

# Activity Guide

## 1. R-U-O-K

Sometimes we can use one letter to represent a whole word. Here are some ideas:

T tea or tee

C sea or see

B be or bee

I eye

O Oh

P pea

R are

Y why

We can also use just a few letters to make a "word" or sentence:

QT = cutie • C U L8 r = see you later • U R A Q T = You are a cutie • I N-V U = I envy you.

What other words can you think of that are also letters?

## 2. I Just Hate to Make a Mistake (But I Do)

Write or draw a picture about a funny mistake you made. How did you handle the situation? Was it funny when it happened? If not, why is it funny now? Share your story with a friend, and have your friend tell you a story. Another idea: ask parents or grand-parents about a story from their childhood! You may be surprised about the crazy mistakes they made!

## 3. I've Got the Power

We all have the power to make our dreams come true. What is your dream? What steps can you take to make it come true? Who might help you (a parent, teacher)?

A plan can give us a place to start so we can work toward our goals.

1. Pick a goal. (It can be long term (one month, several months, several years) or short term (just a one day, a few days or a week). For instance, "I will be nice to my brother/sister for a day" Or, "I will keep my room clean for a week/month." Or "I want to learn to ride a bike".

2. List the things you would need to do to accomplish it. To clean up your room, for example, your list might say: make bed, put away clothes, put away things that are lying on the floor (and under the bed), clear off the dresser and desk.) To learn how to ride a bike you might need to:

Ask your parent, guardian or older sibling to give you tips on bike safety, get a bike helmet that fits, have someone hold on to the bike as

you first learn to ride. Slowly, you will feel more and more confident. Eventually, you won't need any help at all!

3. For long term goals, give yourself some partial due dates along the way . For instance, for the clean room goal: during the first week make your bed every day. For the second week, add putting away your clothes, and so forth.

4. Reward yourself when you reach your goal. Celebrate! Feel good about what you have accomplished.

## 5. Molly's Dance

Movements to Molly's Dance:

"Shake your fingers" - Rotating wrists, point one index finger out and away from your body, and then the other. Repeat.

"Kick your heels" - Kick one heel up and behind you by bending your knee. As the first foot returns to the floor, kick out the other heel. Repeat.

"Swish your hips" - sway hips from side-to-side.

"nod your head" - nod head up and down.

"Stick out your tongue" - Do it!

"Turn around" - Turn slowly two times around.

## **6 -7. You Are My Friend / Friendship Stew**

Write a "recipe" for friendship including a list of ingredients and instructions. Some things to think about: What do you like about your friends? What do you like to do together? What do you think your friends like about you?

## **8. Learning Languages**

Hello. Goodbye. Please. Thank you. These are basic words that you will find in almost every language. When we use these words, we are showing courtesy and respect. English has several ways of saying "Hello." One might say "hi" to a good friend, and "hello" to an adult or someone we don't know very well. Some languages have different greetings according to the time of day. In Japanese, we say "Ohio" which is "good morning." Do you speak a language other than English at home? Do you have a friend or classmate who speaks a language other than English? Why not learn from each other? Languages are so much fun to learn!

Note to teachers: Do you have students who speak a language other than English at home? Why not ask these students to teach the class these simple words? Be sure to record them on a tape player, so you have a record of the words and way to pronounce them!

Here are some words in other languages. Some are as written in the language, plus a pronunciation guide.

Others have just the pronunciation guide.

Click for a link to the instrumental version of the tune!

A slight roll to the "r" is appropriate:

Malay (Malaysia)

Boy's name: Ahmad

1: sa-too

2: DOO-uh

3: TEE-geh

Hello: A-pa DA-bar (what's new?)

Goodbye: SLA-mat JA-lan (safe journey)

Please: (SEE-la)

Thank you: Ther-EE-mah KA-sih

German (as spoken in Austria)

Boy's name: Johann

1: eins (eyenz)

2: zwei (tzv'eye)

3: drei (dr'eye)

Hello: Grüß Gott (groos got)

Goodbye: Auf Wiedersehen (auf vee-der-SHAW-wen)

Please: Bitte (BIH-teh)

Thank you: Danke (DAN-kuh)

Romanian (Romania)

Girl's name: Andreea

1: oo-noo

2: dos

3: tres

Hello: Buna diminatsa (bu-na di-mee-NAT-sa)

Goodbye: La revedere (la re-ve-DE-re)

Please: Te rog (Teh ROG)

Thank you: multumes (mul - too - MEES)

Urdu (India)

