

LEARNING ACTIVITIES FOR "BLUES IN ALL FLAVORS"

~~AN INTRODUCTION~~

©Gaye Adegbalola

THE OBJECT OF THIS CD IS THREEFOLD~~

- 1) For the listener, young or old, to ENJOY;
- 2) The lyrics serve to deliver MESSAGES ABOUT HOW TO LIVE LIFE -- to develop positive attitudes, to encourage response/ability, to respect diversity, to promote good health, to love the environment, etc.; and,
- 3) To share many different flavors/forms of blues music -- to show that blues is not always sad and does not always sound the same; to show the RANGE OF BLUES STYLES.

THE OBJECT OF THE LEARNING ACTIVITIES~~

While the songs themselves deliver life lessons, in order to reinforce them, fun learning activities have been created. By being interactive, i.e. hands-on activities, the learners are able to remember the lessons much better. The activities have been developed to INCREASE CREATIVITY by:

- Brainstorming
- Observing
- Producing creative projects
- Ridding boredom & promoting self-enjoyment
- Encouraging questioning
- Varying approaches
- Problem solving
- * Physical activity
- Enjoying research. . . etc.

An adjunct objective is that PARENTS and TEACHERS work directly with listeners and HAVE FUN LEARNING!

ADDITIONALLY~~

- Some activities are for younger listeners, some for older, i.e., AGE APPROPRIATE
- Some activities relate to the messages/LYRICS of the song and some relate to the MUSIC of the song
- There are SUPPORTING LINKS in the activities
Note: some of the links have advertisements. We are not sponsored by them and do not support them.
- There are VOCABULARY WORDS related to each song
- A few activities require equipment (e.g., magnifying glass), but most use HOUSEHOLD ITEMS

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SONG #1 ~~ THE SUNSHINE SHAKE

FLAVOR: DC GO-GO

- Exercising and eating right are great ways to stay healthy. Dancing is a fun way to exercise – and this song is perfect for dancing. You're told to "shake it to the east, then shake it to the west." Use a compass to figure out north, south, east and west, then shake it in the right direction. Or shake it any way you like, just so you shake it!
- One of the main benefits of dancing is that you burn calories. When you eat food, the amount of "fuel" in the food is measured in calories. Calories are used as we move around. When we don't move around, calories are stored in the body as fat. Dancing is good exercise because it is also fun. Learn other dances besides the Sunshine Shake. For example, a popular dance that you can learn now is the "Dougie."
<http://www.youtube.com/watch?v=ON6TNHJcn-A&feature=fvwrel>
Now see if you can "Dougie" to the Sunshine Shake music.
- In the first exercise, we used a compass to figure out east and west. We can also use a map to determine direction. Get a copy of the United States map. Find north, east, south and west. If you want to go to Washington, DC, which direction would you go in?
- Washington, DC, is the home of Go-Go-style music similar to the music in Sunshine Shake. Here a solo drummer is playing in the Go-Go style:
<http://www.youtube.com/watch?v=jyUZfeHFw6M>. Use a 5 gallon bucket or the bottom of a trash can to join in with the drummer. Also in the Sunshine Shake, a cow bell is a distinctive sound. See if you can find a cowbell or a similar metallic object (maybe a pot or pan) to create a cowbell pattern.
- The sun gives off a lot of heat energy. Much of this heat is very useful to use. However, some of the sun's rays can be harmful to us. To prevent the sun from burning your skin, we can use sunblock or sunscreen. Go to the store and look at different brands of sunscreen protection or sun block. Look at the different SPF numbers on the containers. What does SPF stand for? Why is the SPF different on different containers?
- **This activity must be done with an adult.**
Heat from the sun can make a piece of paper burn. Put a piece of paper on a concrete sidewalk. Hold a magnifying glass over the paper. Move the magnifying glass up and down slowly. Find the place to hold it so that it makes a bright spot of sunlight on the paper. Hold the magnifying glass steady. Soon the paper will turn brown and start smoking. Then it will burst into flame. This radiation from the sun makes the paper burn. This is why we must protect our bodies.

SPECIAL LINKS:

- **Check out one of the main Go-Go artists, CHUCK BROWN**

http://www.youtube.com/watch?v=GL_ladHBrJ8

- **First Lady Michelle Obama Does the Dougie**

http://www.youtube.com/watch?v=g8o-swR9U_k

- **Justin Bieber Does the Dougie**

http://www.youtube.com/watch?v=KDLI_NavTnE

SPECIAL VOCABULARY WORD: CALORIES

We use pounds to measure the weight of something. We use inches to measure the length of something. Calories are used to measure the amount of energy produced by food when the food is consumed. Calories are listed on the package of all foods. Look at different packages and see which foods have the most/least calories.

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SONG #2 ~~ BLUES FOR THE GREENS

FLAVOR: PIEDMONT BLUES THEN BLUES ROCK

- Go to the grocery store and find all 10 of the greens mentioned in this song. Select one and help to prepare it. Pick one each week until you have sampled all 10. Which do you like best?
- For the green vegetable that you like best, write out the steps for how to prepare it. Look at one of the cooking shows on television. Have someone video tape you as you prepare the greens. Act like you are a professional chef.
- You have seen many ads on television for all kinds of foods. Also, there are ads in magazines. Take notice of different ads and see which ones are interesting to you. Now it's time for you to create an ad for your favorite greens. Keep in mind that you want to get other kids to eat your favorite greens. You can create this as an ad for a magazine or an ad for television.
- There are other interesting green vegetables that are not mentioned in the song. Here are 3 veggies that begin with the letter "A": Asparagus, Artichokes, and Avocado. All 3 are sort of weird looking. Draw a picture of all 3. In the song, we say that broccoli is cute because it has such a cute, bushy head. Which of these three looks "cute" to you?
- Some foods are called "spices." These are usually vegetables and they have a strong flavor. They are used to give flavor to other foods. Many of them are green. 3 green spices are Parsley, Basil, and Oregano. The one that is often used is oregano. It is usually put on spaghetti. When you have spaghetti, try it with and without oregano. Which do you like better?

