

## Introduction

I am glad you are looking into teaching your child/children more about music. Music is a God-given gift, and praising Him is a joyful thing to do.

Scriptures say:

*“It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O Most High: To shew forth thy lovingkindness in the morning, and thy faithfulness every night, upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound. For thou, Lord, hast made me glad through thy work: I will triumph in the works of thy hands.”*

**(Psalm 92:1–4, KJV)**

*“Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with timbrel and dancing, praise him with the strings and pipe, praise him with the clash of cymbals, praise him with resounding cymbals.”*

**(Psalm 150:1–5, NIV)**

Apart from the instruction to make music unto the Lord, it is well known that music has an extraordinarily positive influence on the development of a child; by spending time with music, children improve their social skills, increase their IQ quotient, and show higher results at school.

Especially during kindergarten age, children are especially receptive to any type of music, so the more styles you introduce, the better; the more fun and enjoyment you provide for the child when teaching music, the better.

So, the main focus in this series of lessons will be for children to enjoy music. They will find out how their own body can operate like an instrument and have fun trying to find out different sounds they can make. They will hear a little more about a few instruments and then learn that there is a classification into several instrument families, just like they are part of a family. After reviewing what they have learned, they will look more in detail at three well-known instrumental pieces. The children will furthermore learn the difference between rhythm and beat and get to have fun with different rhythms and beats.

Most lessons include one or a couple of work/activity sheets for the child. Worksheets mentioned in the lesson plan are highlighted in orange text color.



## Lesson 1 – My Body Makes Noises – Just Sing

### Objective:

During this lesson the child will learn that their own body is a “musical instrument”  
They will, furthermore, listen to a number of music pieces

### Lesson Content:

- My body is an instrument
- I can listen to music
- I can make music

### Materials needed:

- Internet connection  
(No further materials needed)

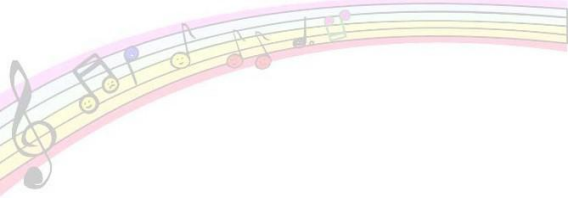
### Procedure, Lesson Plan notes:

1. Tell the child that our bodies are an amazing creation of God and that each body can make different noises or release sounds, just like a real musical instrument.
2. Next, talk with the child about different parts of their body and try to make a sound with each of them (e.g., clap your hands, stamp your feet, tap your legs, hum a melody, etc.).
  - a. When producing different noises with their bodies, let them switch between being loud, and quiet, and moderate. Spend between 15–20 minutes exploring what sounds your body can make (if the child has difficulty finding options, help them by giving them clues).
  - b. You could possibly do it similar to this: “*Can you tell me one part of your body?*” (Child answers, e.g., with “*Hands!*”) “*Well done! Now, can you make a sound with your hands?*” (Let the child try to find a way to make noise with their hands.) “*Good job!*” If the child doesn’t manage to think of a way to make a sound with the body part they mentioned, ask them to close their eyes: “*I’d like you to close your eyes and open your ears! Listen carefully to the sound I am going to make.*” \*clap, clap, clap\* “*Did you hear that sound? What could that have been? Which part of the body did I use to produce this sound? Listen again.*” \*clap, clap\* “*Can you guess what that was? Yes, I clapped my hands! Can you also clap your hands? When do we clap our hands?*” (etc.)

3. Find a song to which the child can move their body. If you’re confident and happy to sing the song with the child, please do. But you can also use the Internet. YouTube has a vast choice of children’s songs also showing actions which your child can move to and sing.

Song suggestions with movements:

- “If I Were a Butterfly”
- “He’s Got the Whole World in His Hands”
- “My God Is So Big, So Strong, and So Mighty”
- “If You’re Happy and You Know It”
- “Head, Shoulders, Knees, and Toes”



## Personal Notes & Questions:

Body part suggestions (these only serve as suggestions; you can expand your ideas however far your creativity goes):

- **Nose:**  
breathe deeply in and out, breathe quickly or slowly, blow nose, sneeze
- **Mouth:**  
blow, make sounds, sing, shout, talk, whisper, etc.
- **Lips:**  
whistle, snort like a horse
- **Tongue:**  
flick the tongue
- **Hands:**  
clap, tap other body parts or objects, knock, rub your hands against each other
- **Fingers:**  
snap, tap on the table or on your laps
- **Stomach:**  
when you're hungry or have a lot of air stored up in the stomach, it makes noise
- **Feet:**  
trample, hop, tap, etc.
- **Toes:**  
tap your toes or your heel against the ground, drag your toes across the floor, etc.