

THE FEEL OF MUSIC

BY
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INTRODUCTION

This versatile CD is useful to the classroom teacher as well as teachers of music, physical education and dance. It relates the characteristics of music the way we move. Concepts include tempo, volume, pitch, meter, quarter notes, half notes, eighth notes, rests, mood and style. The approach includes both moving in specific ways and great opportunities for creativity and discovery through the child's interpretation of THE FEEL OF MUSIC. The ideas in this guide are suggestions. Please adapt, change, add, and create to meet the needs and interest of the children.

TRACK 1. JOY

*Joy, I feel the joy of music
Joy, I feel the joy of rhythm
And my heart it starts singing
And my body starts swaying
Everytime I feel the joy of music*

This is a little song for warming up our bodies and voices. The lyric repeats three times for easy learning and singing. There are two instrumental choruses. The song can be used for a variety of activities including follow the leader, - patterned rhythmic movement, creative movement, etc.

TRACK 2. WALKING NOTES

*Walking quarter notes is easy
Come on join in everybody
Walking four beats with your two feet
One two three four, on two three four*

12 bar instrumental where you can walk quarter notes moving around the room in any direction.

*Slow down your feet
One step two beats
Half notes longer
Half notes slower*

8 bar instrumental where you can walk half notes moving around the room in any direction.

*Pitter patter moving faster
There is not a thing the matter
If you're warm take off your coats
Cause now we're walking 8th notes
Don't you think it looks so funny
Kind of like an old time movie
First you listen to the beat
Then double it with walking feet*

8 bar instrumental where you can walk eight notes moving around the room in any direction.

*Walking easy walking free
Being how you want to be
That's what Jazz is all about
So loosen up and shake it out*

12 bar instrumental where you can walk any way you want. Explore ways you can move your hips, head, arms, waist, etc.

TRACK 3. TOGETHER

*Everybody stand in a circle
And put your arms around each other
Let the music gently rock your body
get the feeling of being together*

Let your body relax and flow with the music.
Ideally no one acts as the leader and the movement has the feeling of the group as one entity.

*Everybody hum in the circle
What you're humming doesn't matter
Let your soul create a melody
Get the feeling of being together*

Let the sound flow. Be aware of what others are humming but do your own thing. Sometimes people will tune into each other and hum as one.

TRACK 4. FIVE BEATS TO EACH MEASURE

*Here's a little song that has five beats
to each measure and it's all right
If at first you don't get it this little song
will help you see the light
Count to five clapping 12345 (repeat)
12345 12345 12345 (repeat)
If you will count moving parts of your
body
Then I am sure you will hear and see
clearly
Hand head hand foot foot
Hand head hand foot foot
Hand head hand foot foot (repeat)*

Here you can shake parts or make sounds with them

Example - snap fingers, click tongue, snap
Fingers, stamp foot, stamp other foot

*Now move in fives any way that you
want to
Have fun and find different things that
you can do*

TRACK 5. GOOD OLD FASHIONED ROCK AND ROLL SONG

*Jumpin around with Rock and Roll music
Just a feelin' happy and free
I can move anyway that I want to
I can be totally me
The rhythm of my heart's beatin'
faster and faster
And my breathins getting deeper and
deeper
Just movin' along
With a good old fashioned rock and roll
song
Singing - dance to the music
Leavin my troubles and worries behind
Singing - dance to the music
All you gotta do is have a good time*

*I can't sit still I feel the energy
And the rhythm just a rock a my soul
There's nothing' to be and nothin' to
show
All I do is let myself go
We're doin'it together my friends and I
And the music's makin' everybody high
Just movin' along
With a good old fashioned rock and roll
song.*

Staying in your own space, explore ways to move vigorously and respond to the high energy of this song

Example – jump, bounce, dance, hop, etc.

See if you can learn and sing the chorus as you move.

When the song is over, stop moving and stand or sit quietly.

Be aware of your heart beat. Is it fast or slow?

Loud or soft?

TRACK 6. TOUCH THE WORLD

Touch the world around you

Touch if softly do

Get the feel of everything

Touch what looks good to you

La La La La La

Touch it softly do

La La La La La

What looks good to you?