SPECIAL LINKS:

• JOHN CEPHAS & PHIL WIGGINS

The blues flavor that starts this song is Piedmont Blues. One of the best Piedmont style players is John Cephas. In this video, http://www.youtube.com/watch?v=rFs0fm_Btyk, look at the thumb on Mr. Cephas' right hand. It moves back and forth on the lowest string on the guitar. Here he plays the Richmond Blues with harmonica player, Phil Wiggins.

• 7 YEAR OLD ZOE PLAYS ROCK GUITAR:

<http://www.youtube.com/watch?v=X4Kjtp4sA9E&feature=related>

SPECIAL VOCABULARY: VITAMINS & MINERALS

The song says that "vitamins and minerals make you strong." Both vitamins and minerals are found in foods and are essential for the nourishment of the body. When the body lacks some of these, a person might become weak or sick. Specific vitamins and specific minerals have specific jobs in the body. For example, if a person does not get enough Vitamin D in his/her food, s/he might have very weak bones.

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SONG #3 ~~ THE CLEANEST KID

FLAVOR: JUMP BLUES WITH BOOGIE WOOGIE

- One line in the song says "I'll even help to wash my clothes."
How are clothes washed?

- 1) sort
- 2) measure detergent
- 3) adjust washer settings
- 4) adjust dryer settings
- 5) fold
- 6) put them away

Do you help wash your own clothes? Give it a try.

- Doctors advise us that one of the best ways to avoid getting sick and to avoid spreading germs is to wash our hands. However, the important thing is that we wash our hands correctly. Here are the steps to wash your hands to get rid of germs:

~ Rub hands together under warm running water making sure to wet up to wrists and backs of hands

~ After hands are wet, use soap and make sure it lathers up well

~ Scrub palms, backs, wrists, thumbs, between fingers, and, as best you can, even under nails

~ Scrub for at least 20 seconds (try timing 20 seconds with a watch or sing "Happy Birthday to You" at the usual tempo two times and that should take almost 20 seconds -- you can sing aloud or in your head)

~ Rinse thoroughly -- this is what washes away the germs and dirt

~ Dry hands on clean towel (paper or cloth) or air dry (shake your hands in the air, like you really care!)

- This song opens with "call & response" -- where the leader calls and a group responds -- and it is repeated throughout the song. Find other songs that have a call & response. One way to find those songs is to ask other musicians or music teachers. Also many traditional African-American hymns use call & response.

Many blues songs have a second line that repeats the first line -- this is also considered to be a call & response, but it is done without a group responding. The leader responds to him/herself. For example, look at the lyrics to one of the most famous blues songs, "Stormy Monday," and see how the first line is repeated:

They call it stormy Monday, but Tuesday's just as bad
They call it stormy Monday, but Tuesday's just as bad
Wednesday's worse, and Thursday's also sad

Yes the eagle flies on Friday, and Saturday I go out to play
Eagle flies on Friday, and Saturday I go out to play
Sunday I go to church, then I kneel down and pray

Lord have mercy, Lord have mercy on me
Lord have mercy, my heart's in misery
Crazy about my baby, yes, send her back to me

- Keeping clean, especially washing our hands, helps to keep us healthy. Aside from doctors and nurses, can you think of other careers in the health care profession? Try to name 20.
- "The Cleanest Kid" would be a great song to use in a video. You can ask friends to help or to participate.

SPECIAL LINKS:

- **ETTA JAMES SINGING "STORMY MONDAY:"**

http://www.youtube.com/watch?v=la_W36uZca8

- **JUMP BLUES GREAT, LOUIE JORDAN PLAYS:
"CALDONIA"**

<http://www.youtube.com/watch?v=0Co46eLQg3A&feature=related>

- **"SATURDAY NIGHT FISH FRY"**

<http://www.youtube.com/watch?v=EzeEAKygIPM&feature=related>

SPECIAL VOCABULARY WORD: GERM

A germ is an organism that is too small for the human eye to see without a microscope especially one that can cause disease.

LEARNING ACTIVITIES: ©Gaye Adegbalola **SONG #4 ~~ ZIP-A-DEE-DOO-DAH**

FLAVOR: ROCK & ROLL

- This song was first in a Disney movie, "Song of the South," in 1946. It was based on the Uncle Remus/Brer Rabbit stories which had been handed down orally as Anansi (a-NAHN-see) stories from Africa.

Find & read some Anansi stories, like this one called "Anansi and the Pot of Beans:"
<http://www.youtube.com/watch?v=Sau3E2LEfcl&feature=related>

What is the "moral" of each story?

- The word "Anansi" is Akan and means spider. (Akan is the language spoken in much of Ghana in West Africa.) He is a trickster and is also known as Ananse, Kwaku, Anancy, or Aunt Nancy. In one Anansi story, Anansi himself was tricked when he tried to fight a tar baby after trying to steal food, but became stuck to it instead. This story was used for Br'er Rabbit's "Tar Baby" story.

Try to find one of the stories.

What tricks are used by Anansi or Br'er Rabbit?

- Some morals can be summarized with visual symbols or drawings like West African adinkra symbols.

<http://www.adinkra.org/htmls/adinkra/dwen.htm> Look at some of these symbols and find their meanings. Now, based on an Anansi story, draw a symbol that represents one of the Anansi stories.

