Carnival | Explore Carnival in different cultural contexts & create display   | 1-3 hours        |  |  |
| Level 1                        | Carnival Mask                        | Investigate & make carnival mask                                   | 1-3 hours        |  |  |
| Level 2                        | Carnival Headdress                   | Investigate & make carnival headdress                              | 2-3 hours        |  |  |
| Level 3                        | Carnival Costume                     | Investigate & make carnival costumes                               | 2-3 hours+       |  |  |
| All Levels                     | Carnival Procession                  | Create a Carnival Celebration procession                           | 2-3 hours+       |  |  |
|                                | THEME 5C: RE                         | CCYCLED ORCHESTRA  |                  |  |  |
| All Levels                     | Sound sources                        | Explore and collect sound sources and ways to produce sound        | 30 mins – 1 hour |  |  |
| Level 1                        | Making percussion instruments        | Create a range of instruments that produce sound in different ways | 1-2 hours        |  |  |
| Level 1 & 2                    | Rhythm patterns and games            | Play, recognise rhythms and make a rhythmic piece as a group.      | 1 hour           |  |  |
| Level 1 & 2                    | Rhythm and body percussion           | Body percussion & instrumental rhythms make celebratory music      | 1-2 hours        |  |  |
| Level 2                        | Making tuned percussion instruments  | Create instruments that play different pitched sounds.             | 1-2 hours        |  |  |
| Level 2                        | Melody games                         | Play a pitched instrument to make a melody, using colour notation. | 1 hour           |  |  |
| Level 2                        | Making music to celebrate            | Use tuned instruments to make or 'find' melodies.                  | 1-2 hours        |  |  |
| Level 3                        | Sound Sculptures                     | Research & create sound sculptures in groups. Play!                | 3 hours+         |  |  |

**Levels colour-codes** (please note that most Learning Activities can be adapted to any Level):

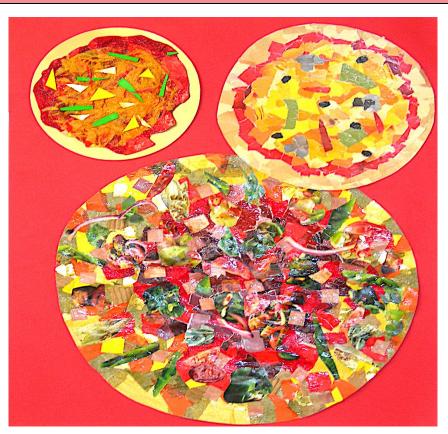
| Level 1: Nursery – | Level 2: Mid-Primary | Level 5: late Primary - |
|--------------------|----------------------|-------------------------|
| early Primary      |                      | early Secondary         |

**Times:** can be adapted to participants' cognitive, creative and literacy abilities.





# MODULE 5: CELEBRATION THEME 5A: GLOBAL FOOD CULTURES



Celebration Pizza Designs, Photo-credit: June Bianchi

# **Learning Outcomes**

Learning Outcomes are generated across a range of foci:

# • Literacy:

Explore participants' own and each other's diverse international food cultures and discover and share cultural meanings and practices. Share seasonal and cultural celebrations and festivals.

# • Visual Art:

Create food-themed artwork, recipe cards and demonstration videos.

# • Performance:

Experience how seasonal celebrations and festivals are commemorated through food preparation and sharing within global communities.

# **Learning Resources**

- PowerPoint Presentation: Theme 5A
- Visual materials and resources outlined in Theme 5A Plan and PowerPoint





# THEME 5A: GLOBAL FOOD CULTURES

# All Learning Activities are supported by Theme 5A PowerPoint Presentation

# THEME 5A ALL LEVELS: INTRODUCTION GLOBAL FOOD CULTURES – GLOBAL BREAD

#### All Levels Materials/Resources

Writing, drawing and colouring materials, collage materials, scissors, glue etc. Drawings, writing and collage to create a display of Global Food Cultures

#### Websites:

- 91 Ways to Build a Global City: <a href="http://91ways.org/">http://91ways.org/</a>
- CNN World Best Food Cultures:

https://edition.cnn.com/travel/article/world-best-food-cultures/index.html

- Food in Every Country: http://www.foodbycountry.com/
- Global Bread websites:

https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/cooking-skills/dough/a-to-z-of-breads

https://www.oola.com/life-in-flavor/2390731/the-different-types-of-bread-from-around-the-world/

• Traditional Food & Languages:

 $https://\underline{www.funwithfor eignlanguage.com/traditional-food-around-the-world/}$ 

- UNESCO Intangible Cultural Heritage: https://ich.unesco.org/en/what-is-intangible-heritage-00003
- World Festivals Calendar for dates of festival days:

http://www.reonline.org.uk/supporting/festivals-calendar/

# **All Levels Introduction Learning Activities:**

Theme 5A explores the diverse cultures and festivals of the group through experiencing a range of global food cultures. Participants are invited to share experiences of their own family and cultures meals and festivals, finding out about the seasonal and global calendar of festival events and identifying what the differences and similarities are. The focus in Theme 5A is bread, cakes and global foods like pizzas – the approaches presented can then be applied to other aspects of Global Food Cultures.

Groups/classes can make a large display representing different Global Food Cultures – this can be added to as each topic is developed and shared.

# All Levels: Global Bread

- Across the globe we eat bread as part of our staple diet.
- Bread is made from a combination of flour, salt, yeast, sugar, fat and water quantities vary across cultures and countries.
- Bread is made into different shapes and dishes in different cultures.

# **Find out about global bread:** in groups discuss the following:

- What are the similarities and differences of the bread you eat in your families/cultures?
- Can you find out the traditional recipes? How do they differ?
- Look at the Global Bread websites compare the look of the bread.
- Can you taste some of these breads? Can you make them?





