

ENCORE VOCAL PROGRAMME

3rd – 6th CLASS



As we move into the summer months, after these difficult times may we find enjoyment in the weeks ahead and may we all be in a much better place come the autumn. Here is a lovely upbeat way to end our school singing year together.

This song has become a beloved song worldwide since its release by Cyndi Lauper in 1986 and its reassuring lyrics encourage us to be our “**true selves**”.

The exquisite prose lyrics were written by Billy Steinberg and Tom Kelley to celebrate all the diversity and individuality that make the world great.



The meaning behind the song ‘**True Colours**’ is about “not being afraid to show your true colours”, in other words, to be yourself. It talks about how life can be tough and hard to bear but instead of changing yourself to try to fit into society, you should just be yourself, unique - a very important message in society today.

The language technique used through the song is repetition – repetition of the words “True Colours” and “Shining” which is used to emphasise their importance and

significance in the song.

Watch either of these beautifully animated lyric videos:-

- ✚ Justin Timberlake/Anna Kendrick (2016 Video) <https://youtu.be/la0-5QFLr14>
- ✚ Cyndia Lauper (2019 lyrics Video) <https://youtu.be/2ecaYj14z3M>
- ✚ Virtual Choir Performance: Campden Voices: https://youtu.be/lqWQCWc_zCc
- ✚ Brother & Sister Duet: Joshua and Erin Evans <https://youtu.be/PR3Rzmr9lqg>
- ✚ BBC Children in Need: Glasgow Children’s Choir: <https://youtu.be/MVf2zDSYhYc>



Over the last four months – a host of songs and parodies have popped up everywhere about the virus, life during a pandemic and quarantining *the spoonful of sugar we all need right now!* – some have even gone viral. Parody refers to updating a song for your own purposes and the times, and more often than not are a bit silly and a good belly laugh.

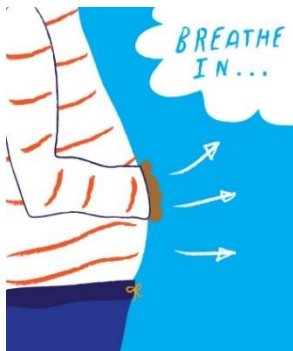
The instigation and inspiration for “Corona Drama” comes from our own super talented singer, song-writer, Carrie Haskins whom you will be familiar with now and we acknowledge and say a million thanks to her for her super technical and video editing skills and for envisioning this for us all .

And so for our final week of the programme the team are thrilled and delighted to share with you our version of “Corona Drama” a parody on “Winona Ryder” by Picture This, who have granted us permission.

Enjoy “Corona Drama” Parody: <https://youtu.be/NrAN2zp9hkQ>

MINDFULMAZING

tuning in to what matters most



Here is the last collectable our Breath cards – No. 4 “Belly Breath” Diaphragmatic breathing, also known as “belly breathing”, is a calming exercise that both children and the grownups in the household can practice together to relax and feel grounded, and one that children even as young as three can practice.

Belly breathing is natural to all mammals, including humans. It’s a state of deep breathing that’s controlled by a large muscle in our abdomen called the **diaphragm**. Breathing deeply involves more of the body – the diaphragm contracts and both the belly and chest cavity expand. Belly Breathing reduces our heart rate and triggers a Relaxation response – it slows us down!



Children and grownups alike can include belly breathing as a regular part of your life routine, such as bedtime. With practice, it can become a familiar strategy that can be used at any age.

