Music Fundations

for Strings

A Music Activity Book Infused with Social-Emotional Learning Lessons

Scott Lang & Robert Sheldon
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“It is hard to fail, but it is worse never to have tried to succeed.”

–Theodore Roosevelt
Hey! I’m Brayden, and my friends and I are super excited that you are here. We know that this is a crazy and exciting time — you have a new instrument, new friends, and are learning to read music. It’s a lot! But don’t worry. We’re here to help.

Whether you are at home or school, our job is to help show you how amazing orchestra is and how much fun you can have playing an instrument. It’s not always easy, but it is totally worth it.

As you grow older and your skills improve, you will be able to do awesome things like play cool music, perform at concerts, and make some excellent music with friends. You’ll be so glad you chose to be in orchestra. The fun is about to begin, and we’re excited for what lies ahead for you!

So, let’s get started!

Brayden

THREE MAIN POINTS OF THE BOOK
Hey everyone, it’s me Tanisha, and I am so excited to help you get started. First, you should know that there are three things we’re trying to help you accomplish with this book:

**Become a better person**
As a part of this book, we’re going to teach you about yourself while you learn to play your instrument. The goal is to have many “aha” moments as a musician and student. In order to do that, you have to be willing to work on yourself as much as, if not more than you work on your instrument.

**Become a better musician**
Music is a way for you to express yourself and your individuality. It will take time and effort. You and your instrument are not something that can be mastered in a period of hours, days, weeks, months, or even years but in the end, it will be worth it.

**Have fun**
This workbook is designed to be FUN. Making music should be fun. Being a kid should be fun. So let’s put it together and have some FUN! When you come to class or play your instrument, come with a great attitude. Invest in the experience. After all, it means you’re investing in yourself! In answering the questions, don’t try to impress anyone with “the right answer.” You are a unique person with unique perspectives, and your thoughts and beliefs as a musician and leader should be reflected in these activities.
“If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music.”

– Albert Einstein
Hey everyone, I’m Rexi. Why is there a dog in a string method book? ‘Cause dogs make everything better. Maybe instead of asking me “why is there a dog here?” I should ask you, “Why are you talking to a dog?” Since you are willing to talk to a dog, would you be willing to talk to your instrument? In order to have a proper conversation, we need to start with a name and some personality traits.

<table>
<thead>
<tr>
<th>Funny</th>
<th>Shy</th>
<th>Weird</th>
<th>Brave</th>
<th>Cool</th>
<th>Friendly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby</td>
<td>Little Child</td>
<td>Teen</td>
<td>Young Adult</td>
<td>Adult</td>
<td>Senior Citizen</td>
</tr>
<tr>
<td>Genius</td>
<td>Super Smart</td>
<td>Smart</td>
<td>Average</td>
<td>Below Average</td>
<td>Tree Stump</td>
</tr>
<tr>
<td>Animal</td>
<td>Zombie</td>
<td>Villain</td>
<td>Super Hero</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

My instrument’s name is: _______________________________

Its favorite food is: _______________________________

Its nickname is: _______________________________

My favorite thing about it is: _______________________________

My instrument is like me because: ______________________________________________________

My instrument is different than me because: ______________________________________________

If my instrument were a fictional character it would be: ______________________________________

Use this space to describe your instrument in as much detail as possible:
_______________________________________________________________________________________________
_______________________________________________________________________________________________
_______________________________________________________________________________________________

Now introduce your instrument to the person to the left and to the right of you or a family member at home!

Parent/Guardian Initials _____
Know Where You Started
Hey there, my name is Amir and I play the violin. The only way to know how far you have gone is to know where you started. Answer the questions below so we can measure how much you grow.

As of today, this is where I am in my musical journey:

1  2  3  4  5  6  7  8  9  10
I cannot read notes  I can read notes a little  I can read notes very well
1  2  3  4  5  6  7  8  9  10
I cannot read rhythm  I can read rhythm a little  I can read rhythm very well
1  2  3  4  5  6  7  8  9  10
I cannot play my instrument  I can play my instrument a little  I can play my instrument very well

Why did you decide to join orchestra? _____________________________________________
_______________________________________________________________________________________________

What did you know about music before joining? _____________________________________________
_______________________________________________________________________________________________

What did you want to learn this year? _____________________________________________
_______________________________________________________________________________________________

What’s the most important thing to you about music? _____________________________

What worries you the most about being in orchestra? _____________________________

What excites you the most about being in orchestra? _____________________________

Are you interested in being an “orchestra leader?” YES NO
This is someone who helps out before, during and at the end of class.

Learning an instrument is like learning a new sport and a foreign language all rolled into one. While you will start quickly and make steady progress, becoming truly proficient can take years, so be patient with yourself.
TREMOLLO

A tremolo is when you play the same note repeatedly by quickly moving the bow back and forth over a very short distance. The effect sounds like a musical tremor.

1.5 Beekeeper’s Blues

Use your tremolo bowing to create a buzzing sound on the notes indicated.