# THEME 5A LEVELS 1 & 2: GLOBAL FOOD - PIZZA

#### Level 1 Materials/Resources

**Pizza design:** paper, card, collage materials e.g. coloured paper/fabric, ribbon, glitter, buttons; scissors, glue.

Pizza making: pizza dough or ready-made bases; pizza toppings

#### Websites:

- Pizza Facts: <a href="http://www.pizzafacts.net/pizza-history/history-of-pizza/">http://www.pizzafacts.net/pizza-history/history-of-pizza/</a>
- A Slice of History Pizza through the ages: https://www.history.com/news/a-slice-of-history-pizza-through-the-ages
- Pizza Recipes: <a href="https://www.olivemagazine.com/guides/best-ever/best-ever-pizza-recipes/">https://www.olivemagazine.com/guides/best-ever/best-ever-pizza-recipes/</a>

# Level 1 & 2 Learning Activities: The Art of Pizza

# Level 1 & 2: Pizza Designs

Pizza is an Italian bread-based food which has also become a global food. Most people have tried pizza and most of us like it very much. Pizza is bread dough, rolled flat with added savoury toppings e.g. tomato, cheese, garlic, vegetables, meat, herbs, olives etc.

- Create Pizza designs with coloured paper collage.
- Designs can be patterns or based on the face be experimental and creative.
- Make a display of all pizza designs

# Level 2: Make your Pizza Design into a real pizza – and share!

See Pizza Recipes on website above or use your own recipe or ready-made bases. Collect your pizza ingredients and have fun creating pizzas designed with patterns & faces!

- What other cultural food can you design as a work of art?
- Discuss in groups food which could be given the 'pizza-design' treatment and which you could share with each other.
- Invite parents or other community members to come in and demonstrate traditional cooking.

# THEME 5A LEVELS 2 & 3: SLOWMED MEDITERRANEAN DIET

# Level 2 & 3: Resources/Materials

Drawing, painting, printing materials for recipe card designs Camera/phone to create videos of food preparation

# Websites:

- *SlowMed* Mediterranean Diet CSC Danilo Dolci Project: https://en.danilodolci.org/project/slowmed/
- *SlowMed* The Mediterranean Diet for Children Recipe Book, CSC Danilo Dolci: http://slowmed.eu/media/sm-book-web-en.pdf
- *The Mediterranean Flavour: Our essence and lifestyle* https://www.youtube.com/watch?v=5tuT3cUTwIk&feature=youtu.be
- UNESCO: https://ich.unesco.org/en/RL/mediterranean-diet-00884





# **Level 2 Learning Activities:**

Pizza is part of a Mediterranean diet although it is now eaten globally.

The CSC Danilo Dolci *SlowMed Mediterranean Diet Project* explores many aspects of the Mediterranean diet and cultural identity across a range of different Mediterranean countries. *SlowMed* promotes intercultural food sharing to enhance understanding between people and build cultural identity.

- Look: at The Mediterranean Diet for Children Recipe Book and the SlowMed website.
- Design: Recipe Cards for foods from your own family or culture using SlowMed designs as inspiration.
- Collect Recipe Cards together to make a book of recipes from the whole group which can be shared.
- Try out some of the Mediterranean diet recipes bringing in volunteers to demonstrate where possible

# **Level 3 Learning Activities: Food Preparation Video**

- Watch Video: The Mediterranean Flavour: Our essence and lifestyle
- Share: favourite foods from the group members' own family and cultures.
- **Make a video** of food being made within different families and cultures invite in parents and members of different communities to demonstrate as well as group members demonstrating.
- What are the similarities and differences? What do you most enjoy?
- What have you learnt about different people and their food and culture? Create a display to share information with your friends, families and community.

# THEME 5A ALL LEVELS INTRODUCTION: GLOBAL CAKES

# All Levels Materials/Resources

Access to laptop, ipad or phone to access online resources.

Drawing, writing and collage materials to create displays and recipe cards

# Websites:

- Calendar for dates of festival days:
  - http://www.reonline.org.uk/supporting/festivals-calendar/
- Global Gastros:
  - https://globalgastros.com/food-culture/globalization
- Traditional Cakes from around the world:
  - https://thethingswellmake.com/10-traditional-cakes-from-around-world/

# All Levels Introduction Learning Activities: Global Cakes

Global people celebrate cultural festivals throughout the year and eating seasonal celebratory food is part of the commemoration of special days and times.

- See: website of World Festivals Calendar for dates of festival days.
- **Discuss:** what festivals do you celebrate in your family and culture?
- What special foods do you eat at these festivals?
- We love to make and share food and cakes celebrating the Seasons and the Seasonal Festivals-Spring, Summer, Autumn & Winter: how are they different?
- What cakes or food do you eat in your family/culture on special occasions e.g. birthdays?

# **Spring Celebration Cakes:**

Spring Celebration Cakes in Europe celebrate the Christian Easter festival and the natural spring season. They include hot-crossed buns, marzipan and chocolate cakes decorated with eggs, bunnies and chicks.





#### Russian Easter Cakes:

Kulich is a Russian and Orthodox Easter bread that has its roots in the Byzantine Empire and is a traditional part of countries with Orthodox Christian populations. It is eaten in countries like Russia, Belarus, Ukraine, Romania, Georgia, Macedonia, Moldova and Serbia. Many countries, cultures and families have different spring and/or Easter traditions.

- Research and share information on spring celebrations in your families and cultures.
- Share recipes and create recipe cards to exchange amongst families.

# **Winter Celebration Cakes:**

Winter Celebration Cakes in Europe and other parts of the world commemorate Christmas and the winter season in nature. They include sweet breads, fruit cakes and biscuits decorated with winter scenes and foliage.

