







Activity	Fun with Music 'n Yoga Adventure: Great Rift Valley, Kenya	Level: K-Grade 4	Allison Tipler	
Learning Intentions	<ul style="list-style-type: none"> • Sing expressively, matching pitch and using proper breath support, vowel sounds, consonants, and tone production • Experience and value a variety of musical forms or pieces from different times, places, social groups, and cultures • Perform a steady beat when singing or moving • Apply the elements of music when singing, playing an instrument, and moving • Establish, reflect on, and reassess personal and group goals as musical performers, creators, interpreters, and audience members 			
Materials Needed	<ul style="list-style-type: none"> • World Map (optional) • Final Adventure Map (included in this lesson) • Yoga Mat (optional) • Found Instruments (optional) 			
Process	<ol style="list-style-type: none"> 1. Students will land on a magical yoga mat in the Great Rift Valley, Kenya, Africa. You will be welcomed with an African welcoming song called <i>Jambo Bwana</i>. 2. Next, you will magically turn into a Massai Warrior and learn the yoga poses for <i>Warrior Dance</i> 3. Finally, you will imagine that you are travelling down the Mara River while singing a Nigerian Paddling Song called <i>Eh Soom Boo Kaway</i>. 			
Extensions	<ol style="list-style-type: none"> 1.) Imagine that you are on the Mara River with your friends. What creature do you see? Cheetah? Elephant? Hippo? Create your own pose to represent this creature. 2.) Sing <i>Eh Soom Boo Kaway</i> and keep a steady beat while you sing. Search in your house and for a "found instrument" (e.g., plastic bowl and wooden spoon). Watch the video a second time and instead of rowing the boat- keep a steady beat on your found instrument. 			
Assessment	Skill	All the time	Sometimes	I have trouble
	I can perform the actions for the song "Jambo Bwana" and I can keep a steady beat during the song.			

	<p>I can find "found instruments" in my living area and keep a steady beat while I sing "Eh Soom Boo Kaway".</p>	
	<p>During the song "Eh Soom Boo Kaway" I think of a new creature and create a pose to represent that creature!</p>	