

**Bennett Center Lesson Plan**  
**November 3, 2008**  
**Becky Lewis and Charlie Heim, teachers**

- 1. Hello** **Aeolian/Duple** **(Becky)**  
Sing (with words) several times, using all children's names; do fluid movement. End with resting tone.
- 2. Stop Look and Listen** **Minor/ Duple** **(Charlie)**  
Sing without words (on neutral syllables), perform three (3) times; sit in circle. End with resting tone.
- 3. Walk Old Mule** **Major/Duple** **(Charlie)**  
Sing song without words. March around to macro-beat while singing without words. End with resting tone; Sing twice...Segue into...  
Sitting back down in circle ;( as last verse of Walk Old Mule nears completion.)

Teacher chants duple rhythmic phrases, have students repeat. End with resting tone.

**Walk Old Mule** **(Charlie)**  
Sing one more verse on neutral syllables. (Sitting in Circle)
- 4. Pop! Goes the Weasel** **Major/ Triple** **(Becky)**  
Sing song on neutral syllables  
(2-3 times)
- 5. Oats, Peas, Beans** **Major/Triple** **(Becky)**  
Sing without words (on neutral syllables), perform three (3) times; sit in circle and sway. End with resting tone.

\*Sing Tonal Patterns phrase of Major on neutral syllables, have students echo  
**Sing Oats, Peas, Beans**  
one more time through and End with Resting tone
- 6. Listening – CD, free movement**  
Play recording [Folk/ fiddle music]; students move freely with scarves.
- 7. Where Is...?** **Major/Duple** **(Becky)**  
Sing song with words. Students put scarves on heads, following model of teacher. Charlie echoes teacher. End with resting tone.
- 8. Wiggle Song** **Dorian/Duple** **(Charlie)**  
Sing song with words. Students touch different body parts, as directed by Teacher's singing example. Repeat 5 to 6 times; end each time with resting tone.

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- 9. Higgety Piggety Bumble Bee**                      **Triple Meter**                      **(Becky)**  
Teachers and Children sway back and forth  
Chant words on rhythm  
Move body part when the leader says to move it  
  
5-6 times in a row
- 10. Paint with Your Hands**                      **Minor/Triple**                      **(Charlie)**  
Sing song with words. Students follow teacher example, utilizing different body parts; 5 times ending with resting tone.
- 11. Hey Goodbye**                      **Mixolydian/Duple**                      **(Becky)**  
Sing song with words. Collect name tags from children.