

The Cycle of Seasons

Wind Dancers

Lorna Heyge
Audrey Sillick



Parent Guidebook

MUSIK
GARTEN

Music for Singing, Dancing and Listening

The Cycle of Seasons Parent Book

Wind Dancers

Lorna Heyge
Audrey Sillick



Produced by Music Matters

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Dear Parents,

Children love the out-of-doors. Events that appear prosaic and ordinary to us as adults are a never-ending source of wonder and engagement for the child. With no sense of time but the present, the child lives each moment completely.

With this book and recording we offer you a collection of songs, sounds, poetry and stories, with many additional ideas to explore the wonders of nature with your child. We encourage you to find and plan time for exploring together, and we hope that our suggestions will help you make music in the course of many daily adventures.

Sing with your child!

The songs on this recording provide an excellent model for you and your child; however, nothing is more important for your child's musical development than **YOUR** active participation in music-making. Join together in singing, dancing and playing instruments, involving everyone in your family.

Dance and play together – it's fun and energizing!

Enjoy the movement activities with your child, in-doors and out-of-doors. There is nothing more vital for your child in these years than learning to control his/her body, to develop coordination and to use the body gracefully. Your Musikgarten class is full of delightful and purposeful movement activities – repeat them together at home.

Listen to the music and all the sounds around you!

Listening is a challenging skill to acquire in our noisy, busy world. Your Musikgarten class is full of listening activities to nurture your child's auditory acuity and discrimination skills.

The *Wind Dancers* recordings are for your listening pleasure and to help you further nurture listening skills at home. In this packet you will find three special **Listening Games**. Each game has four animal cards and a recording of each of the animals' voices. To get started, look at the shapes on the back of the cards; sort the cards by shapes. For each game listen to the animal's voice and identify the animal on the card. Don't forget to imitate the sound and the movement of each animal.

Do you know these animals in your environment? Identify each of the animals and tell your child a little about them, drawing from your own experience and the information provided in class and in this book.

Echo Patterns are another very important part of every Musikgarten class. Patterns are understandable musical building blocks for children, first musical *words* which they can remember and later use to create their own music. The echo patterns we do now become the basis for reading music and formal instrument lessons in just a few short years.

Children love echoing patterns! Extend the game beyond the recording. Make up further patterns for your child. Let your child give you patterns to echo. Soon your child will be ready to add language to the patterns, and be well started on his/her pathway to musical literacy.

Go outdoors and explore together!

Seek out a country fair where you can enjoy the simple pleasures of harvest, food, hand-made treasures and animals. Urban communities - and our children - have become distanced from our food sources; take time to reconnect with the producers of our food.

At home, find little tasks that tiny hands can do, so your child can share the pride and pleasure of preparing a meal for the family. Be sure to give your kitchen helper the sweetest reward - to lick the spoon! The preparation and cooking of food is of deep interest to young children.

Home and family are profoundly significant for children. Make a photograph album with little anecdotes to convey a sense of "roots," of belonging to the family, and - later - of identifying with the larger human family. Take time to collect photographs and remembrances; they will become a family treasure for winter evenings.

Fall is a time to celebrate the earth's rich bounty of fruits, nuts and vegetables, their lovely shapes, colors, perfumes, and delectable flavors. Fall is a time to enjoy being out-of-doors, gazing at the spectacular display of colors - nature's own fireworks - and inhaling the wonderful smells.

Consider the following suggestions, and be sure to add your own ideas.

- Look for a park where a ramble with your child is possible.
- Notice the changes taking place in the plant and animal life occurring all around you.
- Look at the games the wind plays with the falling leaves. Take time to wonder, to feel and enjoy the sensory pleasures of tree music, dancing leaves, waving branches, racing clouds and a passing shower.
- Prepare a picnic with your child: it doubles the pleasure of an outing to have lunch with you! What fun for the whole family, too!
- Join with other parents and children to make a trip to a farm. Select a real pumpkin in the field or carry home a bushel basket of apples to make a fragrant apple dessert.
- Share recipes with other parents and children, and put together a simple cookbook!
- Collect nature's fallen treasures; take a box to put them in. Children love to collect things. Simple nature craft books are available in the children's section of the public library. Nature's gifts are a big hit for decorating the child's room.
- Dry plant materials to make unique, one-of-a-kind arrangements for Thanksgiving.
- Watch for fall fairs and carnivals that celebrate simple pleasures such as pony rides, cotton candy and petting zoos.
- Enjoy the thrill of the ferris wheel and the pumping music of the carousel.
- Visit the festivals of smaller communities where dancing and singing are still a feature.

