Kinder Program (Appropriate Age: 2-6 years)

Xylophone and Keyboard Pitched Percussion Exercises

Name: Eight Scale Exercise

Objective: The student understands the concept of pitch and gradation of pitch through visual and oral interpretation. (Visual: Hand gestures and Bar Length with Keys). He/ She also develop skill in precision and strength.

Requirement: 8 tone Toy Xylophone and Keyboard (Try from lower bar to the upper and vice versa)

Methodology: Teach the child to play the xylophone from the lower bar to the upper. Now correspondingly play from middle C to the octave below on the keyboard. Ask the child to recognize if they are able to perceive the fall in pitch.

Explain the child that as they progressively play upwards, the sound becomes lower on the piano through action oriented explanations. Use hands or gestures (Squat, Stand and Jump) to show the gradual reduction in pitch and vice versa.

Teach the kid to play the xylophone with both sticks hitting the bar at once and progressively move forwards and backwards.

Name: Scale/Phrase Exercises (Progress from Two, Three, Four, Five, Six, Seven and Eight Scale Exercises both forwards and backwards)

Objective: The student understands the concept of pitch and gradation of pitch through visual and oral interpretation. The student begins to understand phrases through the varied note patterns. (Visual: Hand gestures and Bar Length with Keys). He/ She also develop skill in precision and strength.

Requirement: 8 tone Toy Xylophone and Keyboard (Try from lower bar to the upper and vice versa)

Methodology: Teach the child to play the xylophone from the lower bar to the upper, first two and then three, four etc. one after the other. Also repeat the same on the piano (C, D & D &C) and (C, D, E and E, D, C). Use hands or gestures to show the gradual reduction in pitch and vice versa. Teach the kid to play the xylophone with both sticks hitting the bar at once and progressively move forwards and backwards.

Name: Triad Exercises (Triad Exercises involving three notes of C major, D minor, E minor, F major both forwards and backwards)

Objective: The student understands the concept of pitch and gradation of pitch through visual and oral interpretation. The student begins to understand phrases through the varied note patterns. (Visual: Hand gestures and Bar Length with Keys). He/ She also develop skill in precision and strength. Moreover, the student begins to understand tonality through aural and visual skills.

Requirement: 8 tone Toy Xylophone and Keyboard (Try from lower bar to the upper and vice versa)

Methodology: Teach the child to play the xylophone from the lower bar to the upper, three bars of the triad one after the other. Also repeat the same on the piano. Use hands or gestures to show the gradual reduction in pitch and vice versa. Teach the kid to play the xylophone with both sticks hitting the bar at once and progressively move forwards and backwards.

In order to differentiate between tonalities portray minor scales in a negative light (gloominess, dark) and major scales in a happy mood (energy, play). Imageries help the child understand the concepts better.

This marks the end of the Xylophone Exercises

Voice Exercises

Name: Nursery Rhymes (Listening to rhymes and repeating back with hums or syllables)

Objective: The student understands the concept of pitch and gradation of pitch and the way they relate to each other through aural interpretation. The student begins to understand phrases through the varied note patterns. He/ She also develop begins to develop pitch skills and breath control. Moreover, the student begins to understand tonality in works.

Requirement: Recording of Nursery Rhymes

Methodology: Teach the child to hum and use syllables (la, pa, ba, ma) to sing the nursery rhymes. No words are to be taught in the process. This ensures that the child begins to develop a keen ear for music alone. The child makes a distinct effort to listen to the songs amidst all the background music heard in the tracks.

Links:

a. Twinkle Twinkle Little Star: https://www.youtube.com/watch?v=yCjJyiqpAuU
b. Baa Baa Black Sheep: https://www.youtube.com/watch?v=6cI0jdXDF6g
c. Hey Diddle Diddle: https://www.youtube.com/watch?v=nrd2A5ohn3w
d. Hickory Dickory Dock: https://www.youtube.com/watch?v=HGgsklW-mtg
e. Jack and Jill: https://www.youtube.com/watch?v=ecQYsQkfNPc
f. Hot Cross Buns: https://www.youtube.com/watch?v=rE3pqe_jmqc
g. Mary had a Little Lamb: https://www.youtube.com/watch?v=CkRdvGmcCBE
h. Bingo: https://www.youtube.com/watch?v=dC7tUcRCS58
i. Old Macdonald Had a Farm: https://www.youtube.com/watch?v=LIWbUjHZFTw
j. Humpty Dumpty: https://www.youtube.com/watch?v=0oKreL1jvkg