- In the song, there is a line that says, "Mister Bluebird on my shoulder. . ." If you were writing this song, what kind of bird would be on your shoulder? What birds live in your area? Many people love to watch birds. See if you can find some binoculars and look at some of the birds around you. The study of birds is called "ornithology."

- In this song, the word "satisfactual" is sung in a really low voice. Other parts of the song are sung in a high voice. How high or low you can sing is called your "range." The range is one characteristic that make voices different. Different people have different tones and different loudness. Invite a few friends over or gather the members of your family. Blindfold someone. Have different people in the room to say the same sentence. Have the blindfolded person to guess who's voice it is.

SPECIAL LINKS:

- **ORIGINAL VERSION OF ZIP-A-DEE-DOO-DAH**

<http://www.youtube.com/watch?v=LcxYwwlL5zQ>

- **A BLUE BIRD'S SONG** <http://www.youtube.com/watch?v=bWA-TGAiCkw>

- **DIFFERENT BIRDS & THEIR CHARACTERISTICS**

<http://birding.about.com/od/birdprofiles/u/Bird-Species-Profiles.htm>

SPECIAL VOCABULARY WORD: MORAL

The word “moral” concerns the rules of right conduct, of how to act correctly. It makes the distinction between right and wrong. Often the rule for doing the right thing, the moral, is contained in a story, a tale or an experience.

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SONG #5 ~~ PLEASE, PLEASE, PLEASE, PLEASE

FLAVOR: DOO-WOP

- This song is what is known as a Doo-Wop. It has a lead singer with background singers responding to the lead singer. Sway from side to side with the rhythm of the music and sing along with the background singing. The words will be easy to follow. If you listen closely, the background singing has different parts in harmony with each other. Next try to sing with one of the harmony parts.
- Here is another Doo-Wop -- "I Only Have Eyes for You" by the Flamingos. Sing along with the background vocals. <http://www.youtube.com/watch?v=FvzNeh4Mq1o>
- At the end of song #6, "The Thank You Song," the phrase "thank you" is said in 10 different languages. The following terms mean "please" in 6 different languages:

French -- S'il vous plaît

Spanish -- Por favor

Swahili/Kiswhili -- Tafadhali

Italian -- Per favore

Russian -- Pozhaluista

Hebrew -- Bevakasha

Now, the most important thing is to try to say "please" in those languages.

<http://www.surfacelanguages.com/languages/comparison/howtosayplease.html>

- At one point in the song, it is said that "the magic word is please." Magic is the art of producing the result you want by saying words that have special power or through the use of slick, quick hand tricks or deception. In this song, by saying "please," it can be a magic word because it helps you to get the result you want. When hand tricks are used, it is usually for entertainment.

Do you know any magic tricks?

Try one of these: <http://www.activitytv.com/955-vanishing-paper-clip>

SPECIAL LINK:

JAMES BROWN & THE FAMOUS FLAMES (the background singers) SINGING THE ORIGINAL VERSION OF THIS SONG

<http://www.youtube.com/watch?v=LQdMZ1grn6k>

SPECIAL VOCABULARY WORD: HARMONY

“Harmony” is the combining of different tones to make a sound that is pleasing to the ear. It is different than "rhythm" which is the beat of the song. And it is different than the "melody" which is single notes arranged in a way to make the tune of the song. Harmony is more than one sound at the same time, but the sounds must fit together to sound good.

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SONG #6 ~~ THE THANK YOU SONG

FLAVOR: DELTA STYLE BLUES WITH SLIDE GUITAR

- At the end of the song, "thank you" is said in different languages in this order: French, Japanese, Spanish, Swahili, Mandarin (one Chinese dialect), German, Italian, Russian, Hebrew, and Arabic. See if you can call out the kind of language/dialect after each "thank you."

- Now try to say "thank you" with the song. Some of the pronunciations might not be perfect. However, it is important that everyone try to say the words as best they can instead of not saying them at all.

Several of the pronunciations are here:

<http://www.youtube.com/watch?v=OMXu5SobkvM&feature=related>

The words on the CD are as follows:

merci beaucoup = French
arigato = Japanese
muchas gracias = Spanish
asante sana = Swahili/Kiswahili
xie xie = Mandarin (one Chinese dialect)
danke schon = German
tante grazie = Italian
spasibo = Russian
toda raba = Hebrew
shukran = Arabic

- Find a map of the world or a globe. First, find one each country for each language mentioned in the song. Some languages are spoken in many different countries -- especially Spanish and Swahili. See if you can find several countries that speak these two languages.

- See if you can find the flag of each country. The colors and design of the flag usually represent something special about the country. For example, the flag of the United States has 13 stripes to represent the first 13 colonies. It has 50 stars to represent the 50 states. Select some of the flags that you like and see if you can find what the flag represents. <http://www.youtube.com/watch?v=d1rahaLQNSM&feature=related>

- In the song, many "compliments" are paid. Compliments are given when you show kindness, praise or congratulate someone. Many times a compliment can make someone else feel good about him/herself. It is important to see the beauty and

goodness in people instead of finding fault. Try to be positive and uplifting with your words. Look around you and see who you can give a compliment to. See if you can compliment someone at least 3 times a day. It is good to make people feel good.

- When someone does something special for you, it is really nice to write a thank you note or card. Do this for someone you'd like to give a special thank you to. It could be a parent, a relative, a teacher or maybe a friend. You can draw your own card or write a note.

- In the middle of this song, the singer "scats" -- that means she is singing without using real words; it is more than just humming. You try to make sounds similar to a musical instrument. Scat along with the singer; you don't have to imitate the singer, you can create your own musical sounds. Now try to scat with different syllables; for example using a "b" to make some "ba-ba-ba-ba-ba" sounds. Now try with an "l" for some "la-la-la-la-la" sounds or maybe some "lee-lee-lee-lee" sounds. See how many crazy sounds you can make by sounding like different instruments. It's really fun to be as creative as possible & still be musical.

