

First Steps in Creative Movement



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This handout represents a rich collection of activities that present many possibilities for movement with children. Through engaging in these activities, children will develop a movement vocabulary as they develop their gross motor skills and enhance their creative movement ideas.

These Movement Exploration Activities will bring out the strong movement impulses as well as the gentle ones. Some activities explore fast or slow, sudden or sustained, heavy or light movements. Other activities explore the possibilities of moving in response to a partner or a group of other children.

Children can enjoy these activities silently or with accompanying music, building an appreciation for moving with music as well as being moved by music.

These Movement Explorations are delightful experiences that will help children discover their movement potential.

Have you ever enjoyed reacting to music by “dancing around the living room”? If you have, you know what a wonderful experience it is to “be one with the music, communicating through movement with the expressive artistry of the composer. The depth of ability to express oneself through movement, however, depends upon the development of our personal movement vocabulary.

Movement exploration activities enrich us in two ways. They help us become aware of the various ways our body can move alone and with others and, when accompanied by music, they help us stylistically connect with the expressive intent of the composer.

What better way to discover how music can move you than to move with music!

First Steps in Music Curriculum

*An 8-Part Music Readiness Curriculum for
Pre-School through Elementary Aged Children*

Singing/Tonal Activity Categories

1. **Pitch Exploration/Vocal Warm-up** (Discovering the sensation of the singing voice)
 - Vocal glissandos
2. **Fragment Singing** (Developing independent singing)
 - Echo Songs
 - Call and Response Songs
3. **Simple Songs** (Developing independent singing and musical memory)
 - 3–4 Note Songs
 - Expanded Range
4. **Arioso** (Developing original musical thinking)
 - Spontaneous created songs by the child
5. **SongTales** (Developing expressive sensitivity through listening)
 - Ballads for children

Movement Activities Categories

6. **Movement Exploration/Warm-up**
(Developing expressive sensitivity through movement)
 - Movement with and without classical music accompaniment
7. **Movement for Form and Expression**
(Singing/speaking and moving with formal structure and expression)
 - Non-Locomotor (finger plays, action songs, circle games, with recorded music)
 - Locomotor (circle games, with recorded music)
8. **Beat Motion Activities**
(Developing competencies in maintaining the beat in groups of 2 and 3)
 - Child-Initiated Beat Motions
 - Non-Locomotor
 - Locomotor
 - Teacher-Initiated Beat Motions
 - Non-Locomotor
 - Locomotor

First Steps in Music Curriculum
Part 6: Movement Exploration / Warm Up
Laban Themes adapted by John M. Feierabend

1. Awareness of Body Parts and Whole

- 1.1 Whole body movements
- 1.2 Isolated body parts
- 1.3 Leading with a part
- 1.4 Initiating with a part

2. Awareness of Time

- 2.1 Quick/slow movement
- 2.2 Clock time

3. Awareness of Space

- 3.1 Movement in personal/general space
- 3.2 Straight/twisted pathway (direct/indirect movement)
- 3.3 Inward movement
- 3.4 Outward movement
- 3.5 Direction of movement
- 3.6 Distance of movement

4. Awareness of Levels

- 4.1 High/middle/low

5. Awareness of Weight

- 5.1 Heavy/light
- 5.2 Strong/gentle
- 5.3 Tense/relaxed

6. Awareness of Locomotion

- 6.1 Walking
- 6.2 Leaping
- 6.3 Running
- 6.4 Hopping
- 6.5 Jumping
- 6.6 Skipping
- 6.7 Galloping
- 6.8 Striding