This song gives us a chance to explore one of our most underused senses – touch. As the soft music plays, move around quietly and explore the room by touch.

Be aware of feel and texture: smooth, rough
hard, soft, fuzzy, sticky, damp, dry, etc.

Be aware of temperature:

hot, cold, luke, warm, cool, etc.

With your eyes closed see how many different materials you can identify:

cloth, cement, wood metal, skin, plastic,
leather, plaster, rubber, etc.

Be aware of the quality, feel, and texture of each material.

Was the cement rough or smooth?

Was the wood hard or soft?

What did the plastic feel like? etc.

As you can see, this song is valuable for vocabulary development and word meaning as well as relating the way we touch to the quality of the music.

TRACK 7. QUICKLY AND QUIETLY

This instrumental is played quickly and quietly and we are going to explore ways to move quickly and quietly.

Rub the floor quickly and quietly.

Walk around the room quickly and quietly.

Find other ways to move around the room quickly and quietly

What else can you do quickly and quietly?

Gently pat yourself all over - wake up your sense and become aware of your body.

TRACK 8. DO A LITTLE DANCE

*Do a little dance the way the music
makes you feel*

Let it be you, let it be real

*Come along and join a song where you
can do no wrong*

Let it be you, let it be real

Let it be you, let it be real

*Come along and join a song where you
can do no wrong*

This song is designed to stimulate creative movement to difficult styles of music.

The song is made up of four (4) short segments in the following musical styles:

Folk Ragtime Bossa Nova Rock

Be aware of the music and how different moods affect the way you feel like moving.

TRACK 9. CLAP AND REST

Clap 2 beats and then rest 2 beats

Clap 4 beats and then rest 4 beats

Clap 3 beats and then rest 1 beat

Clap 1 beat and then rest 3 beats

Clap and rest any time you want to

TRACK 10. SLOW AND FAST

Can you walk with slow music and run with fast music?

Can you find other ways to move around the room slowly and fast?

Who can make just one body part move slowly and fast?

Think of other things you could do with slow and fast music.

TRACK 11. SOFT AND LOUD

Can you tiptoe with soft music and stamp your feet with loud music?

Pat the floor softly with soft music and pound the floor loudly with loud music.

Using just one body part, create light, gentle movements that go with soft music and strong forceful movements that go with loud music.

Using your whole body create movements that go with soft and loud music.

TRACK 12. 3/4 RAG

Here are some examples of things you can do with 3/4 music. Of course the possibilities are unlimited and these are just suggestions. Please be creative.

Can you count 1 2 3 with the rhythm of the music?

Can you stamp your foot on beat 1 and clap your hands on beats 2 and 3?

Try clapping your hands on beat 1, stamping one foot on beat 2 and stamping the other foot on beat 3.

Who can jump on beat 1 and clap hands on beats 2 and 3?

Clap your hands on beat 1, pat your stomach on beat 2 and pat your thighs on beat 3. Find other patterns you can do with 3/4 time.

Can you think of 3 syllable words you could say with the rhythm of the music?

Example: Saturday November
Ernestine Ricardo, etc.

Find a partner. Try creating 3 beat rhythmic movements that you can do together. Can you think of a 6 beat pattern?

TRACK 13. MOVE AND REST

This is the same melody as "Clap and Rest". In this version you can move any way you want. Create one movement for each beat and freeze during the rests.

Move two beats and take a half rest
Move four beats and take a whole rest
Move three beats and take a quarter rest
Move one beat and take a half and a quarter rest
Move and rest any time you want to

TRACK 14. SCALES

Can you make yourself taller as the music gets higher?

Can you make yourself shorter as the music gets lower?

Slowly make yourself taller as the music gets higher and when the music goes down the scale very fast, fall down.

Lying down on your back can you lift your arms very slowly as the notes get higher and let them drop and relax with the fast scale down.

(Try this with one arm, the other arm, leg, other

leg, head, etc.)

Pretend you are a tiny seed and slowly grow
into a tree as the music gets higher.
Pretend a woodcutter is chopping you down.
Fall down with the fast scale down.

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