



A Day of Music

Good Morning!

Try starting your day with some calm instrumental music. Take time to stretch, make breakfast, and drink your coffee!

Mid-Morning Music Time

Try one of our music classes on our Facebook page under videos. This is also a great time to build one of our DIY instruments (posted on our Facebook page), learn to sing a new song or explore music from other cultures

After Lunch Creativity

Give your child supplies to be creative such as markers, paint, pompoms, etc. Suggest something they could make or watch their imagination soar! Accompany them with some upbeat background music

Afternoon Dance Party!

Time to get the wiggles out! Put on some upbeat and familiar music and make up your own moves! Or try to learn new steps from a video tutorial.

Bedtime Gratitude

The best way to end the day! Listen to it a few times and talk about what the lyrics means to you. Then share something you are grateful for and your favourite part of the day.

Listening Suggestions:

- Morning Mist -Randal L Meek, Ken Smith
- Morning Mood -Edvard Grieg
- Clair de Lune -Claude Debussy
- Woke Up Wandering -Pieter de Graaf

Singing/Listening Suggestions:

- Disney Pixar song "Lava"
- The Bear Necessities -Disney's Jungle Book
- Canada in My Pocket -Michael Mitchell
- "Doh Re Mi" from the Sound of Music
- www.songsforteaching.com/diversitymulticulturalism

Listening Suggestions:

- Rhythm of Love -Bridesmaids Quartet
- Up with Titles -Michael Giacchino
- Caracoleando -Pacho Galan
- The Entertainer -Scott Joplin

Listening Suggestions:

- Macarena -Los Del Rio
- Side 2 Side -Coach Kody, Captain Goofy
- I'm A Believer -Smash Mouth
- Kidz Bop (video tutorials on youtube)
- Pop See Ko (GoNoodle)

Listening Suggestions:

- I Can Do Things -Stephanie Leavell
- I'm Me! -Charlie Hope
- Better Together -JJ Heller
- Night Mantra – Renee & Jeremy
- The Family Song -Lindsay Muller