7. Awareness of Flow

- 7.1 Sudden/sustained
- 7.2 Sequential/simultaneous
- 7.3 Bound/free

8. Awareness of Shape

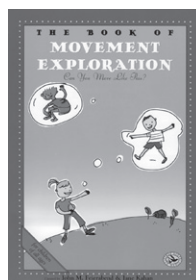
- 8.1 Becoming shapes

9. Awareness of Others

- 9.1 Partners
- 9.2 Groups

10. Student-Initiated Creative Movement

- 10.1 Representative movement
- 10.2 Non-representative movement



Music For Creative Movement CDs

CD #1 of Music for Creative Movement

Light/Gentle

Schumann, Kinderszenen OP 15, Of Foreign Lands and People
Greig, Little Bird, Op. 43, No 4
Saint-Saens, The Aquarium, from Carnival of the Animals
Strauss, Pizzicato polka
Bach, Flute Sonata in E flat major, BWV 1031: Il Siciliano

Heavy/Strong

Kabalevsky, Pantomime, from the Comedians
Handel, Music for the Royal Fireworks, Menuet II
Warlock, Basse-Danse from Capriol Suite
Stavinsky, Song of the Volga Boatman
Saint-Saens, The Elephant from Carnival of the Animals
Saint-Saens, Pianists from the Carnival of the Animals
Brahms, Hungarian Dances No. 5
Strauss, Also sprach Zarathustra
Khachaturian, Dance of the Comrades

Sustained

Shubert, Impromptu Op. 142, No. 3
Rubenstein, Melody in F
Faure, Pie Jesu
Saint-Seans, The Swan from Carnival of the Animals
Handel, Largo Xerxes
Satie, Gymnopedie No. 1
Torelli, Andante from Sonata No. 5 in D
Debussy, Symphony in B minor, 2nd movement
Vivaldi, Four Seasons Violin Concerto in f minor, Op. 8, No. 4, RV 297
Ravel, Pavane pour une infante defunte
Mozart, Piano Concerto No. 21 in C Major, Andante

Sudden

Kabalevsky, The Comedians, Presto
Mussourgsky, Sorochintsi Fair, Hopak
Khachaturian, Gayne, Sabre Dance
Mussorgsky, Gnomes from Pictures at an Exhibition
Bizet, Carmen, March of the Toreadors
Saint-Saens, The Kangaroos from Carnival of the Animals
Saint-Saens, People with Long Ears from Carnival of the Animals

Music For Creative Movement CDs

CD # 2 of Music for Creative Movement

Slow/Bound

Bach, Air on a G String
Chopin, Prelude No. 4 in e minor
Saint-Saens, Tortoises from Carnival of the Animals
Handel, Saul HWV 53, Act III: Dead March: Grave
Handel, Oboe Concert No. 3 in g minor, HWV 287: III Sarabande: Largo
Purcell, Music on the Death of Queen Mary

Quick/Free

Rimsky Korsakov, Flight of the Bumble Bee from The Tale of the Tsar Saltan
Schumann, Kinderszenen, Catch-as-catch-can
Schumann, Carnaval, Op. 9, Papillons
Stravinsky, 3 pieces for solo clarinet, No. 3
Greig, Butterfly Op 43, No. 1
Gershwin, 3 Preludes, No. 3
Saint-Saens, Wild Donkeys from Carnival of the Animals
Saint-Saens, Aviary from Carnival of the Animals
Chopin Prelude No. 3 in g minor
Prokofiev, Piano Concerto No. 4 in B flat major Op. 53 4th Mvt: Vivace

Joyful

Handel, Arrival of the Queen of Sheba, from Solomon
Bach, Badinerie from Overture No.2 in b minor
Handel, Concerto Grosso No. 6 in D Major HWV 317 (Op.3): 1 Vivace
Handel, Concerto Grosso No. 3 in G Major, HWV 317 (Op. 3) II Allegro
Bach, Prelude from Cello Suite No. 1 in G Major, BWV 1007

Music For Creative Movement CDs

CD #3 of Music for Creative Movement

Relaxed

Satie, Trois Gymnopédies , No 3
Satie, Bain des Graces from Mercure
Schumann, Träumerei
Rorem, Vermouth from Picnic on the Marne
Faure, In Paradisum, from Requeium, Op. 63
Gershwin, Three preludes for piano, No.2

