

Lesson Title	Together Again	Medium	Music
Curricular Unit	Putting it all together	Lesson #	17
Lesson Goals			
Socio-emotional	Goal Setting		
Artistic	Elements of Music: • duration • intensity • pitch • timbre		
Academic	N/A		
Lesson Details (45 minutes total)			
Opening Routine	To help create routine and sooth anxiety, every class should begin with the same activity. Consider creating an opening routine that allows students to move, incorporates rhythm, and invites students to offer something (a dance move, a clapped rhythm, a silly sound) that is repeated back by either just one other person or by the whole group.		
Time:			
Warm Up	Ask students how they are feeling about their upcoming performance. Assure them that it is natural to feel anxious.		
Time: 8 mins	Ask how they might use a calming strategy before the performance. Invite them to demonstrate how they might use the calming strategy.		
Lesson Intro	Combined with warm up.		
Time:			
Brain break	Choose a brain break in the moment. Brain break used will determine whether the energy of the room becomes energized, calmed, or focused.		
Time:			
Main Lesson	Split students into their groups and switch after 8 minutes, allowing each group to rehearse.		
Time: 25 mins	Once again, provide a brain break or fun game between rehearsals.		
Cool down/Closing	Similar to the opening routine, your closing should be the same activity each day as an expected way to signal the end of the class and transition to what comes next.		
Time:			
Materials			
boomwhackers, sheet music, calming strategy songs, piano			
Lesson Rubric	Developing (1)	Adequate (2)	Excellence (3)
Social/Emotional Skill			
Goal Setting	Students were able to identify a goal	Students were able to identify a goal and develop a plan	Students were able to take steps towards achieving the plan
Artistic Skill			
Elements of Music: • duration • intensity • pitch • timbre	Students were able to successfully mimic the element as demonstrated by the instructor	Students were able to demonstrate requested elements without supplied example	Students were able to identify elements within either their own works or works of others
Academic Skill			
N/A			