

## Day 14 – Expression and Quality

**Target Audience:** 3-5 (Pre-K)

**Space:** gym or classroom

**Length of Time:** 25 minutes

**Materials:** drum and stick, CD player, see music and prop list below

<u>Introduction to the Space</u>	<u>Duration</u>	<u>Music</u>
<b>Down By the Station</b>	<b>3 minutes</b>	<b>Songs for Dancing #1</b>

### Foot Song (2 minutes)

<u>Concept Intro</u>	<u>Duration</u>	<u>Music</u>	<u>Other</u>
<b>Qualities</b>	<b>8-10 minutes</b>	<b>AlphaBeat #9</b>	<b>Feelings Book</b>

“S” – smooth, sharp, shaky, swinging  
Emotions can have different qualities.  
Emotion Book – *Lots of Feelings* by Shelley Rotner

Read book.

Do *Show Your Feelings* from *AlphaBeat* (#9)

Reflection: Which feeling was shaky? (Scared). Which was swinging? (Peaceful)  
Which was smooth? (Shy, Ashamed, Sleepy) Which was sharp? (Excited, Mad)

<u>Review Options</u>	<u>Duration</u>	<u>Music</u>
	<b>5 - 8 minutes</b>	

### **Choose from:**

Apples and Oranges Step on the Beat #1

Sodeo (AlphaBeat #1)

Shape Song (Songs for Dancing #8)

<u>Activity</u>	<u>Duration</u>	<u>Music</u>
<b>Resting/Closure</b>	<b>3 minutes</b>	<b>Songs for Dancing #20</b>