

Lesson 4: *The Couch Potato Blues*

Content Area: Music

Book of the Day: *I Feel Silly and Other Moods That Make My Day*
by Jamie Lee Curtis

Poems and Songs: "If You're Happy and You Know It" and child-friendly music

Vocabulary Words of the Day: happy, mad, sad, silly

Activities:

Materials Needed:

Opportunities for Interaction:

Standards/ Learning Outcomes:

Birth to 18 months:

- a. Carry your child around the room and talk to him/her as child-friendly music plays. When the music stops, stop moving. When the music starts, start moving. The more enthusiastic you are as you stop and go, the more likely the infant will imitate or react to the action. ***Engage in music, rhythm and rhyme to develop language.***
- b. Sing to your child. It doesn't matter if you are "off-key" the important thing is to sing. Focus on engaging the child in the movement, rhythm and your enthusiasm as you make up words to familiar songs. ***By introducing music, you are helping your child learn vocabulary words while also developing listening skills.***

- a. child-friendly music
- b. No materials needed.

- Explain to your child what will happen in this activity. "We will move when the music is playing and if there isn't any music, we will stop moving. We have to listen very carefully."
- Explain to your child that you are going to sing together. As you share this activity, engage the child as you add movement, finger plays, facial expressions to emphasize words and keep them listening to your voice.
- You can make up words to a new tune that you create for your child or you can sing songs like, "Twinkle, Twinkle, Little Star," and "You Are My Sunshine," and "Diez Elefantes."

- ✓ Communication
- ✓ Listening
- ✓ Understanding
- ✓ Vocabulary
- ✓ Shows interest in songs, rhymes and stories

19 to 24 months:

- a. Introduce *The Couch Potato Blues* video.

- b. Using a shatterproof mirror, model what a sad face and a happy face might look like. Share examples of scenarios when you might be sad or mad.

- c. Sing songs together as you help your child develop an understanding of happy and sad emotions. ***Engage in music, rhythm and rhyme to develop language.***

a. *The Couch Potato Blues* video.

b. shatterproof mirror

c. Sung to the tune of:
If You're Happy And You Know It

If you're happy and you know it,
take a bow.
If you're happy and you know it,
take a bow.
If you're happy and you know,
then your face will surely show it.
If you're happy and you know it,
take a bow.
If you're sad and you know it,
hold my hand.
If you're sad and you know it,
hold my hand.
If you're sad and you know it,
then your face will surely show it.
If you're sad and you know it,
hold my hand.

Add additional actions and emotions.

- Explain to your child what is happening in the video. "The potatoes are sad because they ate too much sugar. They do not feel well."

- Talk with your child about a time when you might have been sad. "I was sad when..." Talk about how you might act when you are sad or express that you are sad. "When I am sad, I..." You can model what a sad face might look like.

- Talk about how you feel when you sing and dance. Talk with your child about how you can express yourself through music and movement.

- ✓ Communication
- ✓ Vocabulary
- ✓ Plays simple movement games to help child learn to follow directions

25 to 30 months:

- a. Introduce *The Couch Potato Blues* video.
- b. Using a shatterproof mirror, model how your face might express if you are happy, sad, mad, excited, or surprised. Share examples of scenarios when you might feel each emotion.
- c. Use the music from the *Couch Potato Blues* or another song to clap to the beat of the music. Then, move to the beat of the music and encourage your child to join you. Ask your child to describe how they feel and if music with different beats and tempos make them feel the same or different. ***When you introduce music, rhythm and rhyme, you help your child develop language.***
- d. Set-up a station with crayons and paper. Play child-friendly music with a fast beat. Your child can draw lines as he/she moves the crayon on the paper to the beat of the music. Change the music to a slower beat and offer your child a new piece of paper. Your child can draw lines as he/she moves the crayon on the paper to the beat of the music. Hold the drawings side by side and help identify how they might look the same and how they might look different.

- a. *The Couch Potato Blues* video.
- b. shatterproof mirror
- c. child-friendly music with different beats and tempos
- d. paper, crayons, child-friendly music with different beats and tempos.

- Explain to your child what is happening in the video. "The potatoes are sad because they ate too much sugar. They do not feel well. The food that they ate impacts their mood." Imitate one or two actions that the potatoes perform in the video.
- "Can you show me your sad face? What about your mad face?" Talk with your child about how expressing emotions is healthy.
- Talk about how you feel when you sing and dance. Talk with your child about how you can express yourself through music and movement. "How do you feel when you hear this music? Do you want to move your body fast or slow? What were you doing with your arms when you heard slow music? What were you doing with your feet when you heard fast music?"
- "Draw how you feel when you hear the music. What were you feeling as you drew?"

- ✓ Communication
- ✓ Language
- ✓ Literacy
- ✓ Play and laugh with toddlers to silly rhymes/song to show emotions/moods.