Tense

Bartok, Out of doors, Sz. 81 With Drums and Pipes
Stravinsky, The Devils Dance from Histoire du Soldat
Rorem, Making up, from Picnic on the Marne
Tchaikovsky, Swan Lake Suite, Op 20a, Scene 1

Music for Combinations/Contrasts:

Debussy, The Girl with the Flaxen Hair
Faure, Sicillience, Op 78
Debussy, Doctor Gradus ad Parnassum from the Children's Corner
Debussy, Menuet from Petite Suite
Verdi, Sanctus from Requiem
Chopin, Prelude No. 20 in c minor, Op. 28 No. 20
Chopin Waltz No. 6 in D flat major, Op 64, No.1, "Minute Waltz"
Brahms Symphony No. 1, 1st Movement
Verdi, Dies Irae, from Requiem
Debussy, Cortège from Petit Suite

First Steps in Music Curriculum
Part 6: Movement Exploration / Warm Up
Laban Theme 10: Student Initiated Creative Movement

Star Dance

Story by John Feierabend

Begin in a stooped position with both hands on the floor.

This is a story of two stars.

As the sun came down the stars rose up in the sky.

Stand up very slowly and stretch hands above head.

One day one star started dancing.

Slowly move one hand back and forth.

Then the other started dancing.

Slowly move both hands randomly.

Sometimes they dance together and sometimes they danced apart.

Explore all the places your hands can go.

One day they decided to dance across the galaxy.

Slowly begin to travel around the room with arms slowly moving.

Sometimes they saw other stars and danced together.

Sometimes whole clusters of stars danced together.

Partners and groups mirror each other.

As the night wore on the stars danced their way back home.

Return to original positions.

And as the sun came up the stars slowly danced their way back down.

Slowly return to a stooping position and place hands on the floor.

Time the ending of the movement to end with the music.

The music by Chip Davis was “Traditions of Christmas”
from Mannheim Steamroller’s “A Fresh Aire Christmas.”

AVAILABLE RESOURCES

Music for Creative Movement 3-CD setCD-903

Books for Preschool and Early Elementary

- G-5880 First Steps in Music for Preschool and Beyond
- G-5276 The Book of Pitch Exploration
- G-5277 The Book of Echo Songs
- G-5278 The Book of Call and Response
- G-5280 The Book of Children's SongTales
- G-5876 The Book of Movement Exploration
- G-5877 The Book of Finger Plays and Action Songs
- G-5878 The Book of Beginning Circle Games
- G-5879 The Book of Songs and Rhymes with Beat Motions

Recordings for Kids of All Ages

by John M. Feierabend and Jill Trinka

- CD-645 There's A Hole in the Bucket
- CD-646 Had a Little Rooster
- CD-647 Old Joe Clark
- CD-493 First Steps in Classical Music
Keeping the Beat

- G-7001 Set of all four recordings above
plus First Steps in Music for
Preschool and Beyond

- G-7001A Complete Curriculum Package
Set of all books and recordings above
Save over \$40 with this offer!