Girl's name: Nadia

1: eek

2: doe

3: teen

Hello - key hal-CHAL

Goodbye - Sa-la-ma LE-cum

Please - Jee

Thank you - SHOO-kreeah

Hebrew (Israel)

Boy's name: Benyamin

1: eh-had

2: sh'TY-im

3: she-LOSH

Hello: shalom (sha-LOM)

Goodbye: shalom (sha-LOM)

Please: b'-VAHK-uh-shah

Thank you: TOE-dah

Norwegian (Norway)

Girl's name: Solveig (SOL-vey)

1: en (en)

2: to (too)

3: tre (treh)

Hello: hallo (ha-LOO)

Goodbye: adjø (ad-YU) (like the French "adieu")

Please: vær så snill (vayr so snil) [be so kind]

Thank you: tak (tak) or tusen tak (TOO-sen tak) [thousand thanks]

Russian:

Boy's name: Dmitri

1: ad-ZEEN

2: dah-VAH

3: tree

Hello: zuh-DRAST-voi

Goodbye: doz-ve-DAN-ya

Please: pa-JAL-sta

Thank you: spa-SEE-ba

Arabic (Jordan)

Girl's name: Tagrid (Ta-GREED)

1: wah-HAHD

2: te-NAYN

3: tah-LAH-teh

Hi: mahr-HA-ba

Goodbye: mah el sal-LA-meh [go in peace]

Thank you: shook-rahn

Please: min-FAH-lahk

American Sign Language (ASL): United States

Name: You pick!

1: index finger up

2: index and middle finger up

3: index, middle and ring finger up

Hello: salute

Goodbye: wave "goodbye" with fingers up and down

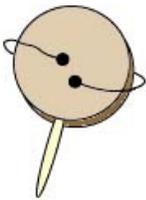
Please: Open hand circles over the heart to indicate pleasure

Thank you: With open palm, fingers touch the mouth, then arm rotates away from body at the elbow.

## **9 & 15 Funga Alafia / Che Che Kule**

Both of these songs are from the western part of Africa. Funga Alafia is a traditional greeting song from Liberia and Che Che Kule is from Ghana. Find Ghana & Liberia on a map of the world.

Here are directions to make a percussion instrument from West Africa.



African Timbali:

You will need:

2 small (7 inch) paper plates

pens and/or paint

stapler

tape - clear or masking

2 pieces of string or yarn, each 6 inches long)

two pony beads

1 small dowel or wooden chopstick

1. On the backside of each plate, draw designs with permanent black marker, then cover with a thinned brown tempera paint or as you wish.

2. Imagine the plate is a clock. On the inside of the plate, staple one end of the 1st yarn piece to the 3:00 position; staple one end of 2nd yarn piece to the 9:00 position.
  3. Lay one end of the wooden chopstick on the inside of the plate at the 6:00 position. About 2-3 inches of the chopstick should be lying on the plate. Tape the chopstick in place.
  4. With inside of plates facing in, staple closed.
  5. Add additional tape around the chopstick where it touches the rim of the plate. This will help keep the chopstick in place.
  6. To play the timbali: Hold the timbali upright, with the chopstick-handle between the palms of your hands. When you rub your palms back and forth, the timbali will rotate, making the beads strike the sides of the plates.
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## 10. Peter's Brook

Motions to Peter's Brook:

1. In measure before chorus (Ti...ri...a): Both hands rapidly pat thighs in alternating motion, creating "suspense."
  2. Hand motions for chorus: both hands 1) pat thighs 2) clap together
  - 3) snap, i.e. "down, clap, snap; down, clap, snap.\*"
  3. Chorus words pronounced: "Hoh la ra tee ree a, hoh la ra ku ku"
  4. After each verse, add an additional "cuckoo" each time "cuckoo" appears in the chorus' text. For example, chorus 2 will have 2 cuckoos, chorus 3, three cuckoos, etc.
  5. References to the cuckoo bird, and yodeling, are common in Tirolean folksongs.
- \*Alternate moves for Beat 3:
1. Instead of a snap, you may also just flick your hands at your wrists.
  2. You can do the motions with a partner. Facing your partner, do beats 1 and 2 as above. At beat 3, clap your partner's hands.

## 11. Frog's Song

This song is a traditional folk round from Japan. Find Japan on a map of the world.

Note to parents & teachers: Many kids love to learn Origami, a traditional Japanese paper folding art. You'll find instruction books for many age levels at your library or local book store.

