

WEEK 1: PARENT SINGING

SONGS	SEATED STANDING ↑↓	MATERIALS
1. Hello (P.E.A.K.)	↓	1. Ukulele or Guitar (Tune into the topic)
2. Ride	↓	2. Lap Song
3. Curiosity	↓	3. Shaker (Keeping the beat)
4. Good Kid (Music Ed)	↓ ↑	4. Sit- Stand choreo- Stroll
5. Hear Me	↑	5. Pretend and following instructions
6. Square (SEL)	↓	6. Trace Square
7. Don't Give Up	↓	7. Call & Response; Rhythm Sticks
8. Wiggle Waggle	↑	8. Scarves and Dancing
9. A Sunny Hoedown (inst)	↓	9. Instruments
10. I Can Rest	↓	10. Relaxed and sitting
11. Goodbye	↓	11. Ukulele or Guitar

DISCUSSION TOPICS:

P.E.A.K. – Parent Engagement and Knowledge: Yours is the most important voice to them. Yours was the first they ever heard and yours informs and gives permission to their experience (whether it seems like it or not). You singing imperfectly allows them to feel supported in enjoying the *experience*, rather than the *result*, of singing.

Music Ed: Hello

- Lyrics: Explore the meaning of this simple song.

SEL ED:

- Explore the idea of grounding and being true to oneself.
- Hone in on the idea that we are all life long learners, but will be much happier if we continue with the attitude of accepting ourselves and choosing to focus on possibility rather than doubt.

Tune into the Topic: "Say Hello" by Rachel Isadora