Name: Triad Exercises (Triad Exercises involving three notes of C major, D minor, E minor, F major both forwards and backwards)

Objective: The student understands the concept of pitch and gradation of pitch and the way they relate to each other through aural interpretation. The student begins to understand phrases through the varied note patterns. He/ She also develop begins to develop pitch skills and breath control. Moreover, the student begins to understand tonality in works. He/ She is also able to develop his/her vocal range.

Requirement: Arpeggio or Triadic playing on the keyboard

Methodology: Teach the child to hum and use syllables (la, pa, ba, ma) to sing the triads and arpeggios played on the keyboard. This ensures that the child begins to develop a keen ear for music alone and is able to develop his vocal range.

This marks the end of vocal exercises

Maracas Unpitched Percussion and Clapping Hands

Name: Rhythm exercises

Objective: The student understands the concept rhythms and time. The student understands different times 2, 3 and 4 and also different rhythmic patterns. The students develop concentration skills and learn attentiveness.

Requirement: A pair of Egg Maracas

Methodology: Teach the child to try the following rhythm exercises

a. First, you may try the exercises together with both the maracas
b. You may then alternate every bar between the two maracas.
c. Try different tempi, adagio, andante and allegro.

Also now try the same exercises with clapping at different tempi. (Hands Together Only)

This marks the end of maracas and clapping exercises

Kazoo Exercises (Wind Instrument)

Fun Videos: https://www.youtube.com/watch?v=oau9gtG5Om8

Name: Humming Exercises

Objective: The student understands the concepts of melody and tries to hum into the instrument the rhymes already learnt in the vocal sessions. The student understands the concept of pitch and gradation of pitch and the way they relate to each other through aural interpretation. The student begins to understand phrases through the varied note patterns. He/ She also develop begins to develop pitch skills and breath control. Moreover, the student begins to understand tonality in works.

Requirement: Kazoo (to be bought by the student)

Methodology: Ask the child to hum into the instrument the rhymes learnt previously. You may go through the same exercises as that taken in vocal sessions.

This marks the end of Kazoo exercises

Have a look at annexure that contains the sheet music for maracas and clapping exercises.

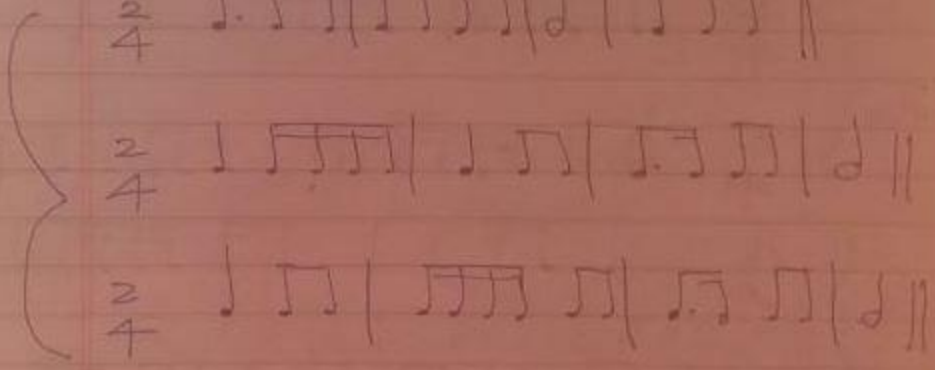
MARACAS AND CLAPPING

JUST NOTES EXERCISES (SIMPLE)

a) In 2/4 TIME (TRY ON MARACAS AND CLAPPING BOTH HANDS)