Winter has long evenings with many opportunities to bring the family together for more intimate communication, to play indoor games, to listen to music, to sing and dance, to read books and tell stories, or to look at family photograph albums. Strive to make time for these family events, getting away from the outside presence of electronic media.

Wintertime is a good time to establish traditions for your family and to extend your family with the presence of grandparents, relatives, friends and neighbors.

- Let your child be part of selecting and decorating the holiday tree, baking goodies for times of celebration, serving guests, going to children's ballets and concerts.
- Go for a winter walk. Look at tree shapes as you walk.
- Gather pine cones for the fireplace or to dip in melted fat for woodpeckers.
- Find a quiet place to sit and listen to the wind song or other sounds.
- Visit playgrounds, parks and woods; they have a different flavor in winter.
- Think about birds in winter. Large flocks of birds migrate to more southerly locations of our North American continent in search of food supplies.
- Set up a simple feeder near the house so you can observe bird visitors from inside. Sunflower seeds, roasted (unsalted) peanuts in the shell and suet hung in a used onion bag on a tree trunk attract hungry birds especially during inclement weather.
- Give your child the opportunity to take responsibility for winter friends by filling the feeders and keeping a shallow pan of water ready for the birds.

Children need a sensory experience of the land, of the diversity and bounty of plant and animal life and of a vital farming community that puts real food on the tables of our families. Be sure to enjoy the out-of-doors with your child.

Above all, take time to be with your child. Trust your instincts to explore the world together, using the songs, movements, stories, poems and dances from this book to celebrate the seasons and make the path more pleasurable. Music is a gift for life.

WD 1 = Wind Dancers CD 1; **WD 2** = Wind Dancers CD 2

Go 'Round the Mountain

WD 1, No.1



Go 'round the moun - tain; To - di - did - dle - dum,
to - di - did - dle - dum. Go 'round the moun - tain;
To - di - did - dle - dum, to - di - did - dle - dum dum.

- 2 Show me your fingers, to-di-did-dle-dum, etc.
- 3 Show me your elbow,
- 4 Show me (Make up your own verses.)

How many different body parts can you and your child identify and sing about? Naming and exploring various parts of the body and how each part moves play a significant role in child development. This Illinois Play-Party tune makes a wonderful game for the family and is at the same time a fun opportunity to learn.

To start, hold your fingers up and wiggle them. After a few seconds sing the verse “Show me your fingers,” tapping the fingers of both hands together. Point to your elbow. After a few seconds sing the next verse “Show me your elbow,” tapping the beat on your elbow. Family members take turns suggesting other body parts for further verses.

Recording: Children’s Choir, Flute, French Horn, Harp, Piano

My Little Rooster

WD 1, No. 2

Now I love my lit - tle roost - er and my roost - er loves
me, I'm gon - na cher - ish that roost - er 'neath the green bay
tree; My lit - tle roost - er goes cock - a - doo - dle -
doo, doo - dle - doo, doo - dle - doo.

2 And I love my little hen and my little hen loves me,
I'm gonna cherish that hen 'neath the green bay tree,
My little hen goes "cluck, cluck,"
My little rooster goes "cock-a-doodle-doo, doodle-doo,
doodle-doo."

3 And I love my little piggy and my piggy loves me,
I'm gonna cherish that piggy 'neath the green bay tree,
My little pig goes "oink, oink,"
My little hen goes "cluck, cluck,"
My little rooster goes "cock-a-doodle-doo, doodle-doo,
doodle-doo."

4 And I love my little duck and my duckling loves me,
I'm gonna cherish that duckling 'neath the green bay tree,
My little duck goes "quack, quack,"
My little pig goes "oink, oink,"
My little hen goes "cluck, cluck,"
My little rooster goes "cock-a-doodle-doo, doodle-doo,
doodle-doo."

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