

Musical Brain Breaks

<p style="text-align: center;">Wacky Stretching: Bend your body to look like a bass clef!</p>	<p style="text-align: center;">Sing the ABC song in a forte voice. Repeat with pp.</p>	<p style="text-align: center;">Musical Charades: Walk in a straight line at the speed of andante.</p>	<p style="text-align: center;">Wacky Stretching: Bend your body to look like a whole note.</p>
<p style="text-align: center;">March in place while you clap the rhythm of the last song you played today.</p>	<p style="text-align: center;">Clap your own rhythm in a 3/4 time signature for 4 measures.</p>	<p style="text-align: center;">Use the rhythm sticks to tap the rhythm of a song of your teacher's choosing.</p>	<p style="text-align: center;">Do toe touches while you say the musical alphabet twice.</p>
<p style="text-align: center;">Wacky Stretching: Lay on the floor and bend your body into each letter of the musical alphabet.</p>	<p style="text-align: center;">Musical Charades: With your body and voice act out what a decrescendo would look like.</p>	<p style="text-align: center;">Practice counting 4 measures in the 6/8 time signature. Use the rhythm sticks to tap every 3rd beat.</p>	<p style="text-align: center;">Ask your piano teacher to play any famous classical piece on the piano while you take a DANCE BREAK.</p>
<p style="text-align: center;">Do 2 somersaults on the floor, then stand up and yell "TREBLE CLEF" as loud as you can.</p>	<p style="text-align: center;">Do jumping jacks, reciting the musical alphabet while you jump.</p>	<p style="text-align: center;">Wacky Stretching: Can you bend your body into the shape of a quarter rest?</p>	<p style="text-align: center;">Musical Charades: While walking, demonstrate what ritardando would look like.</p>
<p style="text-align: center;">Stomp to the beat of the last song you practiced this week.</p>	<p style="text-align: center;">Wacky Stretching: lay on the floor and bend your body into the shape of a half note.</p>	<p style="text-align: center;">Musical Charades: Walk in a straight line to the speed of allegro.</p>	<p style="text-align: center;">Turn around in circles 3 times while singing Mary Had a Little Lamb.</p>