

Welcome to our first K-2 distance learning music class!

I hope you are all doing well and taking care of yourselves by eating well, exercising, practicing reading, math, writing and science, doing some Coaches workout Wednesday exercises, expressing yourself with art and music, and doing some of the calming warm-ups we do in class.

So let's start with some warm-ups.

1. Rolling shoulders, slowly turning your heads up, down, side to side, tipping it to the right and left
2. Breathing in and out, think of the large expanding ball.
3. Listening: being still, listen for sounds of nature outside
4. Moving: One of your favorite: Hair Up

https://video.search.yahoo.com/yhs/search?fr=yhs-adk-adk_sbnt&hsimp=yhsadk_sbnt&hspart=adk&p=You+Tube+hair+up+trolls#id=5&vid=eb2dfa57d2f762ded0fa1da7664d0f9e&action=click copy the link and get moving!

Okay Dokie: Let's start with something that's important to everyone.

I want you to watch this video about washing your hands.

Have someone help you with a phone, tablet, or computer to get to the link **BABY SHARK HAND WASHING VIDEO** and move with Baby Shark to keep yourself and others healthy. Ask your brothers and sisters to do it with you.

I'll see you next week with a new lesson from Seesaw. Until then, stay safe and wash your hands. We're all in this together.

Mrs. Bliss