

Announcements & Birthdays	1
Article by Ms. Cierra	2
Musical Book Digital Source	3



Announcements

- Performance Week is Mon. May 17 -Sat. May 22. Please check with your teacher to see if there is class that week.
- Memorial Day Weekend is Sat. May 29- Mon. May 31. No classes that weekend!
- Summer session is open for enrollment. We will be offering both in person and online classes. Space is limited so register today!
- Our last Facebook Live of the year is Sunday, May 16th at 12 pm with Ms. Abby! Our theme is "Summer Picnic Party."

Questions or comments? Please feel free to contact us.

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Happy Birthday!

Lily: 5/4/2019



Favorite color: Red

Favorite book: *Fire Truck*

Favorite song: *Wheels on the Bus*

Favorite food: chicken nuggets

Favorite instrument: ukelele

Max: 5/24/2017



Favorite color: Red

Favorite song: *Funky Town*

Favorite food: ice cream

Favorite instrument: double bass



Music, of Course!- Social and Emotional Learning and Music

This has no doubt been a lemon of a year and we have managed to make (and enjoy) lots and lots of lemonade. We have adjusted (and maintained) like we have never had to before.

From abrupt shut downs to virtual...everything, there is now a dim light at the end of the tunnel. But how can we and our children come out of this healthier, happier and livelier? How can we help our children learn new skills to cope with and communicate their feelings during this worrisome time? How can we ensure that we all get through this as more grateful and empathetic people? Though music, of course!

Recently, a lot attention has been focused on Social and Emotional Learning for children. As an integral part of education and development, Social Emotional Learning (SEL) is "the process through which young people and adults apply the knowledge, skill, and attitudes, to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions" (CASEL). SEL has shown to improve social and emotional skills, academic performance, perceptions of life, social behavior and relationships. And guess what else does all of that and more? **MUSIC**, of course! As parents and educators, we have the ability to use music to help our children and students acquire these skills, preparing them for that happier, more grateful, empathetic, livelier and healthier post-COVID life.

Here are just a few things that we can do:

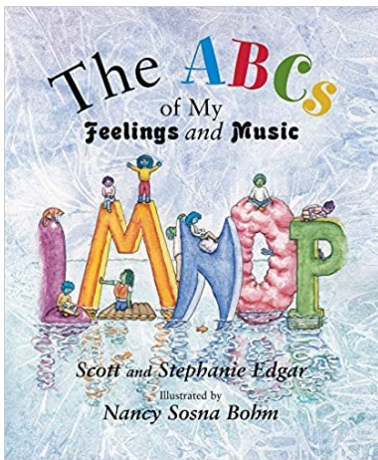
- Create spaces where children can make choices about what they sing, and listen and dance to: This creates opportunities for children to share their interests, advocate for their likes, and take ownership of their environment.
- Take a dance break: When words don't seem to be getting through, dance it out
- Sing it out: (Look above, insert "sing")
- Listen to and sing music of (and that celebrates) other cultures
- Have children reflect on how music they have listened to made them feel or what they thought about while listening
- Use music to create a cooperative community within your home : For example, create songs and/or dances using suggestions from everyone (perhaps you'll create the next TikTok viral video)
- Safely interact with other families through music: Levine in-person/online classes this summer!
- Use music to have deep, meaningful conversations with your children: What songs make you happy? What songs make you sad? What sounds do you like? (outside sounds, indoor sounds) What is the best part about singing or listening to or playing music? Is there a song that you like to sing when you are happy? Scared? Etc.
- Have your child use a song to communicate how they are feeling that day for instance: I'm feeling great: Happy by Pharrell, I'm feeling sad: Beethoven's Moonlight Sonata, etc.

Music helps develop language-processing skills in young children, can calm minds and helps children communicate when words will not. Singing and dancing and listening to music creates a nurturing, positive, and safe environment for children. Using music and dance to highlight feelings, develop empathy, and to simply care for each other, and ourselves coincides with what Social and Emotional Learning is all about. Through music, children learn to be committed to something, to work together, to persist; skills that will benefit them in all that they will grow to do! It is my hope that we are all able to use this time to focus on our social and emotional health so that we can make it through as stronger, supportive, self-reflective, and happier versions of ourselves...through music, of course!

- Cierra Staton



Musical Book

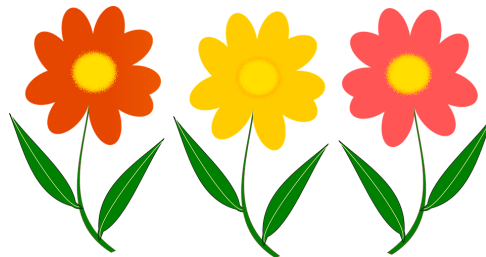


The ABCs of My Feelings and Music

by Scott and Stephanie Edgar

This book explores the link between art, music, and emotion, and is great for building an emotional vocabulary. Each page offers an emotion word in a piece of artwork, and three classical music suggestions to listen to while observing the art. Questions are also provided to engage children to share what they are thinking and feeling.

Digital Sources



YouTube Search: Quaver SEL

QuaverSEL has created songs that help teach social and emotional skills such as organization and coping with not getting your way.

WIDOPENSCHOOL
POWERED BY  common sense

Activities provided support SEL through art, music and other creative projects

CASEL is the Collaborative for Academic, Social, and Emotional Learning and can be found at casel.org.