- Research and share: what are your group's cultural and family traditional Autumn & Winter cakes, food and celebrations?
- Share recipes and create recipe cards to exchange amongst families.

# **Wedding Celebration Cakes:**

Weddings are celebrated around the world as important events where families and friends gather and food, music and dancing are shared. Gifts are often givn.

• Research and share: what are your group's cultural and family traditional Wedding cakes, food and celebrations?

# THEME 5A LEVEL 1 & 2: CELEBRATION COOKIES & FOOD

#### Level 1 & 2 Materials/Resources

Level 1: Drawing and collage materials; playdough/plasticene

**Level 2:** Clay, hessian mat to avoid sticking, rolling pin, tools for modelling clay e.g. knife, sticks, sponges

# Websites:

 Action for Children Playdough: https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/messy-play/?gclid=EAIaIQobChMI\_6P3xJi54QIV77\_tCh07ogjqEAAYASAAEgI8Q\_D\_BwE&gclsrc=aw.ds

# **Level 1 Learning Activities: Celebration Cookie Shapes**

Cookies & Cakes are often made in decorative shapes to celebrate festivals and seasons.

- **Share**: describe your family or culture's cookies what shape are they? If possible share cookies.
- **Design** a cookie shape based on an aspect of your culture/family traditions using drawing and collage materials.

# Level 1 & 2 Learning Activities: Playdough Cookies

- Make cookie shape designs into sculptures using coloured plasticine or playdough.
  - **Playdough**: 2 cups plain flour, 2 tablespoons vegetable oil, ½ cup salt, up to 1.5 cups warm water (adding bit by bit until it feels just right), food colouring. Mix together & knead until smooth and workable.
- **Create** a range of different cookie shapes and display cookies alongside design images and images of the culture which inspired them.
- Cut out cookie shape templates in card.
- Make real cookies using these shapes and share.





# Level 2 Learning Activities: Clay Food

- Roll out clay using rolling pin/hand
- Use vegetable scraps & other textural materials to create texture and marks in the clay
- Model with clay to create a plate of your favourite celebration or festival food.
- Score surfaces and use wet clay to 'glue' clay together.
- Dry clay and fire & glaze, or paint & varnish.

# THEME 5A LEVEL 3: CAKE SCULPTURES

# Level 3: Resources/Materials

Recycled materials: plastic and card packaging, newspaper.

Coloured paper, tissue paper, fabric, glitter, ribbon, buttons; glue, glue-gun, scissors, craft-knife

# Websites:

Giant Cup-cake: <a href="https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop">https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop</a>

Paper Mache Doughnuts: <a href="https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop">hJUEMxzwL2A&app=desktop</a>

Two Layer Cake: <a href="https://www.youtube.com/watch?v=tm0KdZoB2pI&app=desktop">https://www.youtube.com/watch?v=tm0KdZoB2pI&app=desktop</a>

# Level 3 Learning Activities: Celebration Cake Sculptures

- Research special cakes e.g. Christmas, Easter, Wedding cakes and cakes with a decorative look e.g. cup-cakes, doughnuts
- Watch videos for ideas on making fun sculptural cakes out of recycled materials.
- Work in groups and decide what theme you will use for your Celebration Cake Sculpture.
- Design your Celebration Cake Sculpture on paper and decide what materials you will use.
- Gather materials and start making in groups Go Large for maximum impact.
- Make videos of making the Cake Sculptures
- Plan how you will display the cake sculptures they can be part of a Global Food Festival or a Global Celebration event or could be part of a Carnival Procession.
- Can you make any of your Cake Sculptures as edible cakes? If possible make videos of making and eating the actual cakes.

# THEME 5A ALL LEVELS: GLOBAL FOOD CULTURES CELEBRATION

# **All Levels: Learning Activities**

- Organise a celebratory event in your school/centre where everyone's food and celebration culture can be shared.
- Choose a time to coincide with a shared festival, special day, cultural event.
- Create displays of global food research investigations include images and text so everyone learns about each others' cultures
- Bring food to share and arrange food demonstrations to share cultural knowledge and experiences.
- Arrange music, poetry, performance and exhibitions of artwork to accompany food sharing.
- See Theme 5B and 5C ideas for ideas of combinations of expressive arts Celebration activities.





# MODULE 5: CELEBRATION THEME 5B: CARNIVAL



 $Carnival\ Dragon\ Head\ (CC0\ PD) \\ \underline{https://www.publicdomainpictures.net/en/view-image.php?image=255521\&picture=carnival-dragon-head}$ 

| Learning<br>Outcomes  | <ul> <li>Visual Art:</li> <li>Create costumes and decorations that reflect the theme of celebration by transforming recycled materials, paper and fabrics.</li> <li>Music, Dance and Performance:</li> <li>Create music, rhythms and dance for a Carnival Procession</li> <li>Literacy:</li> <li>Share ideas and understanding of celebration, diversity and shared cultures with</li> </ul> |
|-----------------------|--|
|                       | Share ideas and understanding of celebration, diversity and shared cultures with peers and the community.  |
| Learning<br>Resources | <ul> <li>PowerPoint Presentation: Theme 5B</li> <li>Visual materials and resources outlined in Theme 5B Plan and PowerPoint</li> </ul>   |





# **THEME 5B: CARNIVAL**

# All Learning Activities are supported by Theme 5B PowerPoint Presentation

# THEME 5B ALL LEVELS INTRODUCTION: CULTURAL CARNIVAL CELEBRATIONS

# All Levels Materials/Resources

#### **Materials:**

Drawing and writing materials, coloured pencils, crayons, paint, pots, brushes and water. Collage materials, scissors, glue etc.