SPECIAL LINKS:

- **RORY BLOCK TEACHES ROBERT JOHNSON'S CROSSROADS BLUES**

Rory is one of the best present day slide players. Here she is teaching a song by perhaps the greatest delta blues player, Robert Johnson. She also shows how to play slide guitar.

http://www.youtube.com/watch?v=iF5TDcNcxMk&feature=results_video&playnext=1&list=PLFFA8383769878923

- **ELLA FITZGERALD & ROY ELDRIDGE SCATTING**

Ella is perhaps the greatest jazz singer ever and definitely the best "scatter" ever. Roy Eldridge, a famous jazz trumpet player, is scatting with her.

<http://www.youtube.com/watch?v=TX-KDnKcCzk&feature=related>

SPECIAL VOCABULARY WORD: THE DELTA

In geography, when looking at land, the delta is the flat area at the mouth of some rivers where the main part of the river splits into several smaller branches. The best known delta in the United States is the delta of the Mississippi River. Delta style guitar playing was developed in this area of the country.

LEARNING ACTIVITIES: ©Gaye Adegbalola

SONG #7 ~~ GRANDMA & GRANDPA'S HOUSE

FLAVOR: PIEDMONT BLUES

- Draw a family tree. Find photos to glue along with the drawings on the tree. Here is how to make one:

<http://video.about.com/genealogy/How-to-Make-a-Simple-Family-Tree-With-Kids.htm>

- Ask a grandparent or any older person to tell you a story about some event when he or she was younger. Record the story using a tape recorder or a video recorder. Or ask him/her to teach you a song from when he or she was younger.

- Name 10 ways you can help Grandma or Grandpa around the house.

- Make a list of all the things your Grandma and/or Grandpa likes to do. Find words that rhyme for some of the items on the list. Use them to create a poem or card or song for the grandparent. For example, my Grandpa likes to **cook** and then we read a **book** or he took the phone off the **hook** or at TV we will **look**. Or maybe Grandma listens to the **news** and then she sings the **blues** or she bought a new pair of **shoes** or she has paid her **dues** or put medicine on my **bruise**. This can be fun to do, but sometimes, when it is difficult, use a rhyming dictionary (be sure to change "Find definition to Find rhyme") :<http://www.rhymezone.com/r/rhyme.cgi>

- There are 3 types of instruments:

- 1) percussion = instruments that you hit or strike to produce a sound
- 2) wind = instruments that you blow into to make a sound
- 3) string = instruments that have strings that you pluck, bow or strum to produce a sound.

This song has all three kinds of instruments. The spoons are hit to make a sound; the harmonica is blown into; and the guitar is plucked. See if you can name 5 other instruments in each category.

- Beginners lesson for playing spoons --

<http://www.youtube.com/watch?v=8H2J1nMUI18&feature=related>

(Note: I cheated by using "rhythm spoons" which are spoons that are attached at the handle with a space in between the two-- you don't have to worry with holding one spoon steady. Also, mine are wooden which make for a different sound.) If you learn to play the real spoons, you will always have an instrument handy to join in making music at any time.

- A better, longer lesson by David Holt with close-ups of the hands --

http://www.youtube.com/watch?v=X5e0TVUC_ko&feature=related

• Learn to play the harmonica. This is a lesson by Rebecca Wenger. She gives the lesson without saying a single word. She teaches rhythm, how to hold the harmonica, how to suck and blow, how to isolate holes, etc

http://www.youtube.com/watch?v=7FEafi_NYOc

(Note: my harmonica playing is not great, but adds a little "texture" to the song and. . . I enjoy it! For me, enjoyment is the main reason for making music. Also, I used a harmonica in the Key of C on this CD if you want to play along.)

SPECIAL LINKS:

• **PHIL WIGGINS IN THE STUDIO -- Gaye's favorite harmonica player**

<http://www.youtube.com/watch?v=qlf577laD3Y>

• **THE AMAZING SCOTTY BROTHERS PLAYING SPOONS**

<http://www.youtube.com/watch?v=6TS9ugnarQQ>

SPECIAL VOCABULARY WORD: GENEALOGY

Genealogy is a record of or the study of one's family history or group.

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SONG #8 ~~ STOP THAT BULLY

FLAVOR: ROCK & ROLL

- Bullying is often very scary and usually involves 3 or more people -- the bully, the one being bullied, and the person or persons who observe the bullying. Talk with an adult about what bullying is and then write a "pledge" that you will not be a bully. Listen to the song to hear what you can do if you see someone being bullied.

- You may be very surprised at the number of people who have been bullied. Take a survey of your classmates.

On a sheet of paper, you can ask these questions and leave space for the person to give answers:

Have you ever been bullied?

How did it happen?

How many times have you been bullied?

How did you handle it?

Add up your results and take them to the principal or guidance counselor or a teacher. See below for another way of doing a survey.

- Some schools have an ANONYMOUS BULLY BOX. When someone is bullied or when someone sees a bully in action, the incident can be written down and placed in the bully box. The box must be in a place that is very private and the one who writes the action up remains anonymous. This is just an idea, but one that can be shared with guidance or a teacher. If one person is written up several times, guidance and teachers can take note. Care must be taken that the box is not used as a source for bullying.

- Have a poster contest in your school. The poster should be about "How to Stop That Bully." This might be a good project for the student government to sponsor or maybe the art department. It would also be great if some prizes could be awarded for best poster or most creative poster. The prizes could be awarded in an assembly program so that there is a lot of publicity about how to stop that bully.

- Aside from the poster contest, there could be contests for other kinds of media -- a magazine ad, a radio spot, a cartoon, or a TV ad. Any of these forms can be used to draw attention to the topic.

