

Arts K-6, Week 4 - (Lau)

Font in BLUE indicates an ONLINE activity

Font in BLACK indicates and OFFLINE/PAPER PENCIL activity

If you'd like to send some of the things you've created, made, videoed, or photographed, please send to: allan.lau@k12.hi.us. I'd LOVE to see what you're making and creating!

	Monday 4/20	Tuesday 4/21	Wednesday, 4/22	Thursday, 4/23	Friday, 4/24
Art	Art and Music will alternate with Dance and Drama activities				
Music					
	Get Movin' with Sonic! Follow along this pulse-raising dance with the star of the recent "Sonic the Hedgehog" movie! Click on the "Get Movin' with Sonic - GoNoodle" link in the "Video Links" section. Video yourself and share it with me at allan.lau@k12.hi.us if you can!	Get Movin' African Style! Many modern dance moves are rooted in different cultural dances from around the world. Today's hip hop has some of its roots in the grounded (low center of gravity) movements of African dance. Try this quick dance lesson in the "Video Links" section below: "5 Minute Dance Lesson: African Dance - The Dinhe." Video yourself and share it with me at allan.lau@k12.hi.us !	What is Tap Dancing? One of the links I shared two weeks ago was from "Newsies," one of my favorite musicals because of the type of dancing in it - tap dancing. I don't know how to really tap dance, but it has always fascinated me as a dancer. Here are two clips from a movie that uses dancing as the part of the conflict between the two main characters. Please watch the two clips in the "Video Links" section: "Tap Dance Scene from 'White Nights' with Gregory Hines and Mikhail Baryshnikov" and "Solo Tap Dance from 'White Nights'". Those two dancers/actors are some of my favorites when I was younger: Gregory Hines and Mikhail Baryshnikov. After watching the clips, check out the "Resources" links about the history of tap dance and some short biographies about these two men. Share with me your thoughts about tap dancing or anything you may have learned about them.	Get Tappin'! Now that you've learned and seen a little tap dancing, it's your turn to try it out! Follow the tutorial in the "Video Links" section below called "How to Tap Dance - Basics." You don't need tap shoes, but sneakers or closed-toed shoes will make a better sound on either a wood or bare floor. Take a video of yourself and share it!	Get Electrified! It's Fun Friday, so here's a fun video to dance along with in the "Video Links" section - "Kidz Bop - Electricity." Get some of your family members to join in!

Dance

Make A Dance - Everyday Hand Actions

Your task today is to make a short 8-count dance using motions that you do every day.

- 1) Think about motions that you do every day using your hands, such as brushing or combing your hair, brushing your teeth, or putting a fork/spoon to your mouth.
- 2) Decide on two or three actions that you'd like to use. Make that action into a two-beat movement. My example for brushing your hair would be a "brush-brush" in two beats or counts with a closed fist.
- 3) Now, change the area of your body that you normally do that action and do it on another part of your body, like your chest or shoulder. Continuing with my example, instead of doing "brush-brush" on my head, I would "brush-brush" my right fist two times on my left shoulder.
- 4) Do the same thing for the other actions that you chose. Example: the scooping motion for a spoon could be both hands scooping towards my head.
- 5) Put all the actions together until you have 8 beats choreographed. You can repeat a move with the other hand if you want.
- 6) Teach your 8 counts to a family member and video it!

If you want to add some simple feet movement, you can simply step and tap from right to left and left to right.

Make A Dance - Everday Foot Actions

Today's task might be a little more challenging than yesterday's! You will be replacing the hand actions that you thought of yesterday with actions that you do with your feet or legs in step 1.

Follow step 2 as directed, but for steps 3 and 4, KEEP the action in your foot/leg/lower area of your body. Put all of the actions together again until you have 8 counts all together. Teach a family member and film it!

Make A Dance - Put It Together

For today, your job is to put the hand motions from Monday together with the foot/leg motions from Tuesday! Review your hand dance from Monday. Now see if you can do them at the same time as you do the foot/leg actions from Tuesday. If it feels weird or awkward, you might need to switch some parts around so that it feels more comfortable on your body. Try different combinations until it feels "just right."

When you're happy with your combination, film yourself (and maybe a family member) and share it with me!

Make A Dance - Sports Edition

Just like Monday, you're going to think of hand actions that you or other people do in sports, such as football, basketball, martial arts, or surfing.

- 1) Think about motions that you do in a sports activity with your hands, such as dribbling a basketball or finding your balance when surfing.
- 2) Decide on two or three actions that you'd like to use. Make that action into a two-beat movement. My example for dribbling would be dribbling the ball with my right hand then with my left, making it a pushing motion down to the ground with my right hand then my left hand.
- 3) Put all the actions together until you have 8 beats choreographed. You can repeat a move with the other hand if you want.
- 4) Teach your 8 counts to a family member and video it! Don't forget to share it with me!

