

LEARNING ACTIVITIES: ©Gaye Adegbalola

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.