

SERIES: SONNY, EV, LULU & ME / POV LEARNING SYSTEMS

MUSICAL MOVEMENT SYNOPSIS: #2, "OUT OF THIS WORLD"

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MUSICAL MOVEMENT SYNOPSIS 2: "OUT OF THIS WORLD"

SEL Topic Addressed: Self-Management

I. The ability to successfully regulate one's emotions, thoughts and behaviors in different situations. Effectively managing stress, controlling impulses, and motivating oneself.

II. The ability to set and work toward personal and academic goals.

STYLE OF SONG:

- Slow R & B style, meditative sounding rap song focusing on belly breathing.
- Repetitive statement teaching belly breathing, "Just breathe, 2, 3, 4."
- Sounds ethereal and relaxing but catchy; think Gwen Stefani meets Enya.

STYLE OF MOVEMENT:

- Yoga style breathing with hands on the belly.
- Introduction of a slow motion style dance move, called "The Space Walk."

PERFORMERS STYLING:

- A female rapper dressed like an other-worldly Harajuku princess/yoga guru.
- A futuristic looking DJ
- Dancers and child performers dressed in florescent tracksuits that have futuristic symbols.

SCENE:

- Space, stars, black light, smoke, big super words that say, "Belly," "Breathe," "Self-Regulate."

MESSAGE:

- Sound bite: Breathing helps you focus/Just Breathe
- You can learn to regulate your emotions, thoughts and behaviors in different situations.
- You can learn to manage your stress, control your impulses, and motivate yourself.
- You can set and work toward your goals.

TREATMENT:

Intro 1:10

- Kids are moving around fast, almost in hyper-speed, as the camera opens. There is fast paced music playing.
- The rapper tells kids to slow down and kids start to move very slowly like they are walking/floating in space, in choreographed movement, stopping at certain times to do the Yoga style breathing.
- Whenever Breathe 2,3,4 is mentioned in the song we will see block letter word/numbers, "Breathe, 2,3,4," appear on screen.

Message 0:30

- Memes illustrating when there might be a need to self regulate, (i.e. a chaotic moment at school, an anxiety-provoking test, a frustrating game of chess, crossing a busy bike path.

Dance Move Tutorial 1:00

- The beat breaks down and the audience is taught the breathing exercise and "The Space Walk."