# Websites:

- Chinese New Year: <a href="https://chinesenewyear.net/zodiac/">https://chinesenewyear.net/zodiac/</a>
- Holi Festival: <a href="https://www.holifestival.org/">https://www.holifestival.org/</a>
- World Carnival <a href="https://theculturetrip.com/europe/articles/the-12-best-carnivals-around-the-world/">https://theculturetrip.com/europe/articles/the-12-best-carnivals-around-the-world/</a>
- Notting Hill Carnival <a href="https://www.youtube.com/watch?v=YURnysjdSgU">https://www.youtube.com/watch?v=YURnysjdSgU</a>
- <a href="https://www.nationalgeographic.com/travel/top-10/pre-lenten-carnivals/">https://www.nationalgeographic.com/travel/top-10/pre-lenten-carnivals/</a>
- <a href="http://www.globalcarnivalcentre.com/">http://www.globalcarnivalcentre.com/</a>
- https://ciee.typepad.com/files/carnaval-origins\_w-photos-1.pdf

# Video:

- Video: Holi <a href="https://www.youtube.com/watch?v=R1hs5FO">https://www.youtube.com/watch?v=R1hs5FO</a> Oqk
- The Story of Chinese New Year https://www.youtube.com/watch?v= u-R-aIq3 E

# All Levels Introduction Learning Activities: Cultural Carnival Celebrations

# All Levels: research Carnival Celebrations in different cultures

- Carnival celebrates a special day or time with: processions, music, dance, costume, food, fun.
- Carnival links with cultural Festival days.
- Look at examples of carnivals in this presentation and online for inspiration.
- Talk about the different kind of carnivals and how each culture is represented.

# **Pre-Lent Spring Carnivals:**

- Carnival is held in many countries in spring as a Pre-Lent or spring harvest celebration, it can also be held throughout the year.
- Research the origins of different Carnival celebrations -share examples from your own culture.

#### **Holi Hindu Festival:**

- Holi is held in India, Nepal & global Hindu communities. It iss the Indian **festival of spring**, and **festival of colours** signifying the arrival of spring and a good harvest.
- Holi is celebrated with a bonfire, prayers, food, song and dance, and a carnival-style procession where everyone is sprayed with coloured water.
- Watch Video: Holi

# **Chinese New Year Festival:**

- Chinese New Year is held in China & global Chinese communities at the beginning of the Chinese Lunar New Year. It is celebrated with a carnival-style procession with a dragon and Zodiac animals, family meals and prayers.
- Watch Video: The Story of Chinese New Year

**Create Global Carnival Display:** Collect and present drawings, paintings, posters, designs and collages to create a display from your research.





# THEME 5B LEVEL 1, 2 & 3: CARNIVAL MAKING

# Level 1, 2, 3 Materials/Resources

- Select a theme or culture to inspire your Carnival making for all levels this could be a range of themes linked with your cultural research and local ideas and themes e.g. local legends, stories and history, famous people, animals, current issues such as climate change etc.
- Research ideas for cultural masks, headdresses, costumes and decorations to be developed across all levels.
- Collect materials –use recycled materials where possible.

#### **Materials**:

- Recycled natural and made materials, card and plastic packaging, papers, feathers, fabrics, scissors, fixing materials including glue, needles and thread
- Paint, pots, brushes and water

# Websites:

- Kids' Carnival: https://www.youtube.com/watch?v=V7gqw-M1\_HQ
- Notting Hill Carnival https://www.youtube.com/watch?v=YURnysjdSgU
- WOMAD Foundation https://www.womadfoundation.org/
- Carnivals around the world<a href="https://theculturetrip.com/europe/articles/the-12-best-carnivals-around-the-world/">https://theculturetrip.com/europe/articles/the-12-best-carnivals-around-the-world/</a>

# **Level 1 Learning Activities: Carnival Mask**

- Generate ideas for masks based on research on world-wide carnivals
- Select a range of materials to create a mask, costume or decoration on a chosen theme e.g. butterflies, dragons, colour, natural elements.
- Consider colour, shape, texture, pattern, design, shape, scale, form.
- See Theme 3B Masks for mask-making ideas

# Watch Video tutorials for ideas on mask-making:

- Video: Carnival Mask tutorial: <a href="https://www.youtube.com/watch?v=JGysZ3YB-4w">https://www.youtube.com/watch?v=JGysZ3YB-4w</a>
- Video: Paper Mache Mask: https://www.youtube.com/watch?v=MK\_TZTrBxwc
- Video: Venetian mask tutorial: https://www.youtube.com/watch?v=191gk94ubzc

# **Level 2 Learning Activities: Carnival Headdress**

- Generate ideas for headdresses based on research on world-wide carnivals
- Select a range of materials to create a headdress linked with your chosen theme
- Consider colour, shape, texture, pattern, design, shape, scale, form and how it will look with the mask if they are to be worn together.

# Watch Video tutorials for ideas on headdress-making:

- Video: Carnival Headband: <a href="https://www.youtube.com/watch?v=ftKFSOOdeRg">https://www.youtube.com/watch?v=ftKFSOOdeRg</a>
- Video: Ocean Theme Headdress: https://www.youtube.com/watch?v=GPXmhM6rLOI
- Video: Samba Headdress
   https://www.youtube.com/watch?v=TUyMgU5k1JY&list=PLch30lF8MmksafoKmhg5gHamyyn1vZrrF&index=6&t=0s

# **Level 3 Learning Activities: Carnival Costume**

- Generate ideas for costume based on research on world-wide carnivals
- Select a range of materials to create a costume linked with your chosen theme
- Consider colour, shape, texture, pattern, design, shape, scale, form and how it will look with the mask and headdress if they are to be worn together.





