

# **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????**

## **Attentiveness Week 3**

- 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???

## Attentiveness Week 3

- 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???

## Attentiveness Week 3

- 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

## Attentiveness Week 4

- **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**

**Attentiveness Week 4**

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

**Proverbs 25:12**

# Focus Books

## Attentiveness Week 4

**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

## Attentiveness Week 4

- 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

## Attentiveness 3

- 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

Attentiveness 3

- **Introduction** - announces what is coming
  - **Body** - 3 to 4 paragraphs about each
  - **Conclusion** - repeats what was announced
- \*\*\* Train students to not use "I"**

# Vocabulary

## Attentiveness 4

### 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