- A simile is a way to use words to compare two things that don't usually go together. It is usually introduced by "like" or "as". For example, "Her smile is like sunshine." Or, "She is as pretty as springtime." Many similes are visual. In other words, you can see "sunshine" and you can see "springtime." Now, to go in the opposite direction, what is

a bully like? For example, "A bully is like poison ivy." Come up with 5 more similes to describe a bully.

SPECIAL LINK:

• **THE ORIGINAL WOOLY BULLY BY SAM THE SHAM & THE PHARAOHS**

http://www.youtube.com/watch?v=MHF558u6Q_8

• **AN AD AGAINST BULLYING**

<http://www.youtube.com/watch?v=1j6YA03hm4k&feature=related>

SPECIAL VOCABULARY WORD: CYBERSPACE

"Cyber" basically means "computer." When one computer sends images and texts to another computer, they are carried from one to the other by electricity. This electronic space in which computer communications take place is called cyberspace. Because of cyberspace many messages can be carried to many different computers rapidly and at the same time. This can be a very good way to communicate. Or, as with bullying, it can be a terrible way to hurt people.

LEARNING ACTIVITIES: ©Gaye Adegbalola **SONG #9 ~~ IT HURTS (THE PICKED LAST SONG)**

FLAVOR: CHICAGO BLUES WITH STOP TIME

- We all get our feelings hurt and often it's not due to bullying. In this song, you are instructed to put all your hurt feelings into playing "air guitar" so you can "get the pain out." One of the best ways to do that is to write a poem or a song about what is causing the hurt feelings.

Try to make words rhyme.

(If it's difficult to make words rhyme, use a rhyming dictionary:

<http://www.rhymezone.com/r/rhyme.cgi>)

Try to describe something funny about your situation or compare it to a situation that's even worse. You might end up with a blues song.

- If you enjoy writing, it is important to jot down your creative ideas and interesting events. Aside from things that you might actually feel or experience, you can also write down your observations -- maybe from TV or a movie or some event like eating at a restaurant or going to a concert.

You should have your own special JOURNAL or IDEA BOX or PURSE or BACK PACK -- some special place to keep all your thoughts and ideas. Find such an item to use and then decorate it -- paint, glue, feathers, stencils, beads, buttons, coins. (Make sure that the item is still functional so that it doesn't come apart when you try to use it.)

- As a writer, see if you can come up with captions for these two identical pictures.



A caption is a title or an explanation of an illustration. Write one caption that says what's going on in the picture. (This is how captions in newspapers should be.) For the other picture, describe it in an unusual way -- if you can, make it wild, make it funny. Which caption is more memorable? Which caption is more honest?

- See Song #8 for the activity on similes and how to use them in your writing. Another idea for writing is personification. This is when you give the features of a person to something that is not alive or to something that is a feeling. For example: "Hurt came knocking on my door like a pizza delivery man." By using "like," there is a simile and by calling the hurt feeling a "pizza man," hurt is made into a person. Create 5 examples of personification for the word "hurt."

- With your 5 examples, in making the "hurt" come alive, we can easily tell it to go away -- as though it's a real person. For example, "Hurt came knocking on my door like a pizza delivery man, but I didn't order any pizza and I told him to go away." See if you can do this with the examples you created. When your feelings have been hurt for real, if you can "personify" the feelings, you just might be able to tell them to go away. Give it a try the next time your feeling has been hurt.

- Many times when our feelings are hurt, we might be lacking self-esteem --lacking a good feeling about ourselves. This might sound simple, but one way to improve your self-esteem is to have a cool signature (the way you write your name) that reflects your

personality. See if you can create a cool capital letter for the first letter in your first name. Play around with the other letters. You might want to look at different fonts to get different ideas. Fonts are different styles of lettering. It's fun to check out different fonts. Look at this website and notice all the different fonts -- the size of letters and the style.

<http://www.fontspace.com/category/children>

•Sometimes when we hurt, the hurt is only temporary and it soon goes away. However, some people might have some pain that goes deeper. Some people might have to live with pain for a longer time. An example is when someone is hungry. Many of us are blessed never to know hunger. How can we help to ease the pain of someone hungry? Is there a Food Bank in your neighborhood? If so, collect some canned goods to take to the Food Bank. What can you do outside of your neighborhood?

SPECIAL LINK: CHICAGO BLUES MAN, BUDDY GUY PLAYS "SWEET HOME CHICAGO."

<http://www.youtube.com/watch?v=yFevDDn9Tds&feature=related>

Also featured are other famous blues guitarists Hubert Sumlin (who played with Howlin' Wolf), Eric Clapton, Jimmie Vaughn, and Robert Cray. Notice how the strings are bent and notes seem to "scream."

SPECIAL VOCABULARY LINK: EMOTIONS

"Emotions" is a more advanced way of saying "feelings." They are strong feelings which cause a reaction when we experience love, hate, fear, joy, sorrow, etc. They often cause a change in one's body like increased heartbeat, harder breathing, crying, sweating, or maybe shaking.

LEARNING ACTIVITIES: ©Gaye Adegbalola **SONG #10 ~~ THE KINDNESS SONG**

FLAVOR: FUNK ~~ in the James Brown Style

- This song talks about people having different abilities, challenges, ethnicities and religions. Some differences are easy to identify like when someone is in a wheelchair or has a skin color different than yours. Make a list of differences that are not as obvious. These differences make us unique. What makes you unique?
- The music for this song is often called "funk" because the main accent or beat falls on the first note of the measure. Listen carefully and see if you can hear the "ONE" beat. Try to clap on the "ONE." You would count like this:
ONE, two, three, four, ONE, two, three, four, ONE, two, three, four.
- Here are some quotations about kindness given by young children. Can you make up a definition? <http://www.youtube.com/watch?v=ORJNnbswV24>
- Sometimes people become ill and their bodies might change due to the illness or possibly due to the treatment. Accidents might change one's appearance, too. Apart from someone dealing with health issues, he or she also has to deal with how others might see him or her. Can you think of a friend or a relative who had a sudden change in appearance due to health problems? What happened? How did you see the person? How did the person see herself/himself?

