

ATTENTIVENESS

Week 4

Attentiveness

To concentrate without distraction

Habits! Habits! Habits!

Attentiveness Week 4

The 3 Gets

- **Get up** 45 minutes before everyone else
- **Get dressed** and put on make up
- **Get dinner** started

Are you shooting yourself in the foot????

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- **We know breakfast is the most important meal of the day.**
- **Beginning school without a good breakfast is like trying to drive to NY without filling your gas tank up.**

What is a Good Breakfast???

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- The Glycemic Index ranks carbohydrates according to their affect on our blood sugar level.
- Low GI = 55 or less
Medium GI = 56-69
High GI = 70 or more
- Carbs with low GI produce only small fluctuations in our blood glucose and insulin levels and is the secret to long-term health and the daily attention of your child

What are You Serving???

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- High GI Breakfast:
 - Cornflakes = 86
 - Bagel = 72
 - Cheerios = 74
 - Doughnut = 76
- Low GI Breakfast:
 - Oatmeal (rolled oats) = 49
 - Special K = 54
 - Frosted Flakes = 55
 - Yogurt with fruit = 36
 - Eggs = 0
 - Apple = 38
 - Orange = 43
 - Apple cinnamon muffin = 42

Alert!!!

Attentiveness Week 4

Immediate Action!!!

Have you scheduled your musical event? What is available in your area that is affordable? What about a football game band? Symphony, free band in park, chamber music at a college, PBS broadcasts, music channels on cable or satellite, video of Boston Pops concerts.

Supply Alert!!!

Continue saving newspaper inserts that have food items and grocery store advertisements, because we are going to make a food target when we get to the Stewardship unit.

Weekly Supplies

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- Materials for instruments of choice (substitute washers for bottle caps)
zzz (p.23-26)
- Colored sticky dots or colored markers
fff (p.19)
- Index cards or Post It Notes **ggg (p.19)**

Objectives

Attentiveness Week 4

General Objectives

- To concentrate without distraction
- To continue learning about and making musical instruments
- To learn musical terms and about the orchestra
- To continue listening to great musical compositions

Specific Objectives

- To identify rhythm and melody
- To learn about percussion instruments
- To learn major and minor scales
- To define intervals
- To learn dynamics terms
- To learn each instrument of orchestra and its sound

Bible Verse

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*Like an earring of gold and
an ornament of fine gold,
is a wise reprover to a
listening ear.*

Proverbs 25:12

Focus Books

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- Y** Read about lives of the composers
- M** Any composer biography
Any music instrument book
- O** Any composer biography
Any music instrument book

Writing Assignment

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- **Y** Write a report on "My Trip to the Symphony"
- **M** Write a report on "My Trip to the Symphony"
- **O** Write a report on "My Trip to the Symphony"

Fleshing Out Paper Ideas

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- Let (make) the student write his own paper.
- Wait for the student to give his ideas.
- Help the student to organize his ideas.
- Do the best you can for now.

Parts to a Paper

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- **Introduction** - announces what is coming
- **Body** - 3 to 4 paragraphs about each
- **Conclusion** - repeats what was announced

*** Train students to not use "I"

Vocabulary

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Intervals

seconds

thirds

fourths

fifths

parts

harmony

chords

Tempo

largo

adagio

andante

moderato

allegro

presto

Dynamics

piano

forte

crescendo

diminuendo

Vocabulary (cont'd)

Attentiveness 4

Rhythm

Beat

Overtone

Timbre

Conductor

Percussion Instruments

kettle drums

snare drums

triangle

cymbals

chimes

gong

bells

xylophone

Teach the Books You Have

Attentiveness 3

- Not everyone has the same books
- Teach the information from the books you have:

vocabulary

facts

information

pictures

Activities

Attentiveness Week 4

Monday

aaaa (p.26) Identify rhythms

zzz (p.23-26) Make another instrument

jjjj (p.28) Move to music

Listen to Tchaikovsky... "1812 Overture".

Tuesday

Learn the percussion instruments of the orchestra

fff (p.19) Draw sections of the orchestra; use colored dots

ggg (p.19) List and sort instruments of the symphony

Listen to Rimsky-Korsakov... "Flight of the Bumblebee".

Wednesday

dddd (p.27) Learn major scale

ccc (p.27) Play or sing in minor and major keys

ffff (p.27) Repeat sing a melody

gggg (p.27) Define seconds, thirds, fourths and fifths

Listen to Elgar... "Pomp and Circumstance".

Activities (cont'd)

Attentiveness Week 4

Thursday

hhhh (p.27) Learn music dynamics

iiii (p.27) Practice dynamics while singing

kkkk (p.27) Identify instruments while listening to music

llll (p.27) Define and identify tempo terms

mmmm (p.27) Identify tempo in music pieces

oooo (p.27) Define overtones and timbre (no report)

Listen to Gershwin... "Rhapsody In Blue".

Friday

eee (p.19) Listen to an orchestra play; review sections

xxx (p.22) Download pictures of composers

Listen to any new or favorite song.

Focus of the Week

Attentiveness Week 4

- **Writing** about the orchestra
- **Stringing** experiments
together
- **Hearing elements** in music
compositions

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Thanks,
Wade and Jessica Hulcy