Make A Dance - Sports Edition 2.0

Today, I'd like you to take the sports moves you used yesterday and add Tuesday's foot movements to it.

Review your hand dance from Thursday. Now see if you can do them at the same time as you do the foot/leg actions from Tuesday. If it feels weird or awkward, you might need to switch some parts around so that it feels more comfortable on your body. Try different combinations until it feels "just right."

When you're happy with your combination, film yourself (and maybe a family member) and share it with me!

<p>What Is Drama? Some of the foundational elements of drama are illustrated in this short video linked below, "What Is Drama? - Powtoons." in the "Video Links" section. There are some other elements, but these are commonly learned by all drama students. After watching the video, see if you can name the five element the video identified. Can you think of a play or musical that you have seen and identify those elements in it?</p>	<p>What Is Stagefright? Have you ever wondered why most people, maybe even yourself included, get scared to perform on stage? This feeling is called stagefright and the video "The Science of Stage Fright (and how to overcome it)" in the "Video Links" section helps us understand more about it and how we can possible conquer it. You can do the activities that are included in the lesson plan: "Think," "Dig Deeper," and "Discuss" if you'd like. After watching the video, think of a time when you had to perform in front of an audience. How did you feel? Did you feel stagefright at all? Were you able to overcome it? If so, what did you do to help you overcome it?</p>	<p>Perform A Picture Book When we read, we often "hear" the words of the story in our head as if they were being read aloud to us. Good readers "hear" the story in their head. Actors and actresses use their voice, body, personality, and imagination to bring the characters they portray to life. When they read a story aloud, they use their voice as the primary tool to help tell the story and show the different characters in it. Watch the video in the "Video Links" section called "Chris Pine - Clark the Shark" and pay attention to how he uses his voice to help tell the story. Next, follow the instructions on the Google Slide in the "Resource" section, "Perform A Picture Book."</p>	<p>The Sound of Music - Part 1 During the 2nd quarter, I introduced to some classes some songs from one of my favorite musicals, "The Sound of Music." Did you know that the 1965 movie version that we saw was originally done on stage in a theater first in 1959, almost 70 years ago! I've never seen the recording of the version that I have attached below in the "Video Links" section" before, but what I like about it is that while it is the stage version of the show (the stage version has songs in a different order than the movie!), it still is filmed like a movie! For today, you can watch a portion of the program since it's almost 2 hours long! Watch up until the 56:21 time mark, which is the ending of Act 1 in the show. You will watch Act 2 tomorrow. As you may know, each story has a problem that must be solved. What are the problems some of the characters face, such as Maria, the Captain, and Liesl? What are some other problems that you can identify in the story? How do the begin to get better? How do some of them get worse? Who is your favorite character and why? Which song is your favorite so far and why? How does the song help tell the story? What is the setting of the story? How does that contribute to what is happening in the story? Let me know what you think of the show so far at allan.lau@k12.hi.us!</p>	<p>The Sound of Music - Part 2 Today, you will watch the remainder of the video. If you went a little further ahead, that's fine! I hope that you're enjoying it! After watching the whole show, how did some of the problems get solved? Were there any problems that got worse? Did any new problems arise? Did your favorite character change? Do you have a new favorite song? What questions or wonderings do you have after the show? Let me know what you think!</p>
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Drama

