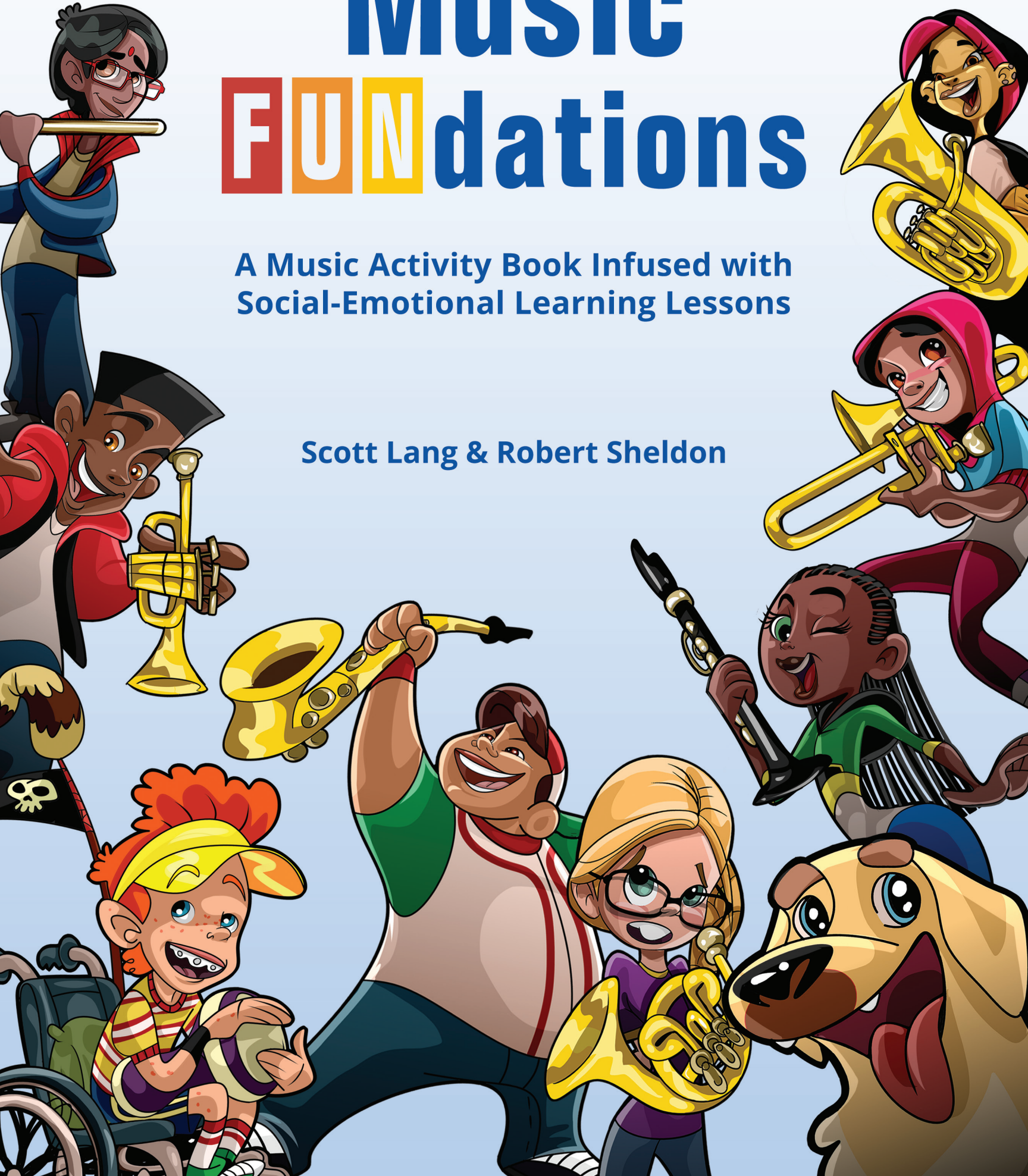


CLARINET, BASS CLARINET, TENOR SAXOPHONE, TRUMPET, BARITONE T.C.

Music FUNdations

A Music Activity Book Infused with
Social-Emotional Learning Lessons

Scott Lang & Robert Sheldon



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INTRODUCTION



Hey! I'm Brayden and these are my friends, and we are super excited that you are here. We know that this is a crazy and exciting time; you have a new instrument, new friends, and are learning to read music. It's a lot! But don't worry. We're here to help.

