

**Lesson guide & resources**

**“Hello Rainbow!”**

*A musical and artistic adventure through the colorful world of the*

*rainbow. We'll meet squirrels, frogs, whales and more delightful*

*creatures as we travel through sunny fall leaves, over stone bridges,*

*to the green meadow and the big blue sea.*

**Ladeeda @ Home ~** [**Class Video 4**](https://youtu.be/dtv3m0jp-P0)

**ACTIVITIES: Dance with the Autumn leaves, tell a story and sing a song**

**about a squirrel, paint a treehouse, sing “Jenny Jenkins.”**

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**Bring the wonder of**

**music into your**

**home or program**

Looking for music experiences?

Engage younger learners with easy activities and

high quality music-centered resources. Multi-cultural

and intergenerational. No music skills needed.

Sing songs, tell stories and let the music move you!

**Overview**

Children at this age are learning music skills and motor skills, social-emotional skills as well as listening,

language, and pretend play. Help your child grow these skills and more as they sing, play instruments

and dance with woodland friends and explore creative movement. **Choose one or all of the activities,**

**any order you wish.**

**Focus question**

What are ways we can tell (show) stories? (read out loud, use our hands, act out the story, show

pictures). Can we use our imagination to visit the woods in Autumn and meet the animals there? What

changes are happening in this season?

As they discuss, help the children record things they talk about and wonder on a piece of paper or in a

notebook. They can draw illustrations, try their best to spell or you can write down what they dictate. Share with your child that musicians, artists and scientists do this all the time – they notice and wonder about the world.

**Ages**

**3 – 6+ yrs** Invite open-ended play, discovery, discussion. Interactment and observing are both okay.

**Tots** Invite open-ended play, discovery, describing. Interactment and observing are both okay.

**0-14 mo** Adapt activities to focus on lovely experiences in sensory enrichment, conversation,

interactment, dancing, rocking/bouncing, bonding.

*Follow your child's natural personality, and their way of being and learning. This may sometimes have you modeling the activity and being playful while they watch.*

**Video duration**

22:51 minutes

**Materials**

**Instruments** if you have them. Including wind chimes and xylophone.

**Found objects** can be instruments too like a box, containers filled with anything (rice/beans/sand/?),

laundry basket, kitchen instruments, your ideas?

**Body percussion** is fun too (clap, pat, swish).

**Streamers or scarves** for movement or colorful ribbons and kitchen towels work well. Whatever you

have is fine!

**Puppets or pictures** Woodland creatures: rabbit, frog, bear, squirrel, your ideas?

**Construction paper** **For leaves:** green, yellow **For nuts:** brown. **For Jenny Jenkins song:** white,

blue, pink, green, orange, gray (1 piece each; 1/2 or 1/4 sheet is fine).

**Internet-connected device** to view the video and view the suggested links or listen to music selections.

**Preparation**

15:00 minutes Gather puppets/pictures, construction paper. (see list in **Materials**)

**Procedure**

**Part one: Before the video**

**Step 1: Develop background knowledge.**

**1)** How can we use our fingers and our whole body to act out a story? **2)** Read a picture book about

Autumn in the woods, the creatures and their activities (bear, rabbit, frog, owl, squirrel, your ideas?).

**Part two: Let's make music!**

Prepare the children to take an imaginary musical adventure to the woods!

**Hello Song**………………………….……….......**0:21**

**Song: The Leaves are Green,**

the Nuts are Brown…………….…..……...........**3:21**

Pretend play with props for Autumn leaves. Sing and dance

separately or in a circle w/ friends.

**Rhyme: The Tree and the Squirrel…………....7:10**

Tell the story through finger play and ASL signs.

**Hop Old Squirrel w/ instruments.....................9:31**

Discover 2 patterns in the music. Instruments: ukulele &

DIY shaker; resonator bars (D, A) & frog guiro.

Creative Movement:

**Paint the Treehouse!.......................................10:54**

Let's pretend to paint! Use your hands or scarves with music

and creative movement.

**Song: Jenny Jenkins ………...........................14:59**

Explore our voices: whisper, talking, loud, singing. Help say

the colors with your loud voice! Hold up the matching color.

**Rest Time………………………………………....18:20**

Pause and Breathe

Autumn at Portland Japanese Garden | HD Serenescapes

(begins with summer)

**Goodbye song**……………………………..…….**24:32**

**Step 6: Return to the focus question**

Remember times you shared making music together today. Which activities did you enjoy? If you could visit the woods, which creatures would you want to dance with?

**Part three: Pause and breathe**

**Step 7: Rest** Imagine you're sitting or lying down in a Japanese garden. Take several slow deep

breaths. Pretend the season is Summer in the beginning, then changes to Fall (like the video).

**Lyrics “Hop Old Squirrel” | by Little Hands Music**

**Sing and move**

Hop old squirrel (hopping) - Eiddle dum, eiddle dum (rocking)

Hop old squirrel (hopping) - Eiddle dum dee (rocking)

**Play your instruments**

One sound for “hop old squirrel” and a different sound for “eiddle dum.” Or 2 different sounds of body

percussion (clap, tap, swish, pat, your ideas?).

**Links**

**Watch a Squirrel make a nest, see the baby squirrels!**

[Baby Squirrels Nesting | by BBC Earth (2:27)](https://www.youtube.com/watch?v=Kh1HnMFolgw&t=65s)

**Make a DIY Shaker instrument**

[DIY How to Make a Plastic Bottle Shaker Instrument for Kids | by BeyonD ComparisoN (2:14)](https://www.youtube.com/watch?v=BOYE_dwqSoQ&t=8s)

**Visit a real treehouse!**

[Buidling a Treehouse Inspired by a Birdhouse | by Animal Planet (4:50)](https://www.youtube.com/watch?v=blsaJTeMBdA)

Meet Pete Nelson. He builds all kinds of treehouses - whatever his customers dream up! This treehouse

looks like a birdhouse. It has a room to watch sports, a room to relax, a room for art projects, and deck to

enjoy watch the birds. What would your treehouse look like? What rooms would you have?

**Enjoy a musical day!**