

Allison Tipler from *FUN with Composers* presents...

FUN with Music 'n Yoga Adventures

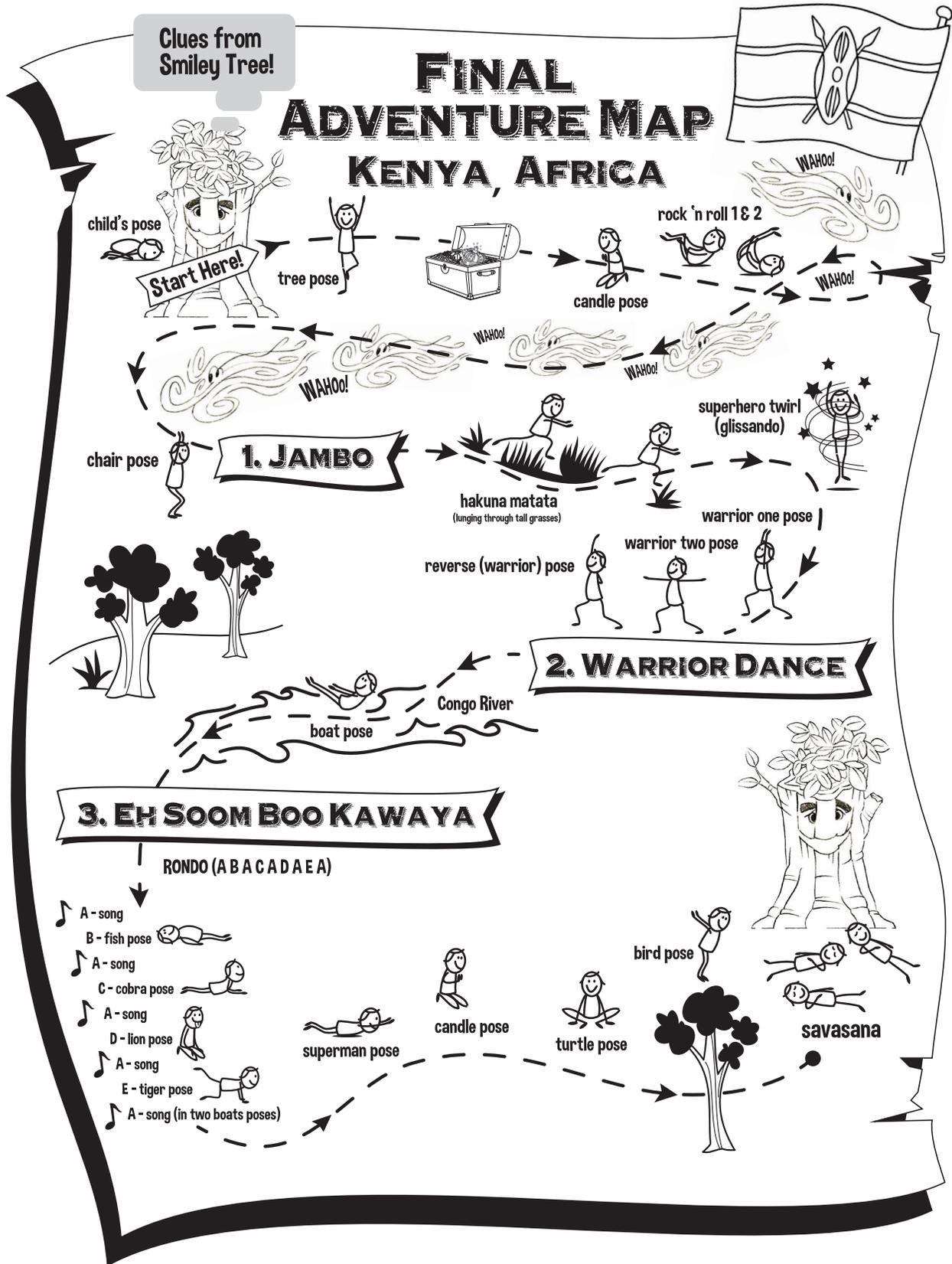
ADVENTURE ONE

Great Rift Valley, Kenya

Adventure Overview

Each adventure follows the same framework: **Pre-Mission Info**, **Adventure Training**, and **Final Adventure**.