Companion Materials

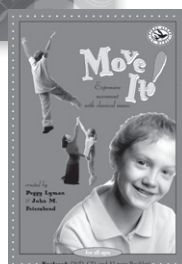
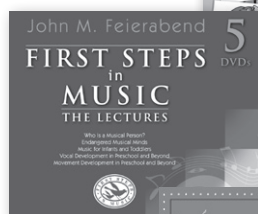
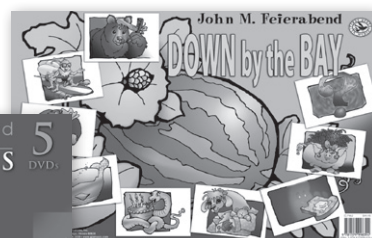
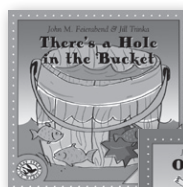
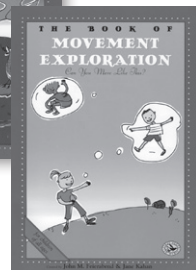
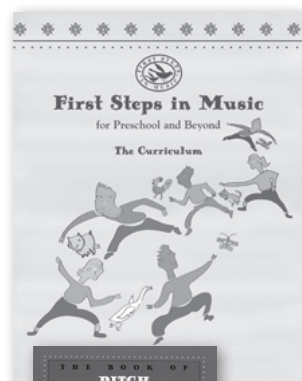
- G-8453 Word Wall
- G-6400 Vocal Development Kit
(Puppets, toys, and instruments with manual)
- G-6509 Pitch Exploration Stories
(12 large picture cards)
- G-6510 Pitch Exploration Pathways
(12 large picture cards)
- G-6511 Oh, In the Woods
(12 large picture cards)
- G-7962 Down by the Bay
(10 large picture cards)
- DVD-875 First Steps in Music;
The Lectures (5 DVDs)

Move It!

- DVD-549 Music DVD, CD, and booklet

Move It! 2

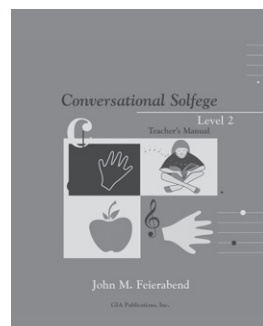
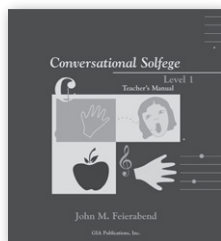
- DVD-756 Music DVD, CD, and booklet



Conversational Solfege

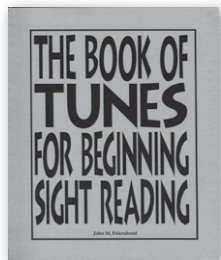
Level 1:

- G-5380 Teacher's Manual
- G-5380FL Flashcards
- G-5380S Student Book
- CD-526 Classical Selections CD



Level 2:

- G-5381 Teacher's Manual
- G-5381FL Flashcards
- G-5381S Student Book
- CD-527 Classical Selections CD



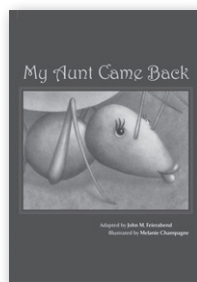
Level 3:

- G-5382 Teacher's Manual
- G-5382S Student Book

- G-5547 The Book of Tunes for Beginning Sight-Readers

Books for Older Children

- G-5279 The Book of Young Adult SongTales
- G-5281 The Book of Canons



Lomax the Hound of Music

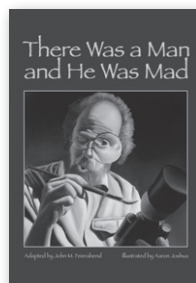
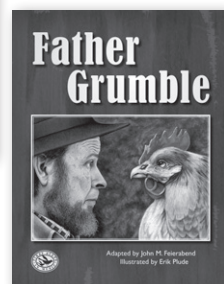
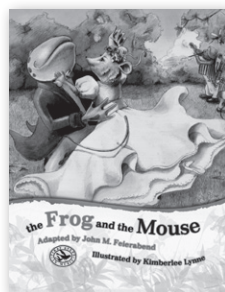
- DVD-829 The Best of Lomax the Hound of Music (2 Hours)
- CD-830 Lomax the Hound of Music: Favorite Songs (25 Songs)

Book of Church Songs and Spirituals

- G-7816 Spiral Bound and illustrated

Folk Song Picture Books (with downloadable MP3)

- G-6535 The Crabfish
- G-7178 My Aunt Came Back
- G-7179 There Was a Man
- G-7416 Father Grumble
- G-7690 The Derby Ram
- G-7844 The Frog and the Mouse
- G-8121 Risseldy Rosseldy
- G-8122 The Tailor and the Mouse
- G-8454 There's a Hole in the Bucket



- DVD-499 Music and Early Childhood
(30-minute documentary
produced by Connecticut
Public Television)



Dr. John Feierabend is considered one of the leading authorities on music and movement development in early childhood. He is a Professor of Music and the Director of the Music Education Division at The Hartt School of the University of Hartford and is a past President of the Organization of American Kodály Educators. Dr. Feierabend makes frequent presentations both in the United States and abroad and is the author of over 70 books, CDs, and DVDs.