# Watch Video tutorials for ideas on costume-making:

• Video: DIY Costumes:

https://www.youtube.com/watch?v=gCYBQnQFjkI&list=PLSMJxTFij36g19Y9-

dZ5pa5NkIxi7ep3y&index=10

- Video: Carnival Winged Costume: <a href="https://www.youtube.com/watch?v=QLjmBWtDjqc">https://www.youtube.com/watch?v=QLjmBWtDjqc</a>
- Video: DIY Costumes with Recycled Materials: https://www.youtube.com/watch?v=3SqMIqqYfeE

# THEME 5B ALL LEVELS: CARNIVAL PROCESSION

#### All Levels Materials/Resources

- Recycled natural and made materials (seed pods, gourds, sticks, elastic bands) string, scissors, glue
- Found objects (cardboard tubes, plastic pipes, tins/ cans)
- Websites:
- Body percussion <a href="www.youtube.com/watch?v=5AhrTeBVW4M">www.youtube.com/watch?v=5AhrTeBVW4M</a>
- Carnivals around the world:
  - $\underline{https://theculturetrip.com/europe/articles/the-12-best-carnivals-around-the-world/}$
- Music and performance with everyday objects: www.youtube.com/watch?v=boAiVN8gSsQ
  - http://www.landfillharmonicmovie.com/
  - www.youtube.com/watch?v=CZSTFAWfQEg&list=RD5-0lrHhpvGM&index=6
- Notting Hill Carnival <a href="https://www.youtube.com/watch?v=YURnysjdSgU">https://www.youtube.com/watch?v=YURnysjdSgU</a>
- Recycled Orchestra: <u>www.youtube.com/watch?v=yDQ6c\_bLr2o</u>
- WOMAD Foundation https://www.womadfoundation.org/
- World Music <a href="https://worldmusic.net/blogs/guide-to-world-music">https://worldmusic.net/blogs/guide-to-world-music</a>

# All Levels Learning Activities: Carnival Rhythms

Carnival Music and Dance: using recycled and found instruments to explore rhythm and sound.

# **Explore music, dance and movement from a range of cultures:**

- See **Theme 5C** for ideas on creating rhythmical music at different levels
- Watch the Recycled orchestra **video** www.youtube.com/watch?v=yDQ6c\_bLr2o
- Explore found objects to make sounds, patterns and rhythms.
- Teach your pattern/ rhythm to someone else.
- Watch the body percussion film: <a href="www.youtube.com/watch?v=5AhrTeBVW4M">www.youtube.com/watch?v=5AhrTeBVW4M</a>
- Use some of the rhythm patterns and sounds to make your own body percussion.
- Share your ideas and respond with movement and dance.
- Bring all your music and movement ideas together to celebrate carnival!

# **All Levels Learning Activities: Carnival Procession**

# Work collaboratively to create a procession based on your ideas individually and in groups

- Look at examples of artists' work and carnivals in this presentation and online for inspiration.
- Consider sound, movement and visuals. Develop different communication approaches (visual, auditory, sensory) through these explorations.
- Make a procession together to celebrate a cultural day or special event.
- Share food, music dance, performance, costumes through Carnival Celebration.
- Explore the relationships between the individual, community and society in exploring shared and diverse celebrations.
- What have you learned about your own culture and each other's cultures.
- Share with your family, friends and the community. Celebrate what you share!





# MODULE 5: CELEBRATION THEME 5C: RECYCLED ORCHESTRA



Recycled Sound Sculpture, Photo credit: June Bianchi

# **Learning Outcomes**

Learning Outcomes are generated across a range of foci:

# • Visual Art:

Creating sound sources and instruments that reflect the theme of celebration by transforming recycled material.

#### • Music

Creating rhythms and melodies for a particular purpose. Layering sounds in parts to play individually and as a group.

# • Performance:

Promoting confidence in performing individually, in pairs and as a larger group with instruments and movement.

#### • Literacy:

Giving and responding to directions. Sharing ideas and understanding of celebration, diversity and shared culture with peers and the community.

# **Learning Resources**

- PowerPoint Presentation: Theme 5C
- Visual materials and resources outlined in Theme 5C Plan and PowerPoint





# THEME 5C: RECYCLED ORCHESTRA

# All Learning Activities are supported by Theme 5C PowerPoint Presentation

#### THEME 5C ALL LEVELS INTRODUCTION: SOUND SOURCES

#### All Levels Materials/Resources

Everyday sound sources/ junk e.g. dustbin, bucket, empty plastic or metal containers, sticks, brushes, object to 'strike' the sound source.

#### Websites:

Different sound sources from junk: <a href="www.youtube.com/watch?v=boAiVN8gSsQ">www.youtube.com/watch?v=boAiVN8gSsQ</a>

Junk drummer: <a href="www.youtube.com/watch?v=Gu0zI19dT30">www.youtube.com/watch?v=Gu0zI19dT30</a>

Performances using everyday objects to create sound (STOMP London):

www.youtube.com/watch?v=CZSTFAWfQEg&list=RD5-0lrHhpvGM&index=6

# **All Levels Introduction Learning Activities:**

- Introduce the notion that sound sources can be found everywhere.
- Show how sound could be made on an object (eg a bucket) by striking, scraping, shaking etc.
- Encourage exploration of different sounds from everyday objects or junk
- How can we make the sounds different? Play loudly/quietly, quickly/slowly. Discuss which are our favourite sounds/ sound sources and why.
- Put some of the sounds together to make some patterns. Try using patterns in names as a starting point.
- Discuss how the rhythm patterns make us feel. Discuss any ways that they could be developed through using dance etc. Look at 'Performances using everyday objects' video clip by STOMP to get some ideas.

# THEME 5C LEVEL 1: MAKING PERCUSSION INSTRUMENTS

# Level 1 Materials/Resources

Junk materials e.g empty bottles, boxes, cardboard tubes, empty tins. String, elastic bands, scissors, balloons, wooden sticks, coloured paper or card. Pens or crayons.