This is a song about people dealing with cancer and the effects of chemotherapy treatment when their hair falls out. It encourages people to not be ashamed of having a bald head. <http://www.youtube.com/watch?v=sNaW6FyiJRI>

Can you think of ways you can help someone feel better about his or her physical appearance?

- Several kinds of "meanness" are talked about in the song. Here are some activities to help us better understand:

~ The first kind of meanness was based on how people talk. Perhaps the most difficult teasing happens to those who stutter. The Stuttering Foundation has information "Just for Kids" explaining how people stutter, how to get help for stuttering and what to do if you are teased. Everyone, not just those who stutter, should check out this site: <http://www.stutteringhelp.org/Default.aspx?tabid=25>

~ In the song, it says "Lauren's in a wheelchair -- it's so hard to get around." Our government has made rules and regulations to help make it easier for people who are physically challenged to get around. See if you can locate ways things have improved. For example, there are parking spaces that are marked for use by people who have

difficulty walking. See if you can find other examples at school.

~ Lauren uses a wheelchair to help him get from place to place. Sometimes dogs can be used for help. We may have seen them helping blind people get around, but they can also help the deaf, persons with multiple sclerosis, and many other disabilities. Read this story about Emily and her dog Snickers.

<http://www.caninesforkids.org/ClientStories/HearingDogs/FacilitatedHearingDogsEmilyandSnickers/tabid/70/Default.aspx> There are many other stories here. Dogs can also be used for therapy -- sometimes just to bring smiles to people. See if you can find someone who trains service dogs and see if you can observe. It may be a good career to consider.

~ Have you ever heard of "ginger abuse"? It is a form of bullying directed at people with red hair. There's a TV show called "What Would You Do?" Difficult situations are set up and the viewing audience is asked to submit ideas to solve the problem. In this particular program, "ginger abuse" is shown directed toward a 12 year old boy.

<http://abcnews.go.com/GMA/video/people-ridiculed-for-red-hair-12971119>

What would you do??

~ Much discrimination is due to one's ethnicity or group. Usually we group people by appearances. Here's a game to play to see how well you can identify different ethnic groups. This may be for older children and also for parents and teachers. Click on "Begin Sorting" and follow the directions:

http://www.pbs.org/race/002_SortingPeople/002_00-home.htm

- The song continues to tell of meanness toward different religions, meanness against homosexuals, meanness against poor people. Instead of focusing on how to prevent the meanness, let's think about how we can increase the kindness that we show each other. What is kindness? Can you make up a definition? What acts of kindness have you done for someone else in the past week? See if you can name at least 20 kindnesses that you have shown.

SPECIAL LINKS:

RANDOM ACTS OF KINDNESS

Here are many quotations about kindness. Some maybe difficult to understand and require discussion. The background music is not a blues song.

<http://www.youtube.com/watch?v=uvG1iVw8ljQ>

RELIGIONS OF THE WORLD

Here is information about 40 organized religions and faith groups.

http://www.religioustolerance.org/var_rel.htm In order to be kind to each other, it is

important to know about each other. We might not see eye-to-eye, but in all things, kindness is the key.

SPECIAL VOCABULARY WORD: DIVERSITY

“Diversity” refers to the variety and difference in a group; that members of a group are not all the same type with the same similarities.

LEARNING ACTIVITIES: ©Gaye Adegbalola

SONG #11 ~~ DON'T-BE-MOODY-DO-YO'-DUTY SONG

FLAVOR: BO DIDDLEY BEAT

- Maracas are musical instruments that sound like a rattle. Many Bo Diddley songs feature the sound of maracas. (Don't know Bo? See below.) You can make your own maracas from recycled materials. Take 2 plastic water bottles. Make sure they are dry. Fill about 1/4 full of dried beans. Seal the lids with tape. Get to shakin'!

- This song is full of opposites: open & close, down & up, on & off, right & wrong, borrow & return. Can you think of other opposites? Try to come up with at least 10. Now try to make them "action" words like dropping down & picking up or opening and closing.

- When we try to think of ideas, an easy way to do so is by brainstorming. It is a way to solve problems by coming up with as many ideas as possible. You are encouraged to come up with new, creative ideas without judging whether they are good or bad, realistic or not. For example, think of 10 uses for an empty plastic bottle. Of course, we know it can be used for holding liquids, but it can also be cut so that it can be used as a shovel, or for making maracas, or as a noise maker. The longer we think, usually the more interesting our ideas become.

Here's a good brainstorming exercise: Come up with 50 uses for a paper clip.

- In this song, we are singing about how to respond to a problem. Sometimes people behave in unacceptable ways. For example, sometimes it is hard to ask people to pick up something they've dropped on the ground. Many newspapers have an advice column. In this column, people write in to ask advice about how to handle certain situations. Some of these are about personal relations. Others are about household questions. With your parents or teachers, find some advice columns and see how they are written. Now act like you are the writer of the advice column. Give answers to the following letters sent in:

~ Dear Advice Giver,

I love my best friend dearly, but when she eats, she chews with her mouth open. It is very noisy and not very pretty to look at. How can I tell her that this is not polite without hurting her feelings?

