

Hearts and Hands

Introduction for children and families

A theme connecting Well-being and Arts Education Gr. 3-5

WEEK 5

Are you missing your music, visual art, drama, or dance time at school?

Here are some ideas to inspire you to explore your creativity, and support others too. Feel free to invite your siblings and family to join in on the fun and learning. This is a series of opportunities intended to move at your own pace, and opportunities that you can either skip or repeat multiple times.

The theme for this series is “Hearts and Hands”. Each week there will be one book and some ideas for you in art, drama, music and dance.

Hearts and Hands are vital to our wellbeing and survival. You may have heard about the symbol of a heart being used in windows to show support for all the healthcare professionals working so hard to keep us safe and healthy. Our hands are often used to show ways that we are learning and growing.

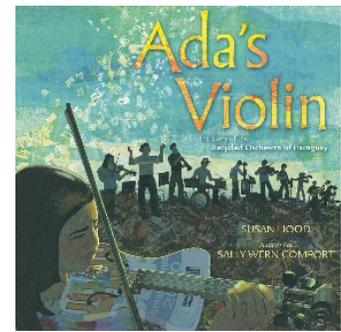
**“There was something else my mother did that I’ve always remembered:
‘Always look for the helpers,’ she’d tell me.
‘There’s always someone who is trying to help.’
I did, and I came to see that the world is full of doctors and nurses, police and
firemen, volunteers, neighbors and friends who are ready to jump in to help
when things go wrong.”
~Fred Rogers**

Overall considerations that will promote wellbeing as you complete the activities:

- Go at the pace of your child or family to complete the activities and don’t force an activity if it is just not going well.
- See these activities as invitations - choose as few or as many as would like to do
- Allow your child or family to adapt an activity if they have ideas and go with the flow!
- Consider your location – go outside if you can.
- Are there any opportunities for social connections throughout? Can you send any images of your activities to friends or family or can you connect online to do one of the activities together?

Week 5: based on the book “Ada’s Violin” (Gr 3-5)

- Watch the Youtube reading of “Ada’s Violin” – <https://www.youtube.com/watch?v=3234mKohG0I>



What is buried inside of you that you are proud of?

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- Allow your child or family to adapt an activity if they have ideas and go with the flow!
- Consider your location – go outside to play if you can.
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Visual Arts:



- The illustrator uses ripped paper to add colour and layers to her drawings. Plan and create a ripped paper collage. Does your collage have a theme? Is there a

word or phrase that you could add to your piece with found letters? (like the image at the end of the story?)

- The illustrator uses shadows throughout the story. Take paper and your drawing tools outside and trace the shadows you see in nature. Colour, paint, or shade your drawings. Share your images with your family.

Shadows do not have any expressions and so it can be difficult to understand feelings. Can you move your body to create shadows that express different feelings? How can you make a happy shadow? How can you make an angry or frustrated shadow?

Drama:

- In the story, Ada and many of the children have new opportunities because of the Recycled Orchestra. Can you change the plot of the story? What would happen if an artist had offered classes or a dance teacher had come to town? Write and act out a revised story and share it with a family member.

- Ada and the other orchestra members demonstrated perseverance in learning to play an instrument. How was their journey in becoming musicians similar and different from kids in Canada? Can you act out the differences?

You may have heard that the saying that “one person’s trash is another person’s treasure”. Is there anything that you have that is very special to you that you got from someone else who didn’t want it anymore? Have you ever given something to someone that you didn’t want anymore? How does it feel to share things with others that we do not want anymore?

Dance:

- Imagine what the children saw, felt, smelled and heard as they helped their parents in the dump. When Ada played her violin, she would close her eyes and imagine a faraway place. Put yourself in her shoes. Move as if you are working in the dump. Next, imagine you have travelled to a faraway place where you get to perform with your band. Make up a dance routine that shows this.

- Imagine you are in Ada’s orchestra. Which instrument would you choose? Move your body as if you are playing the instrument. Now imagine an audience is cheering for you. Take a big bow!

Different places can make us feel different thing – sometimes happy and sometimes sad? Can you imagine a place that make you feel happy? Close your eyes and imagine you are there. What do you see? What do you hear? What do you smell? Sometimes when we find ourselves feeling sad, we can close our eyes and imagine this special place and it can help to shift our mood away from the sadness.

Music:

- Ada’s grandmother took care of Ada and her sister. She often played music from the 1960’s. She loved to sing along with *The Beatles*, *Simon and Garfunkel*, and *Creedence Clearwater Revival*. Have you heard music from these groups? Are there songs that you love to sing along with? Take time to listen to music that makes you feel calm, happy and content.

- Ada’s dad told stories and while they listened to music, he pointed out and named the instruments. Find a classical piece of music and challenge yourself to name the instruments. Which instrument would you like to play?



What is your favourite song? Why do you like this song? Sometimes we like music because of the lyrics, rhythm or a memory and it can music can be a way to express what we like. Ask someone else what their favourite song is and try to ask questions to figure out why they like it.