- a. Introduce *The Couch Potato Blues* video.
- b. Introduce the book, Today I Feel Silly and Other Moods That Make My Day. Talk with your child about the emotions and silly actions in the story. ***As you read together, you help your child develop language. Talking about emotions helps your child learn how to label what they feel and how to express himself/herself.***
- c. Sing songs together as you help your child develop a deeper understanding of emotions. Encourage your child to help you change the words in the tune, *If You're Happy and You Know It*. Brainstorm, together, different actions, like clap your hands, turn around, or touch your nose. ***Engage in music, rhythm and rhyme to develop language. As you perform the actions, your child is also learning how to follow simple instructions.***

- a. *The Couch Potato Blues* video.
- b. Today I Feel Silly and Other Moods That Make My Day by Jamie Lee Curtis
- c. musical instruments
Sung to the tune of:
If You're Happy And You Know It
- If you're happy and you know it,
take a bow.
If you're happy and you know it,
take a bow.
If you're happy and you know,
then your face will surely show it.
If you're happy and you know it,
take a bow.
If you're sad and you know it,
hold my hand.
If you're sad and you know it,
hold my hand.
If you're sad and you know it,
then your face will surely show it.
If you're sad and you know it,
hold my hand.

Add additional actions and emotions.

- Explain to your child what is happening in the video. "The potatoes are sad because they ate too much sugar. They do not feel well. The food that they ate impacts their mood." Pick two or three actions and imitate the potatoes in the video.
- "When the potatoes eat too much sugar, their bodies move slowly like this music." (Play slow music on the CD.) "Do you ever feel like that? When?"
- Model a book walk as you introduce the front cover, the back cover, the title page and the spine. Ask your child what they think it might be about. Talk about how the pictures depict the emotions the character is feeling.
- "Let's work together to add new words and create a new song!" Honor your child's ideas and help him/her perform the actions. As you work together, you are learning to communicate with each other.
- Introduce instruments into the activity like homemade instruments, tambourines, rhythm sticks, or maracas. Help your child learn about rhythm by tapping to the beat of a tune.

Preschool Texas Essential Knowledge and Skills (Prekindergarten TEKS):

- ✓ Fine Arts Domain (VIII.B.I) Child participates in classroom music activities including singing, playing musical instruments and moving to rhythms.

- a. Introduce *The Couch Potato Blues* video.
- b. Introduce the book, Today I Feel Silly and Other Moods That Make My Day. Talk with your child about the emotions and silly actions in the story. ***As you read together, you help your child develop language. Talking about emotions helps your child learn how to label what they feel and how to express himself/herself.***
- c. Explore popular preschool songs together as you help your child develop a deeper understanding of movement and emotions. ***Engage in music, rhythm and rhyme to develop language. As you perform the actions, your child is also learning about following simple instructions.***

- a. *The Couch Potato Blues* video.
- b. **I Feel Silly and Other Moods That Make My Day** by Jamie Lee Curtis
- c. collection of popular preschool songs (i.e *If You're Happy and You Know it, The More We Get Together,*

- Explain to your child what is happening in the video. "The potatoes are sad because they ate too much sugar. They do not feel well. The food that they ate impacts their mood."
- "When the potatoes eat too much sugar, their bodies move slowly. Let's move slowly like the potatoes do in the video." Impersonate how the potatoes would move if they had a lot of energy.
- Reintroduce the book multiple times. Talk about the different emotions; ask your child to model them too. Then, play recorded music and read the book another time. Act out, with your child, as you recreate the moods in the story. Give your child time to decide how he wants to express the mood.
- As you sing and dance to the songs, your child is learning about feelings and will grow to understand how to express himself through dance and movement.

Preschool Texas Essential Knowledge and Skills (Prekindergarten TEKS):

✓ Fine Arts Domain (VIII.B.1) Child participates in classroom music activities including singing, playing musical instruments and moving to rhythms.

Special Needs:	<p>Musical Pillows The game is played like musical chairs and can involve as many people as are in your family. Place large pillows or cushions in a circle at least two feet apart. Play child-friendly music and tell the child to march or dance around the pillows while the music is playing. When the music stops, each of you should fall on an "empty" pillow being careful not to fall on someone else. You can remove pillows or choose to leave them and continue another round. <i>The child is linking music to movement, predicting upcoming movements and increasing internal timing and rhythm.</i></p>	<p>a. large pillows or cushions, child-friendly music</p>	<ul style="list-style-type: none"> • This activity is easy to initiate for children who typically don't have the skills to initiate play with each other. • No strict rules • No stress of competition • No required reciprocal receptive language 	<p>Socialization: Motor response to auditory input.</p>
Family Assignment:	<p>Introduce different genres of music like: country, rock & roll, salsa, cumbias, and classical. Make sure that the lyrics are appropriate for children. Encourage your child to lead dance movements in the way that the music sways them. Dance along and invite your other family members to join in too. You can make dancing ribbons with a tablecloth; cut the tablecloth in strips and use it as you dance to music. With younger children, play music, sing songs, or recite poems for them. You can gently help them explore beats and rhythms as you help them clap their hands together or lightly tap their foot with your hand.</p>			
Resources:	<ul style="list-style-type: none"> • For <i>The Couch Potato Blues</i> video and additional activity ideas, visit: www.klrn.org/healthy-kids • <u>Early Intervention Games: Fun, Joyful Ways to Develop Social and Motor Skills In Children with Autism Spectrum or Sensory Processing Disorders</u> by Barbara Sher 			