2bar

4 bar



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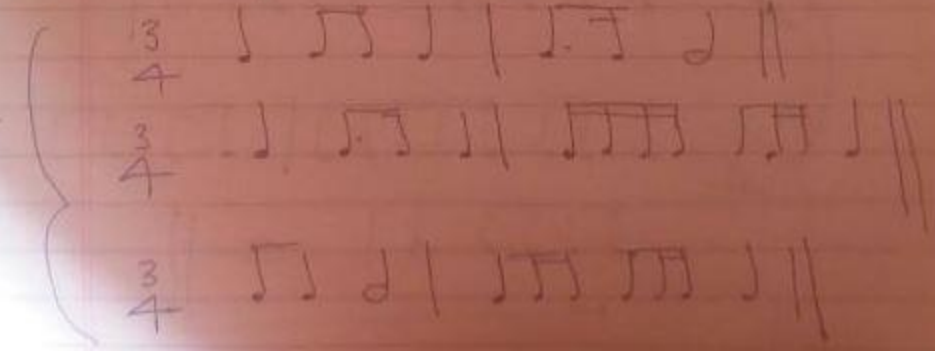
b) In 3/4 TIME

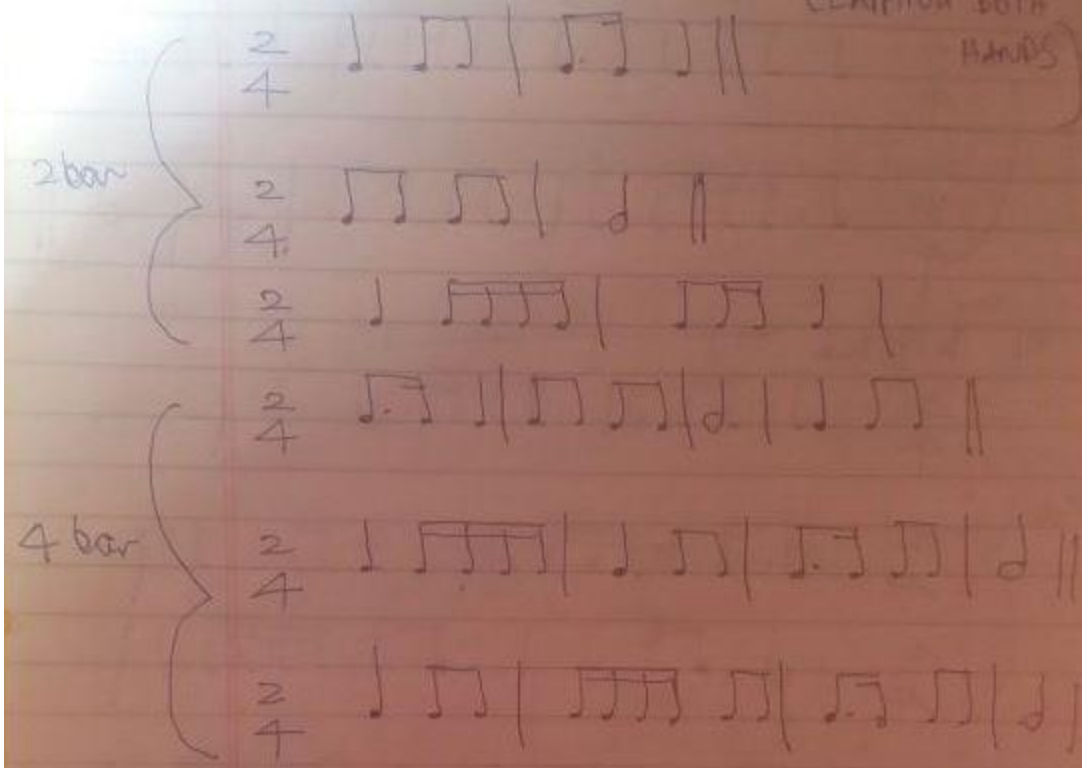
