



Volume 11 Issue 3
November 2021

Announcements & Birthdays	1
Article by Mr. Jaewook	2
Musical Books & Digital Source	3



Announcements

- **No classes** from Tuesday, 11/23 through Sat. 11/27. Happy Thanksgiving!
- The Last Four Weeks of Session 1 will be **outside or online** as determined by your instructor based on weather conditions. They will be contacting you the night before or a few hours prior to the class start time.
- Don't forget to join our Facebook group (Levine First Music) for information and updates.
- We hope you are listening to the songs through Sound Cloud. If you have any questions about it, please ask your teacher or one of us in the office below.

Questions or comments? Please feel free to contact us.

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Elizabeth: 11/11/2015



- Favorite color:** Pink & Purple
- Favorite book:** *Clifford the Big Red Dog*
- Favorite song:** *Twinkle, Twinkle Little Star*
- Favorite food:** Blueberries
- Favorite instrument:** Violin & Trumpet



Safaa: 11/22/2017



- Favorite color:** Pink
- Favorite book:** *Pinkalicious and the Pink Drink*
- Favorite song:** *Ring Around the Rosie*
- Favorite food:** Pizza
- Favorite instrument:** Guitar

Finding Mu-Reung-Do-Won

Dear Levine First Music Families!

I am pleased to introduce myself. My name is Jaewook Kim and I am a new first music faculty member here at Levine Music. I teach music classes for Pre-K to 8th grade students at a number of schools in DC and Baltimore. I am also a lead clarinet and saxophone teaching artist at the Baltimore Symphony Orchestra OrchKids.

I believe that the earlier kids are exposed to the joy of music, the greater the benefits. Music brings joy to people's lives. Music can also take you to peaceful places which is called Mu-Reung-Do-Won in Asia, meaning healing place or eutopia. We need the healing place especially during these times when we are living with the pandemic.

In order to provide the healing place to my students, I always offer meditation time in the beginning of class for both music and instrumental classes. When the students listen to the singing bowl sound, they are guided to slow down their breath. During this time, students close their eyes and focus on listening and breathing in hopes that we can reach the peaceful place.

You can go to the Mu-Reung-Do-Won at your home. Let's do it now. Set the Metronome Quarter Note at 50 BPM. Inhale and exhale to the metronome beat for 5 beats. Good job! This will guide the beat your breathing. Now turn off the Metronome and let's try with the singing bowl sound (link below at the Digital Source of the Month). Close your eyes and inhale and exhale with the singing bowl sound until you relaxed. Now turn off the singing bowl sound and try breathing in silence. You will notice that it is not silent but you will hear nature surrounding you.

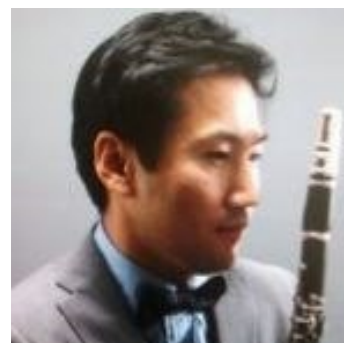
During the mediation time with students, we will follow the same method but at the end, when we turn off the sound, we listen, Our students are asked to share one thing they can hear, they come up with various replies; Sound of the wind, birds singing, rain drops, and sometimes the laughter of the next classroom.

Those sounds make us calm and take us to a peaceful place.

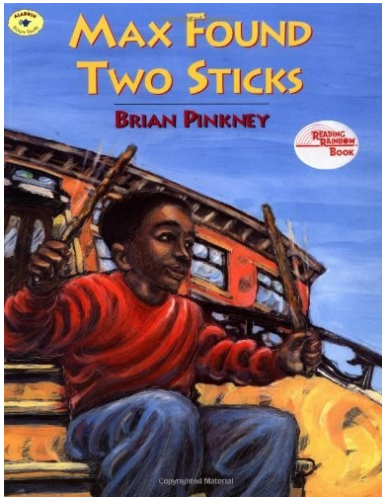
I hope you can find Mu-Reung-Do-Won at your home with your family when you try the above steps.

Happy Thanksgiving!

-Mr. Kim



Book with a Musical Hook



Max Found Two Sticks, by Brian Pinkney

Follow Max on his journey as he creates music from ordinary, everyday objects.
Notice how each object produces a different sound.
Try it yourself!



Digital Source

This month, we invite you to visit the Mu-Reung-Do-Won at your own home. Visit the links below to find the Singing Bowl Sound and the Metronome at 50 BPM.

Singing Bowl:

<https://youtu.be/Y6QTdvbuOuI>



Metronome:

<https://youtu.be/jYCpV1bhy4>