~ Dear Advice Giver,

I went to visit a friend and his family has people who work for them. He is only 7 years old and they people who work for the family are around 40 and 50 years old. I have always been taught to call older people as "Mr. So and So" or "Mrs. So and So." I also say "yes, sir" and "yes, ma'am" to my elders. My friend calls them by their first names, "Jake" and "Carmen," and only answers "yes" and "no." This doesn't feel right to me. What should I do?

~ Dear Advice Giver,

My mother just bought a new car, but it is very small. She says she is doing her part to reduce use of the Earth's oil resources. She says that everyone needs to do what he can to keep from using up the Earth's supplies. It'll be a long time before I drive a car, but what else can I do to help save the Earth?

~ Dear Advice Giver,

The new girl at school doesn't have nice clothes and has an awful body odor. Many students make fun of her. I don't do that. I do feel bad for her and in some way I would like to help. Should I say something to the other students? Should I say something to her? What should I do?

SPECIAL LINKS:

BO DIDDLEY WITH JEROME GREEN

Bo is on guitar, Jerome plays maracas. The maracas are important to Bo's sound.

<http://www.youtube.com/watch?v=IMZjAOoX6nw&feature=related>

BO DIDDLEY - YOU CAN'T JUDGE A BOOK BY THE COVER

<http://www.youtube.com/watch?v=hYUVpJjleSk&feature=related>

This video shows 3 important things:

- 1) Bo Diddley used women musicians back in the 1960s when it was rare for women to play.
- 2) This is from the TV show, "Shindig," in 1965. It was one of the first TV shows to feature dancers.
- 3) The song, "You Can't Judge A Book by Looking at the Cover" was written by one of the greatest of all blues song writers, Willie Dixon

SPECIAL VOCABULARY WORD: RESPONSIBLE

When you are responsible you take ownership for your own actions. That means that you have to "own up to" the decisions you make, that you are able to say "I made that decision." RESPONSIBILITY is the "ability" to make "responses" = RESPONSE/ABILITY. You should always want to make "good" or "correct" responses.

LEARNING ACTIVITIES: ©Gaye Adegbalola **SONG #12 ~~ HAND JIVIN'**

FLAVOR: STREET RHYTHM

- To create the rhythm in this song, you and a friend stand facing each other. 8 different beats are clapped:

- 1) clap your own hands together;
- 2) clap each other's right hands together;
- 3) clap your own hands together again;
- 4) clap each other's left hands together;
- 5) & 6) clap your own hands together twice;
- 7) the backs of both of your hands slap the other person's back hands; then
- 8) the fronts of both of your hands slap the other person's front hands; repeat.

Practice slow then speed up.

- See if you can make up a new clapping pattern -- maybe clap your hands together several times or clap your hands and then your thighs or slap your chest. Come up with a new pattern. You can use the same chants.

- Doing the HAMBONE is another way to do some hand jivin'.

Here's a video of NeBo singing and doing the hambone.

<http://www.youtube.com/watch?v=iQ7VgSivTE8&feature=related>

Here's a video of Derique McGhee doing the hambone sitting down. Notice the Bo Diddley beat.

<http://www.youtube.com/watch?v=PLmySQ5CuY0&feature=related>

When the hambone song is sung, usually the first line is "Hambone, Hambone where you been? 'Round the world and back again." Big Les sings and hambones:

<http://www.youtube.com/watch?v=eR6AJsAQSBQ&feature=related>

Diane Ferlatte tells a story about how the Hambone song came to be.

<http://www.youtube.com/watch?v=2E8gUg-OmhY&feature=related>

Now, see if you can Hambone!!

- Many of the chants in this song don't really make sense. "Eeeny-meeny" doesn't make sense. "Here we go zoo-dee-oo" doesn't make sense. "To see the elephant jump the fence" doesn't make sense. Some of the lines in "Hambone" don't make sense. See if you can come up with a new, fun chant.

- This is a thinking exercise. When we sing the line "see the elephant jump the fence," we might think about how many animals can do real tricks -- like at a circus. Many

times the animals are kept in cages -- like at the zoo -- and sometimes they are even whipped to make them learn. While it is fun to go to the circus and a learning experience to go to the zoo, how do you think the animals feel? Talk with your parent or teacher about the good of the learning experience compared to the treatment of the animals. Can you think of alternatives to the zoo?

- Hands are so precious. They are so useful. And, every person has hands unlike any one else in the world. This is why some detectives use fingerprints to catch criminals. Using a rubber stamp pad, cover your finger tips with ink. Press them onto a sheet of paper. Have someone else do the same thing. Use a magnifying glass to look at the differences.

- Now, just have fun with your magnifying glass -- look at some salt crystals, sugar, sand, bugs, different rocks, etc. It is interesting to see things close up.

SPECIAL LINKS:

JOHNNY OTIS & THE HAND JIVE

Johnny Otis wrote this song and it was a big hit for LITTLE WILLIE JOHN. In this version, however, you can see one pattern of hand jivin'. The song also has the Bo Diddley beat and maracas.

http://www.youtube.com/watch?v=qOrQTh_Cq7U&feature=related

SPECIAL VOCABULARY WORD: JIVE

“Jive” can refer to teasing and fooling someone as in “You’re jiving me.” In this song, it refers to swing music -- a style of music mainly from the 1930s with strong, flowing rhythms. This music made you want to “swing” -- go back and forth, move to and fro. In other words, it made you want to dance. A dance called the jitterbug was also called the jive.