# Websites:

DIY instruments: <a href="www.youtube.com/watch?v=pFfBrCyHfWs">www.youtube.com/watch?v=pFfBrCyHfWs</a>
Junk instruments: <a href="http://redtri.com/homemade-instruments/slide/3">http://redtri.com/homemade-instruments/slide/3</a>

Handmade percussion instruments: https://kinderart.com/art-lessons/music/easy-make-musical-

instruments/

# Level 1 Learning Activities: Drums, Shakers, Scrapers and Plucked instruments

- In Level 5C, children will make a range of instruments that include drums (instruments that you strike with a hand or beater), shakers, scrapers (usually with different surfaces rough, ridges etc) and plucked (string, elastic bands or wooden sticks)
- Watch the video clip and look at the websites above.
- Look at the pictures on the Powerpoint resource to understand step-by-step processes.
- Make the instruments and explore the sounds that they make.
- Decorate them with coloured paper, pens or crayons.
- Sort them into groups Drums, Shakers, Scrapers and Plucked instruments.





# THEME 5C LEVEL 1 & 2: RHYTHM PATTERNS AND GAMES

#### Level 1 & 2 Materials/Resources

Instruments made in previous workshop – Drums, Shakers, Scrapers, Plucked instruments; Rhythm flashcards (see presentation)

# Websites:

- Teaching rhythm: <a href="https://www.youtube.com/watch?v=85S5pHfqtRM">https://www.youtube.com/watch?v=85S5pHfqtRM</a>
- Copycat rhythm game: <a href="https://www.youtube.com/watch?v=58p6QtMYN1M">https://www.youtube.com/watch?v=58p6QtMYN1M</a>

# **Level 1 & 2 Learning Activities: Rhythm Patterns**

- Leader sets up a regular steady beat around a pattern of 4 by counting.
- Model each rhythm pattern to children.
- Leader plays, group echo (see Teaching Rhythm youtube clip)
- Children take it in turns to be a 'conductor' and point to the rhythm to be played. Rest of group play rhythm back.
- Guessing game child plays one of the rhythm patterns. Rest of group guess which pattern is being played.
- Play rhythm patterns one after the other to make an 8 beat pattern
- Allocate each group of instruments to a rhythm pattern. Listen to each part played separately.
- Each group now plays their rhythm pattern over and over again. Gradually add in each of the 4 groups until everyone is playing.
- Can all instruments can be heard? Do some instruments need to play more loudly or quietly?
- Try changing which group of instruments plays each rhythm. Perform. Which version do you like best?

# THEME 5C LEVEL 1 & 2: RHYTHM AND BODY PERCUSSION

#### Level 1 & 2 Materials/Resources

Rhythm flashcards from previous workshop (see presentation)

#### Websites:

- Body percussion performance: https://www.youtube.com/watch?v=5AhrTeBVW4M
- Gum boot dance: https://www.youtube.com/watch?v=uuSuKKFzaho
- Learn body percussion dance: <a href="https://www.youtube.com/watch?v=-GoAaZCGr3I">https://www.youtube.com/watch?v=-GoAaZCGr3I</a>

# Level 1 & 2 Learning Activities: Rhythm and Body Percussion

- Investigate different sounds that bodies can make.
- Sequence some of the sounds together into rhythm pattern. (Watch the body percussion dance to get ideas)
- Think of a special occasion and a time to celebrate.
- How could you use some of the body percussion patterns together to perform as part of the celebration?
- Try using the rhythm pattern of someone's name as part of the performance. (Watch the body percussion performance video and Gum Boot dance video to get some ideas)





# THEME 5C LEVEL 2: MAKING TUNED PERCUSSION INSTRUMENTS

# Level 2: Resources/Materials

Plastic tubing / piping; ruler or measure; scissors: wire cutters; balloons or coloured stickers, tape.

#### Websites:

Boomwhacker performance: www.youtube.com/watch?v=s5PovvrthqU&feature=youtu.be

# **Level 2 Learning Activities: Percussion Instruments**

- Cut tubes with scissors or cutters to the required length. If the tubing is 5cm diameter, the lengths are 130cm, 120cm, 105cm, 100cm, 90cm, 80cm, 70cm, 65cm.
- Make sure that there are no sharp ends. Cover these with tape if needed.
- Collect balloons or coloured stickers in these colours Red (x2), orange, yellow, bright green, dark green, purple and pink. Cut the neck and top off of each balloon so that you are left with stretchy coloured bands.
- Put the coloured bands and stickers on these tubes: 130cm (Red), 120cm (Orange), 105cm (Yellow), 100cm (Bright green), 90cm (Dark green), 80cm (Purple), 70cm (Pink), 65cm (Red). These colours are important as they will allow the tubes to be used with other free resources online.

#### THEME 5C LEVEL 2: MELODY GAMES

# **Level 2: Resources/Materials**

Tuned tubes with coloured strip from previous activity.

Powerpoint presentation with 'notation'

# Websites:

- Boomwhacker scales: <u>www.youtube.com/watch?v=N7Cjgdde5pk&list=PLGIhYLmDWIADgCAh4hauRWt-wPRstZ\_51</u>
- www.youtube.com/watch?v=4peeKTujzXU

# **Level 2 Learning Activities:**

- Each participant has one tube to play. Investigate how a sound can be produced with the body, using a beater/stick or playing it against the ground or an object (such as a chair)
- Players organise themselves according to the length of the tubes. Play each tube in order longest (lowest pitch) to the shortest (highest pitch).
- Now do the opposite and play from the highest pitch to the lowest pitch.
- Try changing how fast or slow you can play. Try changing how loudly or quietly you can play.
- Bells are often used in celebrations across the world to mark an occasion.
- Use the coloured notation, to learn 'Bells'. Try playing 'Bells' faster / slower/ louder/ quieter.
- 'Celebration' work in pairs Long C with G, E with short C, F with A, D with B. Both players will play at the same time to make a chord.
- Look at the notation on the powerpoint presentation. Play on the large numbers, stay silent on the small numbers.
- Each pair follows their line of notation and repeats the line over. Gradually add each pair to build the whole piece.
- Once players are confident with playing their line, develop movements to accompany their music.
- Build towards a final celebratory performance that includes music and dance.