Slow swing

Hey there, my name is Elise and I play the viola. You might not know it just by looking at me, but I sometimes struggle with Autism. It’s a developmental disorder that sometimes makes it difficult for me to interact with others socially. I am just as smart as everyone else, but sometimes I don’t know what to say or how to act around others. I also get fixated on certain things and can’t focus on much else. For me, it’s BEES! They are sooooo cool.

Did you know that bees are some of the hardest working species on the planet? Their leader, the Queen can lay as many as 2,500 eggs a day, while the worker bees forgo sleep for motionless rest. They can fly as much as one and a half times the circumference of the earth in their eight-week lifespan. The thing I think is so interesting is that the leader (Queen) works just as hard as the follower bees, and that the follower bees work so hard to do their part to serve the entire colony. They are the hardest working animals ever!

Can you name another animal family that has such a dominant leader and hardworking followers?
STROLLING STRINGS

Learn and memorize this song so you can be a part of the Birthday Strolling Strings! Your teacher will send you out to surprise people on their birthday. It might even come in handy around the house!

1.18 Happy Birthday to You

Get together with a friend (or 2 or 3) and divide up the parts!

PART A

Check when you can play a part. A ____ B ____ C ____ D ____

PART B

Check which part you are going to memorize. A ____ B ____ C ____ D ____

PART C

PART D

Check which part you are going to memorize. A ____ B ____ C ____ D ____

Enrichment Activity: Play for a family member’s birthday.

Parent/Guardian Initials ______
A duet is a musical performance by two people. Did you know that learning and playing a duet is a lot like working with another person in life? You have to pay attention, react and respond to one another. You are both striving for the same goal and want to achieve it in harmony (sorry, bad string humor). Let’s just say that you both have to give your best effort for it to sound and feel good.

In the previous unit we talked about what type of person you are and how you viewed yourself. In this unit, we’re going to figure out how to best work with others, both as a person and as a musician.

Answer the following questions as honestly as possible.  
You will not be asked to share with others.

I am considerate of others: not often  sometimes  most of the time  always
I am empathetic (understanding): not often  sometimes  most of the time  always
I make choices with others in mind: not often  sometimes  most of the time  always

“Music can change the world, because it can change people.”
– Bono
MORE THAN ONE WAY TO PLAY

Ok, this is where it’s gonna get a little bit CRAZY, so get ready. By now, you have already experienced different ways to play music (air bowing, pitzing, tremoloing, etc...) and you have also learned to read music forward and backward (retrograde). Now we are going to add ways to read your music up and down and as one or two separate lines. This is going to be FUN!

Listed below are different ways we can practice the following 4 bar exercise.

Forward Linear: A1, A2, A3, A4, B1, B2, B3, B4
Downward: A1, B1, A2, B2, A3, B3, A4, B4
Upward: B1, A1, B2, A2, B3, A3, B4, A4
Down-Up (U-shape): A1, B1, B2, A2, A3, B3, B4, A4
Up-Down (Upside down U): B1, A1, A2, B2, B3, A3, A4, B4
Criss-Cross: A1, B2, A3, B4 (1/2 of the group plays top line first then switch)
Retrograde Linear: A4, A3, A2, A1, B4, B3, B2, B1

When you combine WHAT we play (the music, line assignment and pattern) with HOW we play it (board slapping, tremoloing, etc.) the possibilities for each exercise are virtually endless. Now let’s try it with some real music!

2.2 Every Which Way
3.1 It Takes All Kinds

Although these parts are all different from one another, work together to create a good performance.

GETTING ALONG WITH TEACHERS AND ADULTS

Teachers - some I love, others, not-so-much. One thing is for sure, they are here to stay! Beyond your relationships with your peers, there are the relationships with your teachers, staff, and administrators as well. If you get along with all of your peers but not the adults on campus, then you will struggle at school.
During debates and disagreements, sometimes people go round and round because they want to have the last word. They aren't saying anything to help the situation; they are arguing just to argue. The bigger person knows when to walk away and stop the circle and cycle of anger so they don't go round and round while getting nowhere.

3.12 Round and Round We Go

This popular round, *Dona Nobis Pacem* is presented here on a round staff! Place this on a table and walk around the music to read it. Every player should start at the number 1 and proceed around the table twice until the piece is finished.
JAZZ AND SWING

Like, Amir, I like me some rock and roll, but being a cello player, jazz is what I really love. Jazz is usually done in a “swing” style and allows the musicians to improvise, which is like making up your own tune inside the song. How cool is that? How cool am I? Jazz originated in the late 19th and early 20th centuries in the African-American communities of New Orleans. Its roots are in blues and ragtime. Everyone around the world plays jazz, but it is recognized as one of America’s original art forms. Now let’s see how you swing.

4.6 Swing On By

For the best-sounding style, play staccato notes short and accented, and play “rooftop” accents as short, fat notes.

Can you name a current pop tune that has an element of swing in it? See who in class can come up with the best example.
4.7 Classically Classical

W. A. Mozart

Allegro moderato