

LEARNING ACTIVITIES: ©GayeAdegbalola **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."

Notice how the strings are bent and notes seem to "scream." You can also sing along on the chorus.

<https://www.youtube.com/watch?v=N6O9DaIGy9M>

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.