Follow the instructions on the card and in the **BELLY BREATH MEDITATION** video with Marian: <https://youtu.be/Q2vpjK7rh4>

(using headphones or earbuds will greatly enhance the sound resonance quality of the listening experience)

BELLY BREATH



- TO BEGIN: FIND A SMALL STUFFED ANIMAL OR SMALL PILLOW
- LIE ON YOUR BACK WITH YOUR LEGS STRETCHED OUT, YOUR ARMS BY YOUR SIDES (I LIKE TO DO THIS ON THE BED, BUT YOU CAN ALSO DO THIS ON THE COUCH OR THE FLOOR)
- CLOSE YOUR EYES OR LEAVE THEM OPEN
- PLACE YOUR SOFT STUFFED ANIMAL OR PILLOW ON YOUR BELLY

PROCESS

- BREATH **IN** THROUGH YOUR NOSE OVER THE COUNT OF 4 AND BREATH **OUT** THROUGH AN OPEN MOUTH OVER THE COUNT OF 4
- AS YOU BREATHE IN AND OUT, THE ANIMAL WILL MOVE **UP** AND **DOWN** ON YOUR BELLY.
- IF YOU FIND IT HARD TO KEEP YOUR MIND ON YOUR BREATHING SILENTLY SAY THE WORDS “**UP**” EVERY TIME THE ANIMAL MOVES UP AND “**DOWN**” EVERY TIME THE ANIMAL MOVES DOWN.
- CONTINUE TO BREATHE IN THIS RHYTHM BREATHING **IN, IN, IN**, BREATHING **OUT, OUT, OUT**

*No. 4 of 4 Breath Meditation Cards
(cut out and collect all 4)*

MAKING CONNECTIONS

COMPLIMENT DAY

We missed the National Compliment day on 24th January but why not any day as a **FAMILY COMPLIMENT DAY** - Whether it's big or small, everyone feels a bit better when they receive a compliment! For some, compliments roll off the tip of the tongue, for others, they are not natural.

It is good to appreciate people every day but let's create an intentional opportunity to give someone we love a compliment. Compliments are gifts than can be both given and received by anyone for free. So this is a lovely opportunity to surprise one of your family with your own personalised "**compliment**" - to leave some nice kinds words and an autograph all at the same time!.

Perhaps you have a hard time thinking of compliments! To give you a little inspiration here's a list of compliment starters:

- It was nice of you to...
- I think you...
- Thank you for all that you do...
- You are good at...
- I like the way you...
- Good job...
- You worked really hard at...
- I like the way you...

On pages 3 and 4 you will find the off-line activity to create your very special compliment.



For now, schools out and for many of you, this will be the last "**Keep on Singing**" handout of the term! We do hope you have enjoyed the videos and activities we shared with you, as much as we have enjoyed making them. We would still love to hear from you about what you have enjoyed and what you have been doing musically while you are at home : musicgenerationcarlow@kcetb.ie

We really hope you will keep singing and moving over the holidays and hope we can see you all soon in September to get back to singing together as soon as possible!

