

Social-Emotional Learning: Musical Spring

Learning Value:

This activity promotes development and learning by encouraging children to express, understand, and regulate emotion.

Materials Needed:

- ▶ The Four Seasons: Spring (Allegro) by Antonio Vivaldi (1678-1741)

<https://www.8notes.com/scores/16073.asp>

Participants:

This activity is intended for 2 or more participants/players.

Directions:

Step 1: Listen to Vivaldi's Spring. Can you hear the violin trilling like a bird in spring? How about the mountain stream, played by the violin section? Notice the thunder played by all the strings repeating the same notes quickly. Does the piece remind you of spring?

Step 2: Ask your child, "How does the music make you feel?" "How would you move your body to show how you are feeling?"

Step 3: Play the piece again. This time, dance to the music, expressing feeling with your body.

*(*Note - Internet resources suggested only for use with adult permission & supervision.)*