2bar



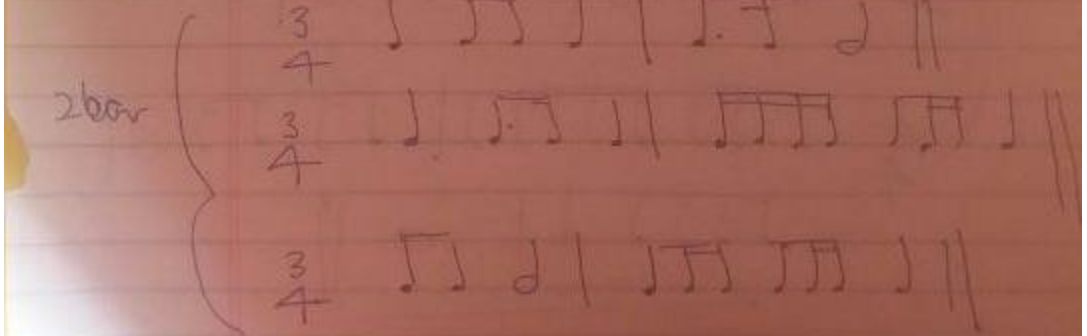
MARACAS AND CLAPPING

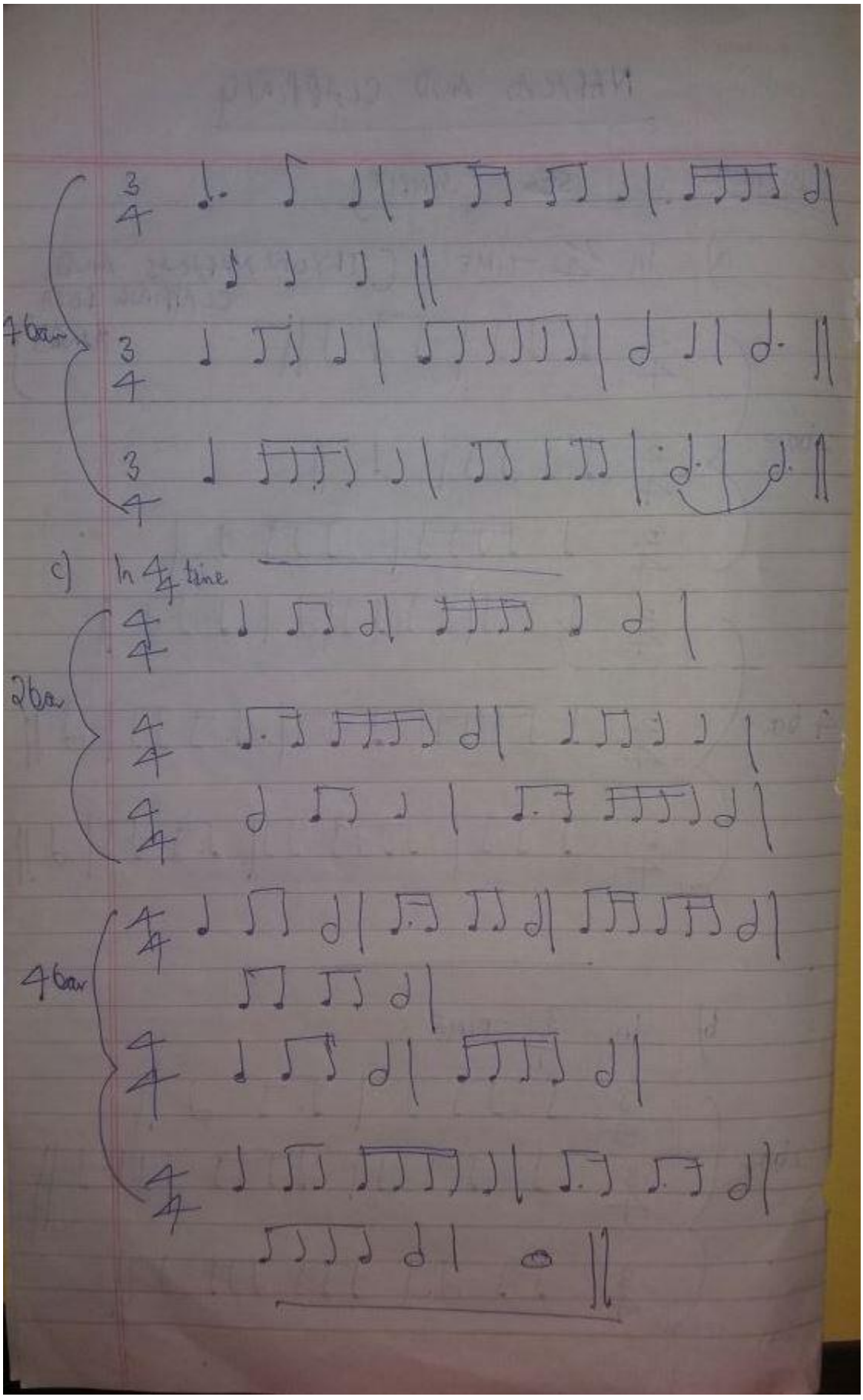
EXERCISES (SIMPLE)