Marian

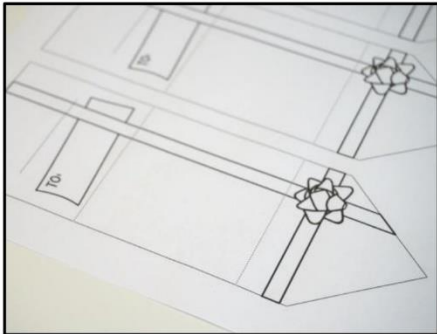
Carole Haskins

Joseph

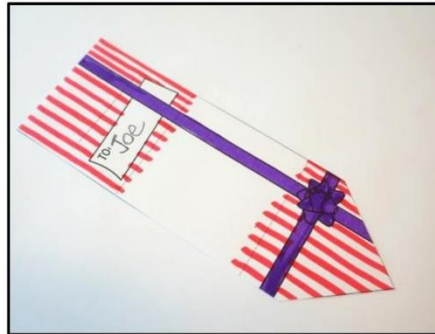
Ali

COMPLIMENT DAY

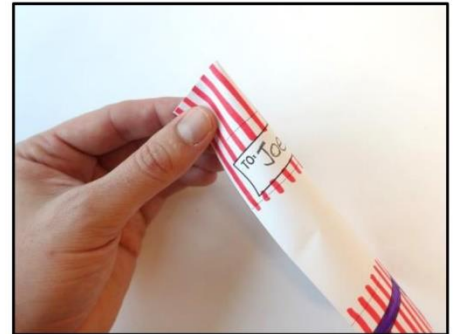
INSTRUCTIONS



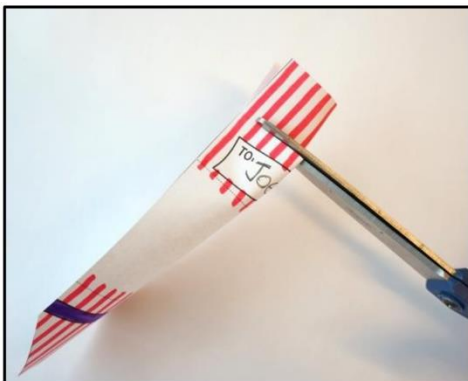
Cut out the six "gift box" templates.



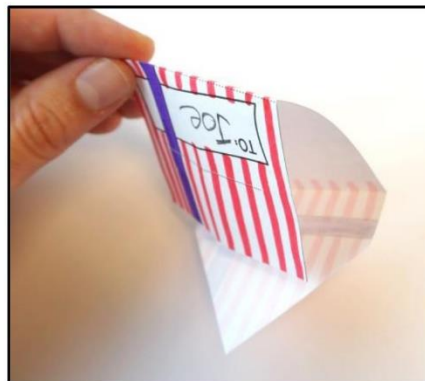
Decorate each gift box and write the person's name.



Gently fold length-wise. Do not crease.



Snip along the dotted line.
*Do not cut all the way across.
Then flatten back out.