Whether you are at home or at school, our job is to help show you how amazing band is, and how much fun you can have playing an instrument. It's not always easy, but it is *totally* worth it.

As you grow older and your skills improve, you will be able to do awesome things, like play cool music, perform at football games and play in front of huge audiences. You'll be so glad you chose to be in band. The fun is about to begin and we're excited for what lies ahead for you!

So, let's get started!

Brayden



THREE MAIN POINTS OF THE BOOK

Hey everyone, it's me Tanisha, and I am so excited to help you get started. First, you should know that there are three things we're trying to help you accomplish with this book:



Become a better person

As a part of this book, we're going to teach you about yourself while you learn to play your instrument. The goal is to have many "aha" moments as a musician and student. In order to do that, you have to be willing to work on yourself as much as, if not more than you work on your instrument.



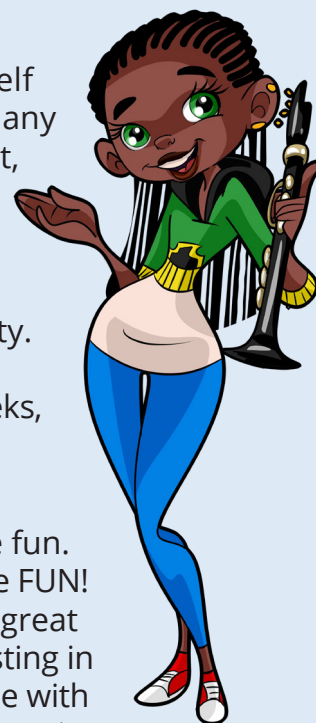
Become a better musician

Music is a way for you to express yourself and your individuality. It will take time and effort. You and your instrument are not something that can be mastered in a period of hours, days, weeks, months, or even years but in the end, it will be worth it.



Have fun

This workbook is designed to be FUN. Making music should be fun. Being a kid should be fun. So let's put it together and have some FUN! When you come to class or play your instrument, come with a great attitude. Invest in the experience. After all, it means you're investing in yourself! In answering the questions, don't try to impress anyone with "the right answer." You are a unique person with unique perspectives, and your thoughts and beliefs as a musician and leader should be reflected in these activities.



**“If I were not a physicist,
I would probably be a
musician. I often think in
music. I live my daydreams
in music. I see my life in
terms of music.”**

– Albert Einstein

UNIT ONE: SOLO

Discovering Yourself, Your Instrument, and Your Music



Hey everyone, I'm Rexi. Why is there is dog in a band method book? 'Cause dogs make everything better. Maybe instead of asking me "why is there a dog here?" I should ask you, "Why you are talking to a dog?" Since you are willing to talk to a dog, would you be willing to talk to your instrument? In order to have a proper conversation, we need to start with a name and some personality traits.



Is your instrument a/n (circle all that apply):

Boy	Girl	Animal	Zombie	Super Hero	Villain
Baby	Little Child	Teen	Young Adult	Adult	Senior Citizen
Funny	Shy	Weird	Brave	Cool	Friendly
Genius	Super Smart	Smart	Average	Below Average	Tree Stump

My instrument's name is: _____

His/her favorite food is: _____

His/her nickname is: _____

My favorite thing about him/her is: _____

My instrument is like me because: _____

My instrument is different than me because: _____

If my instrument were a fictional character it would be: _____

Use this space to describe your instrument in as much detail as possible:

Now introduce your instrument to the person to the left and to the right of you or a family member at home!

Parent/Guardian Initials _____

Know Where You Started

Hey there, my name is Amir and I play the flute. The only way to know how far you have gone is to know where you started. Answer the questions below so we can measure how much you grow.