- **Pre-Mission Info:** A visualization takes place at school, then home, and finally in the forest where Smiley Tree lives. Students discover a mystery global destination.
- **Adventure Training:** Students train for the Final Adventure through Orff-based music activities, dance, and yoga poses.
- **Final Adventure:** Students experience the entire adventure. After Wahoo Wind whisks everyone to the mystery destination, Allison the Fearless Adventurer guides them on their voyage. Wahoo Wind brings them back to the forest for final **Savasana** under Smiley Tree.



Eh Soom Boo Kaway

Nigerian Paddling Song

Trad.

Voice

Eh soom boo ka-wa - ya ke- dou, ka- dee. Eh soom boo ka - wa - ya

4 ke-dou, ka-dee. Ke-dou, ka-dee. Ke-dou, ka- dee. Ah_____

9 Soom boo ka- wa- ya ke- dou, ka- dee.

Eh Soom Boo Kaway: Lyrics

Eh soom boo kaway kedou, kadee.
 Eh soom boo kaway kedou, kadee.
 Kedou kadee. Kedou kadee.
 Ah_____

Soom boo kaway kedou kadee.

Eh Soom Boo Kaway: Rondo Form

A B A C A D A E A

Section A: Sing the song (Boat Pose)

Sections B, C, D, E: Demonstrate a yoga pose (Fish, Cobra, Lion, Tiger)

A- song B- Fish A- song C- Cobra A- song D- Lion (etc.)

Overview

This adventure takes students to the Great Rift Valley in Kenya, Africa, where they will meet Maasai warriors, perform *Warrior Dance*, sing an African welcoming song called *Jambo*, and imagine travelling down the Mara River. The focus and materials listed below are for the entire adventure – all five days. They are also listed specifically for each day.

FOCUS

- Sing in tune and in Swahili
- Maintain a steady beat within an ensemble
- Explore different tempi (*Allegro* and *Presto*)
- Play the djembe with proper technique
- Combine movement with yoga poses
- Analyze and reflect through self-assessment
- Accompany with I, IV, V orchestration (optional)

MATERIALS REQUIRED

- Djembes or bucket drums, or any similar type of drum for two hands
- World Map
- Barred Orff instruments (optional)
- ADVENTURE ONE Visual Presentation (refer to online files)
- ADVENTURE ONE Final Adventure Map for each student (optional)
- Yoga mats, one per person (optional)
- Yoga cards: Child's Pose, Tree, Candle, Boat, Fish, Cobra, Tiger, Lion, Two Boats, Table, Downward Dog, Warrior One, Warrior Two, Reverse Warrior, Rock 'n Roll, Chair, Superman, Turtle, Bird, Savasana

NOTE

The Visual Presentation serves as an aid to help the teacher lead students through the material. Included are Pre-Mission Info, lyrics, Final Adventure, Final Adventure Map and Yoga cards. The Pre-Mission Info and Final Adventure can be led by Allison the Adventurer by clicking “play”. Teachers can also project the slides while they are leading, or print these PDF pages for guidance.

Adventure Training Guide

Before you go on your final adventure to the Great Rift Valley, Kenya, there are three 30-minute classes of Adventure Training and one optional Challenge Day:

- **Day One:** Pre-Mission Info with clues, *Eh Soom Boo Kaway* with yoga poses, *Warrior Dance*.
- **Day Two:** *Jambo* and *Warrior Dance* with body percussion ostinati.
- **Day Three:** Review *Jambo*. Review *Warrior Dance*, transferring body percussion to instruments.
- **Day Four: Challenge Day** *Jambo* orchestration (optional).
- **Day Five: Final Adventure** Please refer to your Final Adventure Map.