LEARNING ACTIVITIES: ©Gaye Adegbalola **SONG #13 ~~ THE RECYCLE SONG**

FLAVOR: NEW ORLEANS BLUES

- In this song, three items are recycled -- household containers, outgrown clothing, a toy. See if you can find one of each. Put the containers in the proper bin. Take the clothing and toy to a store like Goodwill or the Salvation Army. While there, go in and purchase something that has been recycled.
- Think about a "bicycle" and a "tricycle." "Bi" means two and "tri" means three, so what does "cycle" mean? You could say that it means "wheel," but a better way to define "cycle" is to say that it means "to go around." So, if "re" usually means "again," then what does "recycle" mean? By breaking words into parts, you have a process to use when you try to figure out what words mean.
- This blues style comes from NEW ORLEANS. New Orleans is a wonderful seaport city in Louisiana. It is on the Mississippi River. Find New Orleans on a map. It is famous for its music (the "birthplace" of jazz) and its food (poor boys and beignets) and especially for its annual Mardi Gras festival.
 - ~ For jazz, born in New Orleans, Louis Armstrong, was one of the greatest. Here he plays "When the Saint's Go Marching In" in traditional New Orleans jazz song. The group has a trombone and a clarinet which are both typical for New Orleans jazz. The woman singer also starts scatting.
<http://www.youtube.com/watch?v=wyLjbMBpGDA>
 - ~ Beignets (been-yays) are also called French donuts. (New Orleans was settled by the French and many French influences remain. Try making some.
<http://www.videojug.com/film/how-to-make-beignets>
 - ~ Mardi Gras is a French term meaning "Fat Tuesday." It is the last day before Lent. Lent comes 40 days before Easter and during these 40 days, you often try to give up some bad habit. So before Lent starts, Mardi Gras is the last opportunity for eating and merrymaking. There is a carnival festival with parades and floats and wild costumes. Many people wear masks. You can make your own mask. Here're a couple of quick and easy ones: <http://tlc.howstuffworks.com/family/paper-masks2.htm>
- It's fun to make new items out of old, worn-out items or items to be discarded. There are many craft projects on the internet. One such project is how to make a bag from an old T-shirt with no sewing.
<http://www.youtube.com/watch?v=-6yDxK68OZc>

SPECIAL LINK: PROFESSOR LONGHAIR PLAYS "BIG CHIEF"

A Mardi Gras song. Listen and you'll hear the same piano part that the piano plays in "The Recycle Song."

<http://www.youtube.com/watch?v=bhYyFnFPhBg&feature=related>

SPECIAL VOCABULARY WORD: ECOLOGY

"Ecology" is the branch of science that deals with the study and interactions between different forms of life and their environment. The environment includes the air, water, minerals, living things and all other factors that might affect a specific form of life at any time.

LEARNING ACTIVITIES: ©Gaye Adegbalola

SONG #14 ~~ WHAT A WONDERFUL WORLD

FLAVOR: REGGAE RHYTHM

- Louis Armstrong had a hit recording of this song. He was a famous jazz cornet and trumpet player. He also sang with a very gravelly voice. Listen to his version of this song. It is interesting because his voice is so rough sounding and the song is so sweet. <http://www.youtube.com/watch?v=HPcgM1MnDnl&feature=related> (In this video, the things that are sung about are being shown. If you want to see Louis Armstrong, he is shown singing on the learning activities with Song #13) Can you imitate Louis Armstrong?

- This song paints wonderful pictures of the wonderful world. Let's think about some of the images:

~ "I see trees of green. . ." Take a closer look at all the different trees around. See if you can collect leaves from 10 different trees. How are they different? Size? Shape? Color? Smell?

~ ". . . red roses, too" Roses come in many colors and sizes, too. Another feature of many roses is the fragrance or smell. Take time to smell some of the flowers in your environment. Some of them smell much stronger than others. Which fragrances do you like? Many kitchen items have strong odors. See if you can find and smell the following: cinnamon, oregano, garlic, onion, olive oil, etc. Which do you like?

~ ". . . the dark sacred night." On a clear night, we can see billions of stars in the sky. Many stars are in patterns called constellations and are given names. We can find some of these constellations with the unaided eye. We can see even more with binoculars. And more, still, with a telescope. There are many explanations and star maps here:

<http://kids.yahoo.com/directory/Science-and-Nature/Astronomy-and-Space/Constellations-and-Stars> Print out some star maps and go outside on a clear night and take a look. The skies are indeed "sacred."

~ "Colors of the rainbow. . ." Rainbows usually form in the late afternoon after a rain shower. Droplets of water in the air separate the sun's light into colors. The colors are Red, Orange, Yellow, Blue, Indigo, and Violet. We can remember these colors with the name "ROY G. BIV" -- each letter is the first letter of the colors in order. To see these colors without rain, you can use a prism. A prism is a piece of glass that is shaped like a triangle. Hold a prism so that the sunlight can pass through it. All 7 colors will show on a white sheet of paper.

~ "I hear babies cry, I watch them grow. . ." With modern technology, we can see how one boy ages 41 years in one minute: <http://www.youtube.com/watch?v=ZGgd0DUKok4>

You can really "watch him grow."

- The version of this song has a reggae flavor. Reggae was developed in Jamaica, an island in the West Indies. Find Jamaica on a map. Find a picture of Jamaica's flag. What do the colors stand for? Many tourists go to Jamaica. What are some of the things tourists would do and see in Jamaica?

SPECIAL LINKS:

"ONE LOVE"

Is a famous reggae song written and recorded by BOB MARLEY. In this video, however, it is played and sung by people from all over the world.

<http://www.youtube.com/watch?v=4xjPODksl08>

This was recorded by an organization called Playing for Change -- it uses music to bring people together to change the world and make it a more loving place.

BOB MARLEY SINGING THE ORIGINAL VERSION OF "ONE LOVE"

Bob Marley, a Jamaican, is the best known reggae artist and is popular all over the world. Many of his songs are about love and freedom.

http://www.youtube.com/watch?v=cp-6g_CdpJs

SPECIAL VOCABULARY WORD: SACRED

"Sacred" refers to anything that is regarded with great respect. It usually relates to some religious or divine purpose -- it fills one with awe.