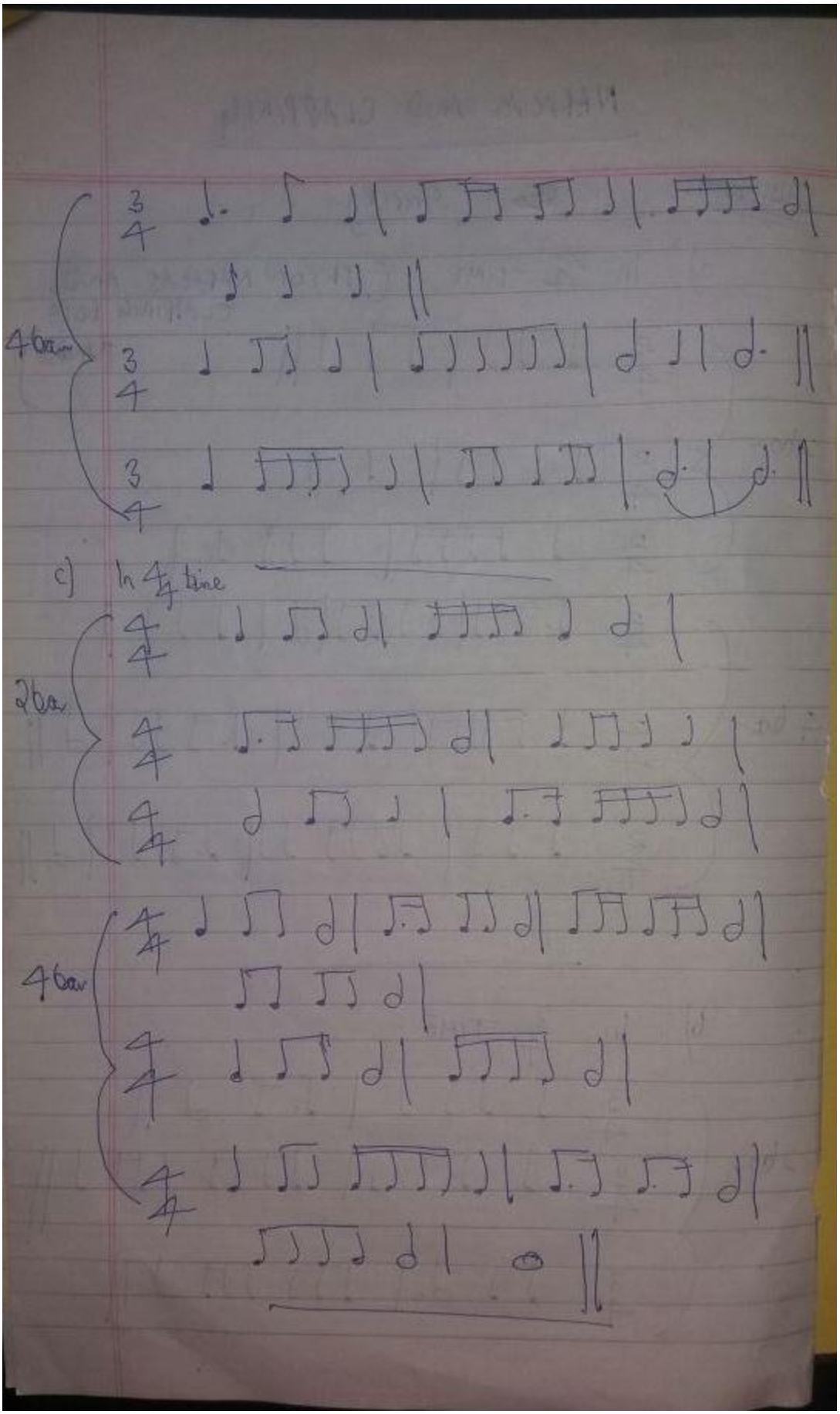
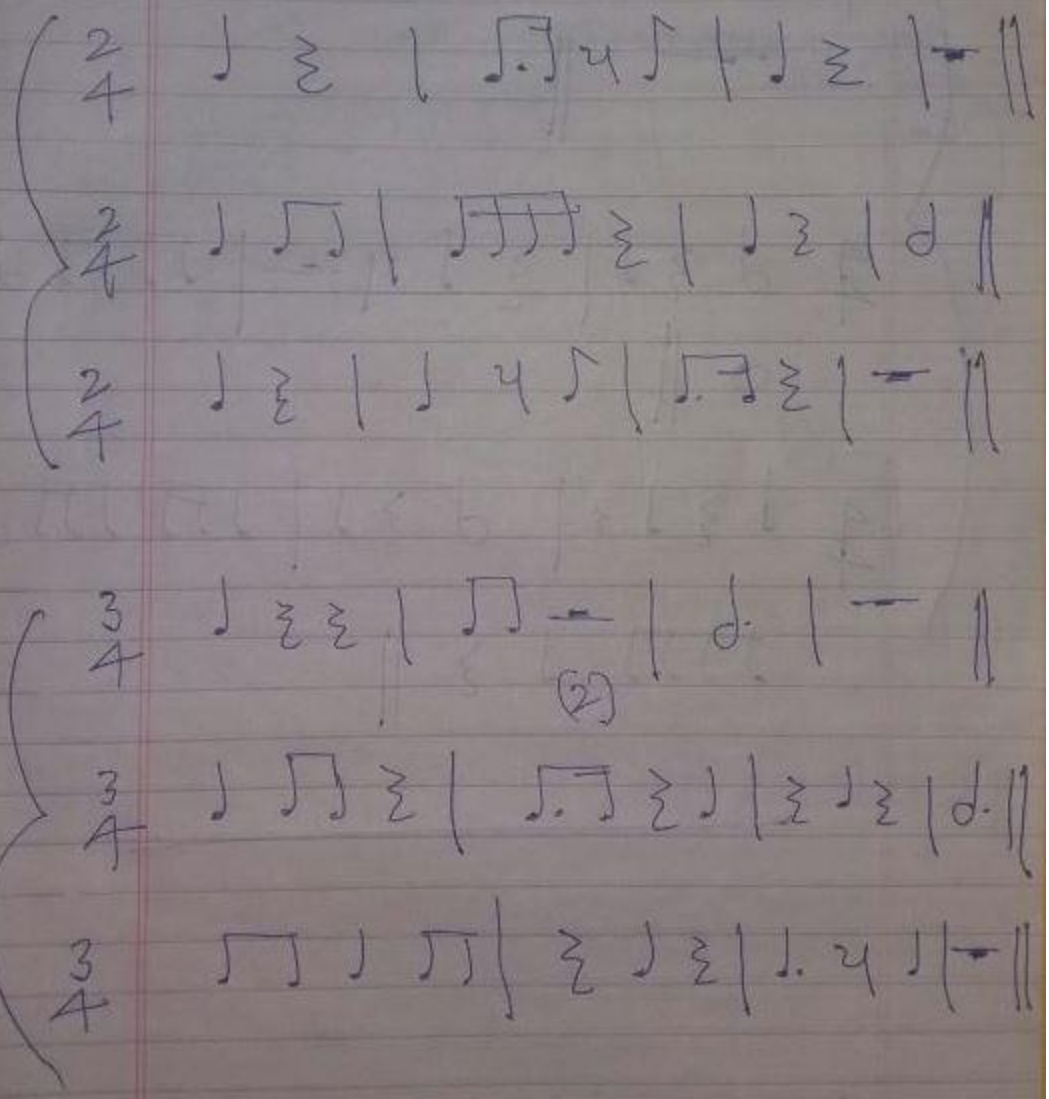
a) In 2/4 TIME (THYON MARACAS AND CLAPPING BOTH HANDS)



b) In 3/4 TIME




4bar
c) In 4/4 time
2bar
4bar


4 bars
c) In 4/4 time
2 bars
4 bars

EXERCISES - WITH RESTS