* Musical selections, movement, and yoga poses will not be performed in the same sequence on Day Five as taught on Days One to Four.

Day One

SUGGESTED TEACHING PROCESS

Lead students through the ADVENTURE ONE Pre-Mission Info visualization (see p. 3), and say the following clues:

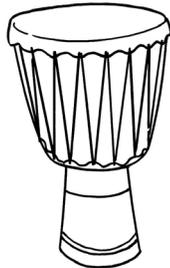
- Clue #1: This is a picture of the flag from the country where we will be travelling.
- Clue #2: People often visit this country to go on safaris.
- Clue #3: This country is in Africa.

Display a map.

* The clues are included in the Visual Presentation for your convenience.



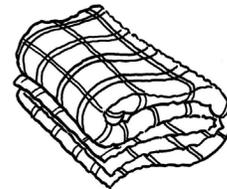
Treasure Chest



Djembe



Necklace



Blanket

FORMATION

Students scattered in Child's Pose

MATERIALS REQUIRED

- World Map
- ADVENTURE ONE Visual Presentation
 - ◇ Pre-Mission Info and video (refer to online files)
 - ◇ *Eh Soom Boo Kaway* lyrics
 - ◇ *Allegro* and *Presto* tempo cards
 - ◇ *Warrior Dance* lyrics
- Yoga mats, one per person (optional)
- Yoga cards: Child's Pose, Tree, Candle, Boat, Two Boats, Fish, Cobra, Lion, Tiger, Downward Dog, Warrior One, Warrior Two, Reverse Warrior, Table

DID YOU KNOW?

A **safari** is an expedition to observe animals in their natural environment.

FUN WITH MUSIC 'N YOGA ADVENTURES

EH SOOM BOO KAWAYA

(Nigerian Paddling Song)

1. Recite the lyrics in Swahili, one line at a time, and ask students to repeat.
2. Teach the song by echo singing.
3. Talk about the significance of the words. Translation: there are native people paddling on the river, and the rain is coming, so they must paddle faster.
4. Ask students: "How should we paddle the boat if the rain is coming?" (Faster). Talk about the term *Tempo* and explain that tempo refers to the speed of the music. Introduce the Italian terms *Allegro* (fast) and *Presto* (very fast).
5. Sing the song in Rondo form while referring to the Visual Presentation.

Eh Soom Boo Kaway: Rondo Form

A B A C A D A E A

Section A: Sing the song (Boat Pose)

Sections B, C, D, E: Demonstrate a yoga pose (Fish, Cobra, Lion, Tiger)

A- song B- Fish A- song C- Cobra A- song D- Lion (etc.)

6. The final time the A section is sung, say to students: "The boat is filling with water because of the rain. Let's join the boats to make two boats while we sing *Eh Soom Boo Kaway*." Display Two Boats Pose available in the Visual Presentation.

WARRIOR DANCE

1. Display the lyrics to the *Warrior Dance* on the board. This is a Call and Response chant. Ask students to repeat after you. For the lyrics, refer to the ADVENTURE ONE Visual Presentation *Warrior Dance*, or consult p. 3.
2. Ask one student to be the leader and to chant the "Call" while other students are responsible for the "Response". Repeat with a new leader.
3. When the lyrics are secure, add in the yoga poses. Use the cards: Table Top, Warrior One, Warrior Two, Reverse, Downward Dog.
* *Right Foot Forward* and *Left Foot Forward* are not yoga poses but cues that help to prepare students for correct foot placement in *Warrior One*, *Warrior Two* and *Reverse*.
4. Finally, assign a student to be the leader and add in the yoga poses. When secure, the teacher can play the djembe part while students continue their parts.

We hope that you have enjoyed
Lesson One of your adventure to Kenya!
To obtain the Pre-Mission Info, visit
www.funwithcomposers.com
to download our newly-released **FREE** sample from
ADVENTURE ONE to Kenya, Africa,
which contains the Pre-Mission Info,
Lesson Two, scores and lyrics.