## 12. Butterfly

Can you believe that butterflies were once caterpillars? That's right. That cute, furry, little caterpillar that you watch crawl on a leaf goes into a cocoon and after a while comes out as a butterfly! Isn't that amazing? Here's what happens.. First, it starts out as an egg, laid by a butterfly on a leaf. Then, the egg hatches into a caterpillar. This is the larva stage. It grows quickly and soon it outgrows its skin so it sheds it several times as it grows. At this point it is called a pupa and most form a hard shell called a chrysalis. Last, the chrysalis matures and eventually becomes a butterfly. When the female butterfly is an adult she mates with another butterfly and lays eggs and it all starts over again.

## 13. La Granja

This song has very simple Spanish words. And it is very repetitive, making it easy to learn -- especially for the kids! However, you may choose to "ease" younger children into Spanish words by doing the following activities:

1. Hold up picture of each animal as it is mentioned in the song. Encourage the children to say the animal sound along with the recording.
2. Sing the 1st and 3rd lines of the song in English. In the 2nd line, sing the animal word and sound in Spanish, for example, "El burrito goes like this, ¡a, ¡a."

3. Use hand motions when singing the song. This helps in remembering the words, and what the words mean.

Use the following motions, or have the children help create new ones:

Vengan (come) - make a "come" motion with one hand.

a ver (to see) - point to eye

mi granja (my farm) - open hands palm out, spread hands out and apart as if to show

que es hermosa. (because it is beautiful) - use "ok" sign with index and thumb of one hand

El burrito (the little donkey) - with your hands, make donkey ears on the top of your head

Vengan amigos (come, friends) - Make same "come" motions as before. Motion with first the one hand, then the other, motioning each time you sing "vengan."

Here are some other animals you can sing about:

pig: el cerdito - oinc

cat: el gatito - miao

duck: el patito - cuá

owl: la lechuza - oo

sheep: la oveja - baa

horse: el caballo – neigh

#### **14. Day-O (The Banana Boat Song)**

This song is from Jamaica. Find Jamaica on a map of the world.

#### **16. EWOP (Everything Works Out Perfectly)**

Do you ever worry about things that have happened, or you think might happen? If it hasn't happened yet... it may not! Try not to worry, and in the meantime do what you can to prevent it.

It's important to remember: Sometimes we can solve a problem, and sometimes there isn't much we can do. If we have an argument with a friend, we can talk it over, and together, try to find a solution to our disagreement. If we are sick, we can rest, and follow the instructions of our doctor, parent, or guardian. If our parents are angry at each other, there is really nothing we can do to fix the problem. We *\*can\** let our parents know we love them, and give them a big hug!

Whatever the worry, it always helps to talk to a trusted friend – your parent, favorite aunt or uncle, your teacher, or another friend. Often, just telling someone how you feel can make you feel better! Some people like to write down their worries in a journal or diary. You can keep this journal to yourself, or share it with someone you trust.

So we do what we can, and then wait and see. Most of the time, it will work out - maybe not how we first hoped or thought it would, but it still works out. And sometimes, even for the best! EWOP!

Make a Worry Doll:

To help you through the tough times, make a Worry Doll! Keep your Worry Doll under your pillow. At night, before you go to bed, tell the Worry Doll things about which you are worried or concerned. Then place the doll back under your pillow. It will be easier to go to sleep! Sweet dreams!

To make a Worry Doll you will need:

1 craft clothespin

Yarn (or scraps of cloth)

White glue

Marking Pen (optional)

Directions: Beginning just below the top or "head" of the clothespin, wrap your yarn around the body of the clothespin. To make shirt and pants, use one color of yarn at the top, and a second color to wrap each "leg." To make a dress, use one yarn color starting at the neck, and wrap around both "legs" at the same time. Use your imagination with different colored yarn, to make different patterns for the clothes, for instance a striped shirt or skirt.

Optional: add yarn hair to the head, and draw eyes, nose, and mouth for the face.

Other ideas: use scraps of cloth for the clothes, instead of or in addition to the yarn.

Parent/Teacher Discussion ideas: Talk with child or class about how things sometimes work out for the best, when we least expect it. Maybe a special vacation has to be cancelled, but you end up having a great day with friends at the park. Or maybe you wanted to work with your best friend on a special school project, but you are assigned to someone that you don't know very well and think you don't like -- and you discover that person is really not so bad after all. Make an EWOP chart, and write down when EWOP happens in your life.

Write down:

1. A situation or event that made you unhappy or worried.
2. What did you do to try to make the situation better?
3. What was the result? Were you surprised at the result? Why? Did you learn something?

## **17. Goodbye**

In how many languages can you say goodbye? Try some of the ones you learned on this recording.