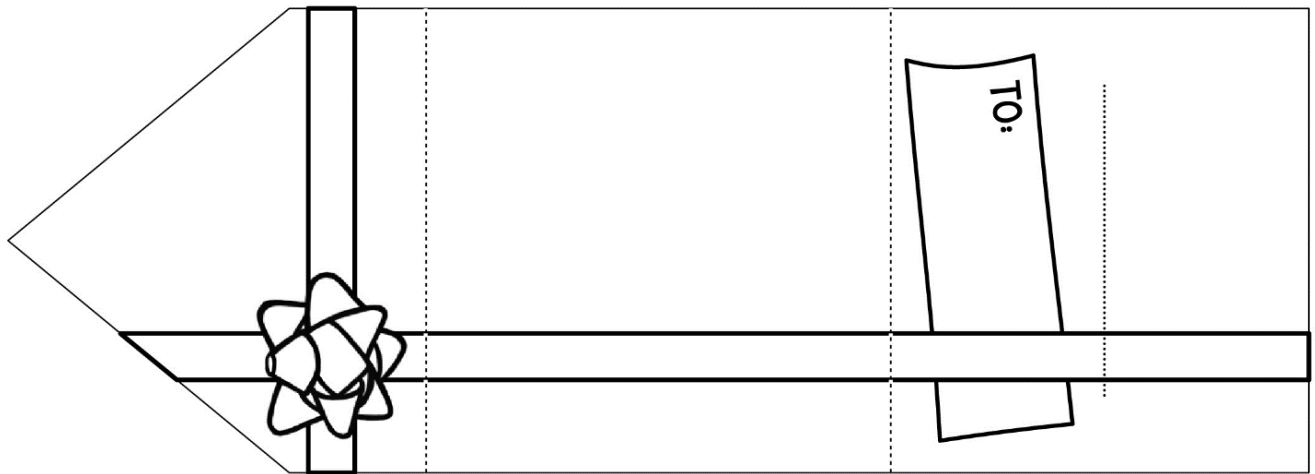
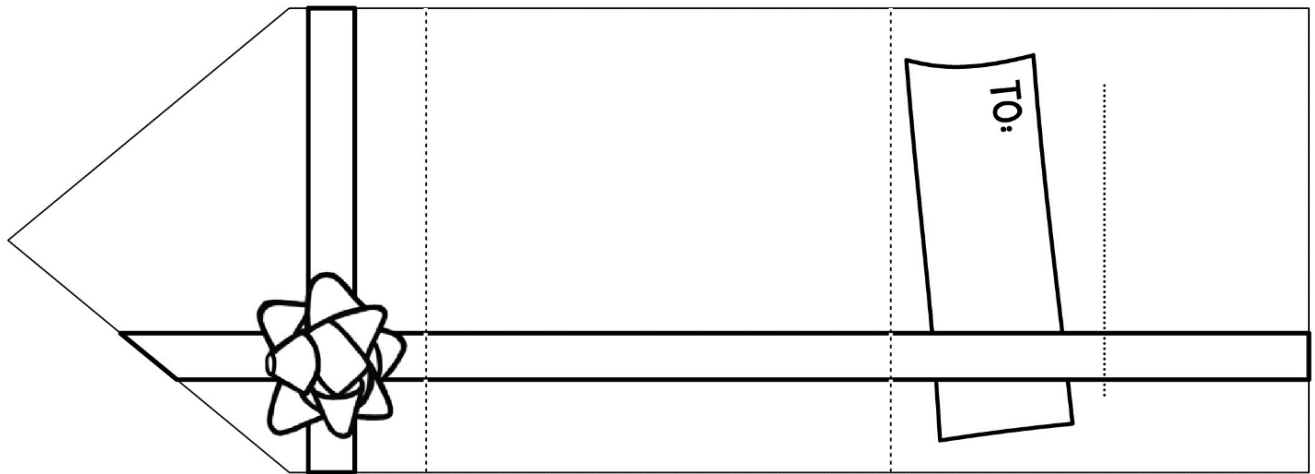
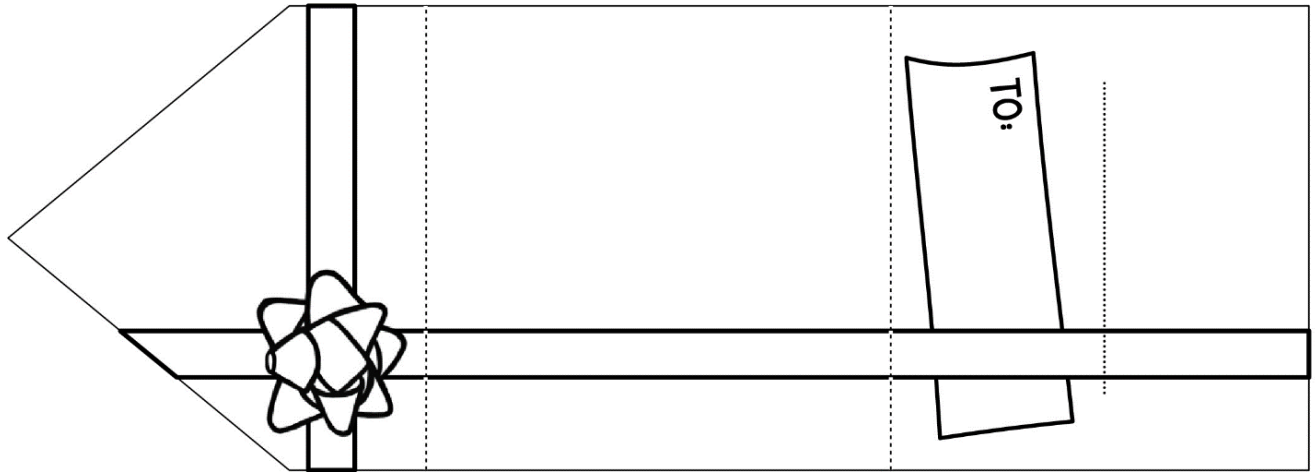


Fold along the two dashed lines. Crease.



Write the compliment on the blank side. Be detailed and positive!





DIRECTIONS:

1. Color the gift boxes, ribbons, and bows. Fill in the "To" tags.
2. Cut out each gift box. Cut along the dotted line to make a slit.
3. Write the compliments on the blank side.
4. Fold along the dashed lines. Tuck the point into the slit to close.