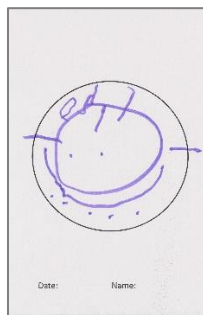


## *Yoga*-Pose for the week



To help create a sense of calm and focus in the art room, we began art by doing a yoga pose together. The children loved this daily routine. This is butterfly pose. Butterfly pose starts with sitting on the floor with your feet together. If you can, hold your feet and move your bent legs up and down like butterfly wings. Don't forget to breathe in and out. Have fun trying this pose with your child!



## *Circle drawings*

When the children came to the art room, each child completed a circle drawing before we started other projects. Circles are a great calming and centering activity. Your child can still create their circle drawings at home. You can easily make your own circle paper with tracing around a circular object on a paper of

your choice. Let them draw on this circle any way they like. Some children may scribble, some may make it into something, and some may not use it at all. Any way they choose is okay! I also encourage you to join your child in art. Let go of what you think it should be and let them take the lead. Enjoy the process! I would love to see the drawings your child creates. Email me pictures at [Jill.DibbernManhart@boystown.org](mailto:Jill.DibbernManhart@boystown.org)

### *Found Sounds*

During your nature explorations, see how things sound when you tap them together, or crinkle them up. What if you toss it on the ground? Maybe your child found a big stick. How does it sound if you tap it on a tree trunk? On the concrete? What if they tap two sticks together? Gather a pile of items that you can use to make music. Try the following songs:

The Sticks on the Bus (sing to Wheels on the Bus)

*The Sticks in the grass go tap, tap, tap*

*Tap, tap, tap. Tap, tap, tap.*

*The sticks in the grass go tap, tap, tap.*

*All through the town.*

*The sticks in the grass go scrape, scrape, scrape....*

*The sticks in the grass go pound, pound, pound.....*

*The sticks in the grass go roll, roll, roll.....*

The word “sticks” can be substituted for rocks, leaves, stems, or whatever other material you have collected. Find new ways to make sounds with what you found. Make up your own words!

When singing and dancing with your child, don't be afraid! Children love to hear their parents sing and watch them dance and be silly. No one can sing better than their mom or dad, so don't be scared to sing with them!

Take a picture of your musical exploration and email it to [erin.niebuhr@boystown.org](mailto:erin.niebuhr@boystown.org). I would love to document your ideas and see what you found to make music with!

Additional Resources to Explore:

*Cosmic Kids Yoga on You Tube*

These are fun stories that incorporate yoga movement as children listen to the story.

*Raffi on YouTube*

We have been using several of his songs in music class this year, including: Shake My Sillies Out, Five Little Ducks, The More We Get Together and Wheels on the Bus.



**TREE**

Right 5-hand with elbow on back of left hand, shakes.



**BRANCH**

Right palm-out B, at thumb of left palm-out 5, arcs sideways. (see LIMB)



**LEAF**

Right wrist of 5-hand on left index; wave 5 side-to-side.



**FLOWER**

Flat-O at right of nose, then at left.



**ROCK**

Back of R raps on back of left palm-down 5; may repeat. (see STONE)



**GRASS**

Fingers of right palm-up claw move up through fingers of palm-up left claw several times.



**BIRD**

Close index finger on thumb twice, hand at chin.