As of today, this is where I am in my musical journey:

1	2	3	4	5	6	7	8	9	10
<i>I cannot read notes</i>			<i>I can read notes a little</i>			<i>I can read notes very well</i>			
1	2	3	4	5	6	7	8	9	10
<i>I cannot read rhythm</i>			<i>I can read rhythm a little</i>			<i>I can read rhythm very well</i>			
1	2	3	4	5	6	7	8	9	10
<i>I cannot play my instrument</i>			<i>I can play my instrument a little</i>			<i>I can play my instrument very well</i>			

Why did you decide to join band? _____

What did you know about music before joining? _____

What did you want to learn this year? _____

What's the most important thing to you about music? _____

What worries you the most about being in band? _____

What excites you the most about being in band? _____

Are you interested in being a "band leader?"

YES

NO

This is someone who helps out before, during and at the end of class.

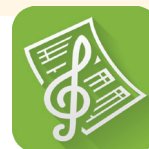


Learning an instrument is like learning a new sport and a foreign language all rolled into one. While you will start quickly and make steady progress, becoming truly proficient can take years, so be patient with yourself.

BUZZING

Buzzing is when brass players play their music by buzzing into the mouthpiece alone, without their instrument attached. Just because you are not using the instrument doesn't mean you can't try to buzz the right pitches. Woodwinds and percussionists can play, sing, clap or air band.

1.5 Beekeeper's Blues



Buzz (or Air Band), then play.

Slow swing



Hey there, my name is Elise and I play the French horn. You might not know it just by looking at me, but I sometimes struggle with Asperger Syndrome. It's a developmental disorder that sometimes makes it difficult for me to interact with others socially. I am just as smart as everyone else, but sometimes I don't know what to say or how to act around others. I also get fixated on certain things and can't focus on much else. For me, it's BEES! They are soooooo cool.

Did you know that bees are some of the hardest working species on the planet? Their leader, the Queen can lay as many as 2,500 eggs a day, while the worker bees forgo sleep for motionless rest. They can fly as much as one and a half times the circumference of the earth in their eight-week lifespan. The thing I think is so interesting is that the leader (Queen) works just as hard as the follower bees, and that the follower bees work so hard to do their part to serve the entire colony. They are the hardest working animals ever!

Can you name another animal family that has such a dominant leader and hardworking followers?



BAND-IT BAND

Learn and memorize this song so you can be a part of the Birthday Band-it Band! Your teacher will send you out to surprise people on their birthday. It might even come in handy around the house!



1.18 Happy Birthday to You

Get together with a friend (or 2 or 3) and divide up the parts!



Check when you can play a part.

A ____ B ____ C ____ D ____

Check which part you are going to memorize.

A ____ B ____ C ____ D ____



Enrichment Activity: Play for a family member's birthday.

Parent/Guardian Initials _____



UNIT TWO: DUET

ROLE MODELING

“Music can change the world, because it can change people.”

– Bono



A duet is a musical performance by two people. Did you know that learning and playing a duet is a lot like working with another person in life? You have to pay attention, react and respond to one another. You are both striving for the same goal and want to achieve it in harmony (sorry, bad band humor). Let's just say that you both have to give your best effort for it to sound and feel good.

In the previous unit we talked about what type of person you are and how you viewed yourself. In this unit, we're going to figure out how to best work with others, both as a person and as a musician.

Answer the following questions as honestly as possible.

You will not be asked to share with others.



I am considerate of others: not often sometimes most of the time always

I am empathetic (understanding): not often sometimes most of the time always

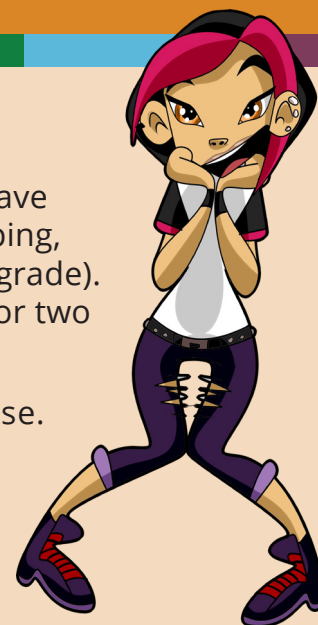
I make choices with others in mind: not often sometimes most of the time always