# THEME 5C LEVEL 2: A RECYCLED ORCHESTRA - MAKING MUSIC TO CELEBRATE

#### Level 2: Resources/Materials

Tuned tubes from previous activity; Cardboard tubes; plastic pipes; plastic straws; tins/ cans; elastic bands/string; other junk, scissors, glue.

#### Websites:

- Recycled orchestra: www.youtube.com/watch?v=yDQ6c\_bLr2o
- Happy birthday play-along: <a href="www.youtube.com/watch?v=9g-u7P53dns">www.youtube.com/watch?v=9g-u7P53dns</a>
- Rio play-along: <a href="https://www.youtube.com/watch?v=Mo0hFb0b4eQ&t=105s">www.youtube.com/watch?v=Mo0hFb0b4eQ&t=105s</a>
- Ode to joy play-along: <a href="www.youtube.com/watch?v=fol9IcYK77E">www.youtube.com/watch?v=fol9IcYK77E</a>

# **Level 2 Learning Activities: Music to Celebrate**

- Watch the Recycled orchestra video
- Think about how to make other tuned instruments. Explore junk resources that are available and try out ideas.
- Can you make high and low sounds? Can you make sounds that gradually get higher and lower?
- Using the tuned tubes (from the previous activity) or new instruments, explore to see if you can 'find' a melody that you already know. It might be a melody from a song that you sing with your family or community.
- Teach the melody to someone else.
- Have a go at playing along to the celebration pieces on the website resources
- Find an opportunity to perform a celebration piece with your community.

# THEME 5C LEVEL 3: SOUND SCULPTURE

# Level 3: Resources/Materials

**Natural/organic sound sculptures**: natural/organic materials, garden canes & withies, recycled garden clippings, tree stumps, bark, water, sand, pebbles etc.

**Recycled Sound Sculptures**: recycled cardboard, plastic & card packaging; newspapers & glue for paper mache, modroc & plaster; paint.

Tools: cutting tools, scissors, glue-gun, tape

# Websites:

• "The Wing" Sound Sculpture Solo - Marilyn Donadt Percussion:

 $\underline{https://www.youtube.com/watch?v=NbnKIu2f4dA}$ 

• Michele Spanghero "Echea Aeolica" (2015) sound sculpture:

https://www.youtube.com/watch?v=EVaMOPh3eUI

• Wintergatan - Marble Machine (musical instrument using 2000 marbles):

https://www.youtube.com/watch?v=IvUU8joBb1Q

• Children of Bakoa make a sound sculpture at Listen Playground workshop: <a href="https://www.youtube.com/watch?v=9UrcNMzyzeI">https://www.youtube.com/watch?v=9UrcNMzyzeI</a>





# **Level 3 Learning Activities:**

- Artists create sound sculptures to provide visual and aural stimulation in the landscape and in
  interior settings. Research sound sculptures made from a range of materials and sited in
  different places by looking and listening to sound sculptures on the websites above.
- Look at sound sculptures made in collaborative groups by Level 3 students working with artists to support their ideas and making.
- Decide on a theme for your Sound Sculpture Trail e.g. natural world; the seasons and weather; zoomorphic/fantastic animals; invented instruments; architecture; people and cultures; dance and movement; stories and legends....use your imaginations!
- Design the sound sculpture in groups and decide what sound it will make. Consider sound & visuals and the effect of elements like wind.
- Use small amounts of your chosen materials (organic/recycled/a combination) to create a small maquette (model) of your sound sculpture so you can test what works.
- Create full-size sound sculptures and play!
- Invite friends, families and the community to make music on your sound sculptures

# THEME 5C ALL LEVELS: COMMUNITY CELEBRATION

#### **All Levels**

- Create an event where **Celebration** art, music, performance and food is shared with family, friends and the community.
- Choose a special day a cultural celebration or festival.
- Create exhibitions, displays, demonstrations and performances.
- Share food, music, dance and art from different families and cultures to develop understanding and awareness.
- Enjoy the aspects of 'Celebration' you share and those which make you distinctive!

