

3-5:

Movement Warm Up (3 minutes): Copy motions in the [Traumerei](#) video.

<https://tinyurl.com/ur7sa2m>

Simple Songs (4.5 minutes): Watch “[A Sailor Went to Sea](#)” at least 2 times. On the 3rd time, sing with the video. We will be learning movements to this in a later lesson.

<https://tinyurl.com/rrqbnyb>

Movement/Mindfulness (4 minutes): Play [the Relieve Anxiety video](#) and follow along.

<https://tinyurl.com/v6a2exv>

Art to Music (10-15 minutes):

Pick a song you like.

1. Listen to the song 1 time. On the first time just close your eyes and listen to everything in the song. Notice the words, the background instruments, and anything else.
2. On the second time listening to the song, draw a picture that represents the song.
3. Listen to the song a third time and this time list things you noticed about the song. Examples could be:
Does it have ostinatos? What is the mood? What is the genre?