MORE THAN ONE WAY TO PLAY

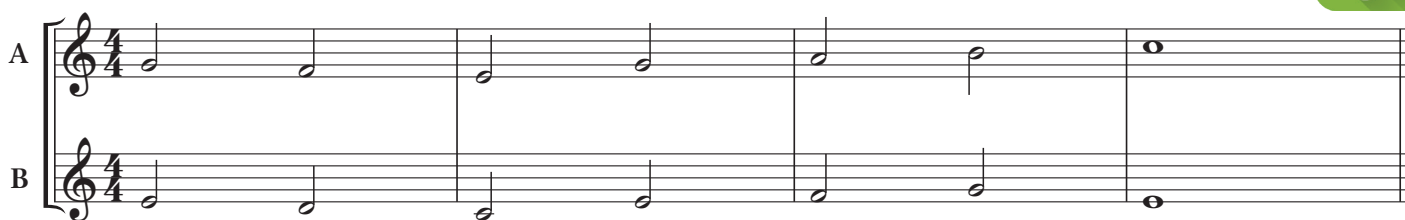
Ok, this is where it's gonna get a little bit CRAZY, so get ready. By now, you have already experienced different ways to play music (air banding, buzzing, bopping, etc...) and you have also learned to read music forward and backward (retrograde). Now we are going to add ways to read your music up and down and as one or two separate lines. This is going to be FUN!

Listed below are different ways we can practice the following 4 bar exercise.

Forward Linear:	A1, A2, A3, A4, B1, B2, B3, B4
Downward:	A1, B1, A2, B2, A3, B3, A4, B4
Upward:	B1, A1, B2, A2, B3, A3, B4, A4
Down-Up (U-shape):	A1, B1, B2, A2, A3, B3, B4, A4
Up-Down (Upside down U):	B1, A1, A2, B2, B3, A3, A4, B4
Criss-Cross:	A1, B2, A3, B4 (1/2 of the group plays top line first then switch)
Retrograde Linear:	A4, A3, A2, A1, B4, B3, B2, B1



More Than One Way to Play



When you combine WHAT we play (the music, line assignment and pattern) with HOW we play it (bopping, buzzing, etc.) the possibilities for each exercise are virtually endless. Now let's try it with some real music!

2.2 Every Which Way



Moderato

3.1 It Takes All Kinds



Although these parts are all different from one another, work together to create a good performance.

Andante

A

B

C

GETTING ALONG WITH TEACHERS AND ADULTS

Teachers - some I love, others, not-so-much. One thing is for sure, they are here to stay! Beyond your relationships with your peers, there are the relationships with your teachers, staff, and administrators as well. If you get along with all of your peers but not the adults on campus, then you will struggle at school.

During debates and disagreements, sometimes people go round and round because they want to have the last word. They aren't saying anything to help the situation; they are arguing just to argue. The bigger person knows when to walk away and stop the circle and cycle of anger so they don't go round and round while getting nowhere.

3.12 Round and Round We Go



This popular round, *Dona Nobis Pacem* is presented here on a round staff! Place this on a table and walk around the music to read it. Every player should start at the number 1 and proceed around the table twice until the piece is finished.



JAZZ AND SWING

Like, Amir, I like me some rock and roll, but being a sax player, jazz is what I really love. Jazz is usually done in a “swing” style and allows the musicians to improvise, which is like making up your own tune inside the song. How cool is that? How cool am I? Jazz originated in the late 19th and early 20th centuries in the African-American communities of New Orleans. Its roots are in blues and ragtime. Everyone around the world plays jazz, but it is recognized as one of America’s original art forms. Now let’s see how you swing.



4.6 Swing On By

For the best-sounding style, play staccato notes short and accented, and play “rooftop” accents as short, fat notes.

Up-tempo swing

Can you name a current pop tune that has an element of swing in it? See who in class can come up with the best example.



4.7 Classically Classical



Allegro moderato

W. A. Mozart

First system of musical notation (measures 1-4) for four staves (A, B, C, D). The key signature is one flat (B-flat) and the time signature is 4/4. All staves begin with a *mf* (mezzo-forte) dynamic marking.

Second system of musical notation (measures 5-8). Staves A, B, and D begin with a *f* (forte) dynamic marking, while staff C begins with a *p* (piano) dynamic marking. In measures 7 and 8, all staves change to a *p* dynamic marking.

Third system of musical notation (measures 9-12). All staves (A, B, C, D) begin with a *mf* (mezzo-forte) dynamic marking. The system concludes with a double bar line in measure 12.