# MODULE 5 REFERENCES & ACKNOWLEDGEMENTS

# THEME 5A: GLOBAL FOOD CULTURES

- CNN World Best Food Cultures: <a href="https://edition.cnn.com/travel/article/world-best-food-cultures/index.html">https://edition.cnn.com/travel/article/world-best-food-cultures/index.html</a>
- Food in Every Country: <a href="http://www.foodbycountry.com/">http://www.foodbycountry.com/</a>
- Giant Cup-cake: <a href="https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop">https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop</a>
- Global Bread websites: <a href="https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/cooking-skills/dough/a-to-z-of-breads">https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/cooking-skills/dough/a-to-z-of-breads</a>
- https://www.oola.com/life-in-flavor/2390731/the-different-types-of-bread-from-around-the-world/
- Global Gastros: https://globalgastros.com/food-culture/globalization
- Paper Mache Doughnuts: <a href="https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop">https://www.youtube.com/watch?v=hJUEMxzwL2A&app=desktop</a>
- Playdough: <a href="https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/messy-">https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/messy-</a>
  - play/?gclid=EAIaIQobChMI 6P3xJi54QIV77 tCh07ogjqEAAYASAAEgI8Q D BwE&gclsrc=aw.ds
- *SlowMed Mediterranean Diet: The Mediterranean Flavour: Our essence and lifestyle* https://www.youtube.com/watch?v=5tuT3cUTwIk&feature=youtu.be
- SlowMed: The Mediterranean Diet for Children Recipe Book: <a href="http://slowmed.eu/media/sm-book-web-en.pdf">http://slowmed.eu/media/sm-book-web-en.pdf</a>
- Traditional Food & Languages: <a href="https://www.funwithforeignlanguage.com/traditional-food-around-the-world/">https://www.funwithforeignlanguage.com/traditional-food-around-the-world/</a>
- UNESCO Intangible Cultural Heritage: <a href="https://ich.unesco.org/en/what-is-intangible-heritage-00003">https://ich.unesco.org/en/what-is-intangible-heritage-00003</a>
- UNESCO: <a href="https://ich.unesco.org/en/RL/mediterranean-diet-00884">https://ich.unesco.org/en/RL/mediterranean-diet-00884</a>
- World Festivals Calendar for dates of festival days: <a href="http://www.reonline.org.uk/supporting/festivals-calendar/">http://www.reonline.org.uk/supporting/festivals-calendar/</a>





# **THEME 5B: CARNIVAL**

- Body percussion: <a href="www.youtube.com/watch?v=5AhrTeBVW4M">www.youtube.com/watch?v=5AhrTeBVW4M</a>
- Carnivals around the world<a href="https://theculturetrip.com/europe/articles/the-12-best-carnivals-around-the-world/">https://theculturetrip.com/europe/articles/the-12-best-carnivals-around-the-world/</a> Music from everyday objects <a href="https://www.youtube.com/watch?v=boAiVN8gSsQ">www.youtube.com/watch?v=boAiVN8gSsQ</a>
- Notting Hill Carnival <a href="https://www.youtube.com/watch?v=YURnysjdSgU">https://www.youtube.com/watch?v=YURnysjdSgU</a>
- Paraguay recycled instruments <a href="http://www.landfillharmonicmovie.com/">http://www.landfillharmonicmovie.com/</a>
- Paraguay recycled orchestra www.youtube.com/watch?v=yDQ6c\_bLr2o
- World Music https://worldmusic.net/blogs/guide-to-world-music
- WOMAD Foundation <a href="https://www.womadfoundation.org/">https://www.womadfoundation.org/</a>
- WOMAD Festival https://womad.co.uk/

# THEME 5C: RECYCLED ORCHESTRA

- Bootsa CC-BY-SA-3.0 https://commons.wikimedia.org/wiki/File:Bootsa.jpg
- Instruments made from recycled metal CC-BY-2.0 https://commons.wikimedia.org/wiki/File:Instruments made from recycled metal (14350937984).jpg
- Quiet silent finger face https://pixabay.com/vectors/quiet-silent-psst-finger-face-29763/
- Recycled instruments CC BY 2.0, <a href="https://commons.wikimedia.org/w/index.php?curid=33732477">https://commons.wikimedia.org/w/index.php?curid=33732477</a>
- The game of Ampe CC-BY-SA-4.0 https://commons.wikimedia.org/wiki/File:The\_Game\_of\_Ampe\_01.jpg
- The music of junk CC-BY-SA-4.0 https://commons.wikimedia.org/wiki/File:The Music of Junk.jpg

#### Videos

- Body percussion by Latin Groove Kids: <a href="www.youtube.com/watch?v=5AhrTeBVW4M">www.youtube.com/watch?v=5AhrTeBVW4M</a>
- Body percussion by Tribal Groove: <a href="https://www.youtube.com/watch?v=-GoAaZCGr31">www.youtube.com/watch?v=-GoAaZCGr31</a>
- Boomwhacker scales:
  - www.youtube.com/watch?v=N7Cjgdde5pk&list=PLGIhYLmDWIADgCAh4hauRWt-wPRstZ 51
  - Copycat rhythm game: <a href="https://www.youtube.com/watch?v=58p6QtMYN1M">https://www.youtube.com/watch?v=58p6QtMYN1M</a>
- *DIY musical instruments*: www.youtube.com/watch?v=pFfBrCyHfWs
- Drummer creates music from everyday objects: www.youtube.com/watch?v=boAiVN8gSsQ
- Gumboot dance: <u>www.youtube.com/watch?v=uuSuKKFzaho</u>
- *Handmade percussion instruments*: <a href="https://kinderart.com/art-lessons/music/easy-make-musical-instruments/">https://kinderart.com/art-lessons/music/easy-make-musical-instruments/</a>
- *Happy birthday rock:* www.youtube.com/watch?v=9g-u7P53dns
- Junk drummer: www.youtube.com/watch?v=Gu0zI19dT30
- Junk instruments: <a href="http://redtri.com/homemade-instruments/slide/3">http://redtri.com/homemade-instruments/slide/3</a>
- Kaboom Percussion: <u>www.youtube.com/watch?v=s5PovvrthqU&feature=youtu.be</u>
- Ode to joy 2-part: <a href="www.youtube.com/watch?v=fol9IcYK77E">www.youtube.com/watch?v=fol9IcYK77E</a>
- Recycled Orchestra: www.youtube.com/watch?v=yDQ6c bLr2o
- *Rio*-Boomwhackers: <u>www.youtube.com/watch?v=Mo0hFb0b4eQ&t=105s</u>
- STOMP London: www.youtube.com/watch?v=CZSTFAWfQEg&list=RD5-0lrHhpvGM&index=6
- Teaching rhythm: <a href="https://www.youtube.com/watch?v=85S5pHfqtRM">https://www.youtube.com/watch?v=85S5pHfqtRM</a>