<p>What Is Drama? Some of the foundational elements of drama are defined in this short paper linked below, "Elements of Drama - PDF" in the "Resources" section. There are some other elements, but these are commonly learned by all drama students. After reading it, see if you can name the five element the paper identified. Can you think of a play or musical that you have seen and identify those elements in it?</p>	<p>What Is Stagefright? Have you ever wondered why most people, maybe even yourself included, get scared to perform on stage? This feeling is called stagefright and the article in the "Resources" section is a written transcript of the "The Science of Stage Fright" video in the "Video Links" section. It's a fairly challenging article and it helps us understand more about it and how we can possibly conquer it.</p> <p>What I learned is that one way we can overcome stage fright with one of our Choose Love techniques - A BRAVE BREATH! Isn't that cool that you already know how to overcome it? Think of a time when you had to perform in front of an audience. How did you feel? Did you feel stagefright at all? Were you able to overcome it? If so, what did you do to help you overcome it? Practice a few brave breaths right now!</p>	<p>Perform A Picture Book When we read, we often "hear" the words of the story in our head as if they were being read aloud to us. Good readers "hear" the story in their head. Actors and actresses use their voice, body, personality, and imagination to bring the characters they portray to life. When they read a story aloud, they use their voice as the primary tool to help tell the story and show the different characters in it. The instructions below are also a PDF in the "Resources" section.</p> <p>Step 1: Find a picture book that you like. It can either be a hard copy of a book at home or find one online (Epic or OverDrive) Short is best!</p> <p>Step 2: Read through the story. As you read, what kind of voices do you hear for the different characters? What would they sound like in a TV show or movie? Decide how you are going to use your voice to show the different characters</p> <p>Step 3: Rehearse! Practice reading your picture book aloud. Create interesting characters with your vocal choices. BE BOLD and CREATIVE!</p> <p>Step 4: Perform for an audience! You don't need to have any kinds of special props or costumes. Simply read the book aloud to your audience using the different voices you practiced with.</p> <p>If you film your performance, share it with me, please!</p>	<p>Create A Costume Think of a character from your favorite story. Now imagine that you have been asked to design a costume for that character. The challenge is that you must construct the costume out of things you can find in your home! Make a quick sketch of what the costume could look like to use as a reference. You can use the "Blank Costume Template" in the "Resources" section to draw your costume. Next check in your drawers or closet for different clothing items that you could use. Ask family members for permission to borrow something to costume your character in. If you can't find any type of clothing, get creative with paper, newspaper, wrapping paper, or any other kind of items that could bring your character to life. Finally, you can either dress yourself up as the character or simply lay the costume out on your bed or floor and take a picture of it. Share the picture with me and be sure to let me know which character you've created a costume for!</p>	<p>Create A Set Today, I'd like you to imagine the setting of your favorite story. It can be one of the scenes within the story that are important to the events in the story. Imagine what it would look like if you were making what goes on stage to show that setting. For example, one of my favorite fairy tales is "Beauty and the Beast," so one setting would be inside the Beast's castle. I imagine a large staircase that goes up and splits into two separate staircases, one going to the East Wing and another to the West Wing. At the top of the stairs in the center, I would hang a large painting of the outside of the castle surrounded by the beautiful countryside. A huge crystal chandelier would hang above the center of the stage. Large red and purple curtains would be on either side of the stage. Can you imagine it? Your job today is to draw what YOU see for that scene from your favorite story or fairy tale. Using the "Blank Stage Template" in the "Resources" section, draw and color what that scene would look like if it were a play. Send your completed drawing to allan.lau@notes.k12.hi.us!</p>
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Art

Resources	Video Links	Samples/Ideas
Art at Home (Google doc with multiple links)	How to Draw the Kissing Emoji	Natural Art
Tin Foil Figure	Tin Foil Figure	Shadow Drawing

Art	Art Museum Virtual Field Trip		Black-White Color Scale
	20 Important American Music Museums		
Music	Treble Cat Lite (app)	"How to Read Music"	
	Rhythm Cat Lite (app)	"Top 10 Strangest Instruments"	
	Staff Wars (app)	"Rhythm In A Box: The History of the Cajon"	
	Music Learning Lab (app)		
	Music with Grandma (app)		
	SoundForest (app)		
	Go Noodle (website)		
	Chrome Music Lab (website)		
	Pre-K Songs in ASL (American Sign Language)		
	Reading the Treble Clef		
	Identifying Notes on the Treble Clef		
	Biography Graphic Organizer		
	What is a Cajon?		
Dance	"From Margins to Mainstream: A Brief Tap Dance History"	"Easy Dance Moves"	
	Gregory Hines Biography	Kidz Bop - "Can't Stop the Feeling"	
	Mikhail Baryshnikov Biography	Disney's "Newsies" Dance Tutorial	
		How to Airwalk	
		A Complete Guide to Handwashing - WHO Technique	
		Get Movin ' with Sonic - GoNoodle	
		5 Minute Dance Lesson: African Dance - The Dinhe	
		Tap Dance Scene from "White Nights" with Gregory Hines and Mikhail Baryshnikov	
		Solo Tap Dance Scene from "White Nights"	
		How to Tap Dance - Basics	
Kidz Bop - "Electricity"			
Drama	Self-Aware sheet	Can You Identify the 7 Basic Emotions?	
	"Week 4 - Favorite Things"	Disney's "Newsies" - Broadway, Part 1	
	"Week 3 - Costume Challenge"	Disney's "Newsies" - Broadway, Part 2	
	Elements of Drama - PDF	Disney's "Newsies" - Broadway, Part 3	
	The Science of Stage Fright (and how to overcome it)	What is Drama ? - Powtoons	

Perform A Picture Book	The Science of Stage Fright (and how to overcome it)
Perform A Picture Book - PDF	Perform A Picture Book
Blank Costume Template	Chris Pine - "Clark the Shark"
Blank Stage Template	PBS Great Performances - "The Sound of Music"