A music educator for over 40 years, he continues to be committed to collecting, preserving, and teaching the diverse folk music of our country and using that folk music as a bridge to help children understand and enjoy classical music. His books are a result of his belief that when many generations share common experiences such as traditional folk songs and rhymes, it helps them develop a valuable but dwindling commodity—a sense of community. When adults share childlike memories with children, they not only connect children with their ancestors, but they also enrich their children's childhood and enable their children to someday tap into their own delicious childhood memories to share that same repertoire with their children.

In addition, research has suggested that these traditional activities provide precisely the tonal, rhythmic, and expressive experiences that are needed to develop one's musical sensitivities. Children fortunate enough to have these songs and rhymes shared with them will grow to become adults who will not only be musically sensitive to music in their lives, but will also be musically able to connect to their children through music play.

Dr. Feierabend's research has resulted in two music curricula: *First Steps in Music*, a music and movement program for infants through early elementary aged children, and *Conversational Solfege*, a music literacy method for use in general music classes. *Lomax: The Hound of Music* is a public television series that is based on his *First Steps in Music* curriculum.

Dr. Feierabend has been honored by the National Association for Music Education (MENC) as a Lowell Mason Fellow, received the Outstanding Educator Award from the Organization of American Kodály Educators (OAKE), and was the first American recipient of the international LEGO prize, an award given annually to someone who has "helped to make the world a better place for children to live and grow."



First Steps in Music Series
by John M. Feierabend

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FAME

Feierabend Association for Music Education

www.feierabendmusic.org



The Feierabend Association for Music Education (FAME) was born on July 28, 2012! FAME is dedicated to promoting and supporting the work of Dr. John M. Feierabend through collaboration, advocacy, training, and resource sharing. Its mission is to build tuneful, beatful, and artful learners throughout the world, ensuring a lifetime of joyful music making.

FAME's founding members are John Feierabend (Founder), Sandra Doneski (President), Joani Brandon (President Elect), Melissa Strong (Vice President), Jennifer Elliott (Secretary), Tom Hawley (Treasurer), Betsy Greene (Member at Large), Craig Knapp (Member at Large), Alec Harris (Industry Representative), Rite Wilder (Executive Director), Andrew Feierabend (Webmaster), John Crever, Lillie Feierabend, Connie Greenwood, Rachel Grimsby, Jim Hilbie, Andy Himelick, Al Holcomb, Lindsay Jackson, Kristen McCarty, Sarah Milligan, Randy O'Keefe, Chris Anne Powers, Stephanie Schall-Brazee, Chris Tranberg, Paula Trebra, and Kim Yannon.

Dr. Feierabend is recognized as an international leader in the field of music education and is committed to collecting, preserving, and teaching the diverse folk music of our country. His research has resulted in two music curricula: First Steps in Music, a music and movement program for infants through early elementary aged children; and Conversational Solfege, a music literacy method for use in general music classes. His over 70 publications of books, CDs, and DVDs are a result of his belief that the teaching and sharing of traditional folk songs and rhymes, coupled with an understanding and enjoyment of classical music, builds a community which binds multiple generations through shared musical experiences.



You are invited to become a member of FAME! Join the founding members and the growing association of people dedicated to the goal of having tuneful, beatful, and artful students, families, friends, and communities! Bookmark and share www.feierabendmusic.org to learn more about FAME. Our "under-construction" site is up and running and will continue to add new information. Please check it periodically for updates.

Start Spreading the News! www.feierabendmusic.org

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