

LEARNING ACTIVITIES: ©GayeAdegbalola

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=fwrel>

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**, playing the famous blues song, “**Stormy Monday**,” Go-Go style

<https://www.youtube.com/watch?v=TU85qwBxhaY>

- First Lady Michelle Obama and Ellen dance to stay healthy. Here they do the “**Gimme Five Dance**” to “**The Uptown Funk**”

<https://www.youtube.com/watch?v=UZO5q0B5wfw>

- ~~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.