



Teaching *for*
TRANSFORMATION

Nursing Home Cardio Drumming

5th/6th Grade Music

Sarah Umlandt
Muscatine Christian Academy



Deep Hope:

“My deep hope is that you will joyfully love and serve others, using your voice, body, and talents as instruments of worship to God, our Audience of One.”





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Long Term Learning Targets:

- 🎯 I can use my God given abilities and giftings to joyfully serve others as an act of worship to God.
- 🎯 I can appreciate that we are all image bearers of God (regardless of gender, age, race, or physical ability) who should be loved and respected, because we all are loved and valuable to God.





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FLEx Learning Targets:

- 🎯 I can brainstorm and collaborate with my peers to plan and orchestrate the details of our project.
- 🎯 I can choreograph rhythms to music and document them using drumming notation.
- 🎯 I can read and perform a series of rhythms using drumming notation.



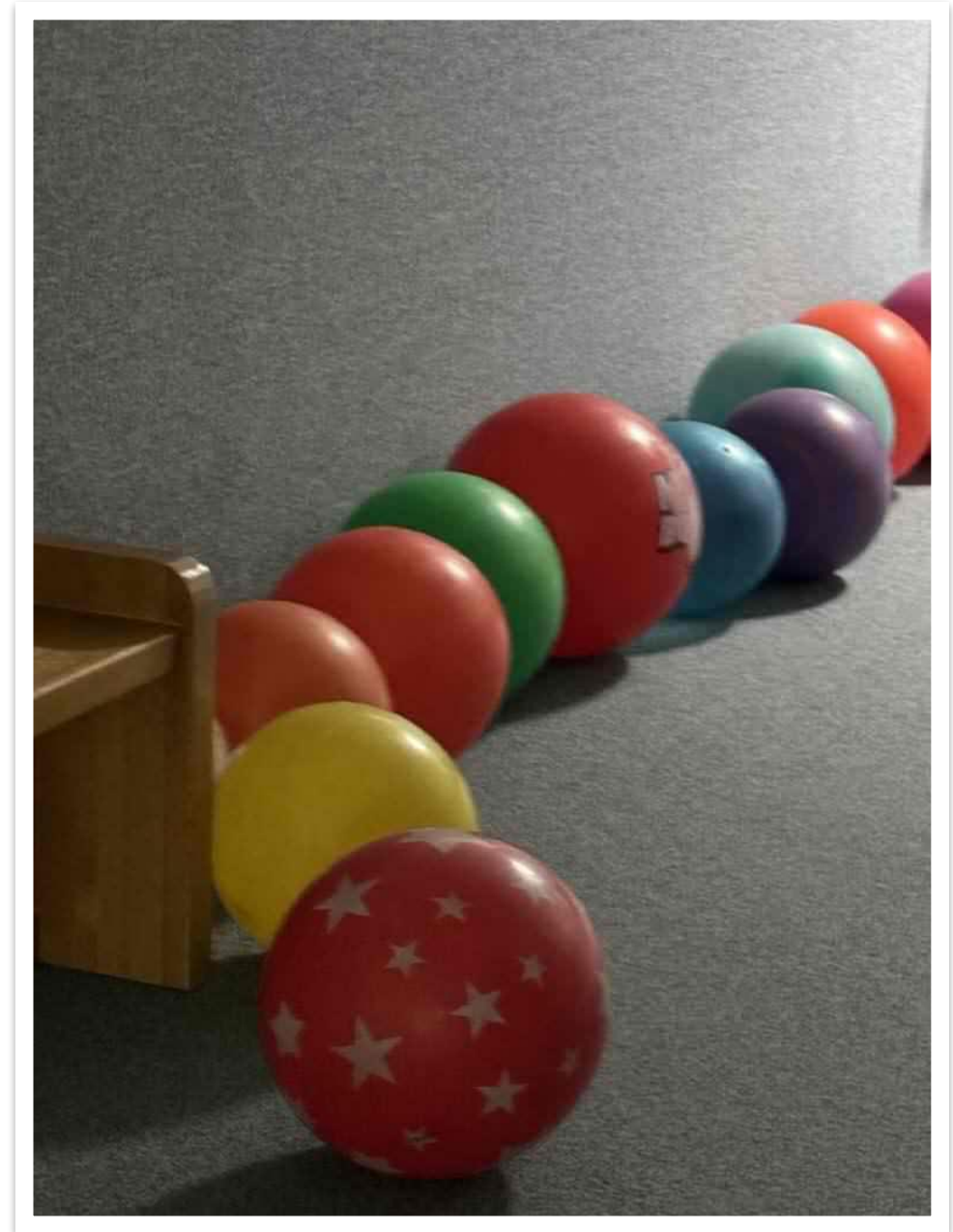


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Curricular Outcomes:

Main state curriculum standards covered during this FLEx/unit.

- Use standard/iconic notation to document personal rhythmic phrases MuCr2.1.6 (b)
- Read and perform rhythm using standard notation (MuPr4.2.5-(b))





Gracious
communicating
Students respectfully
shared and listened
to others' ideas as
we brainstormed and
discussed the details
of our project.

FLEx Project Planner

Name:

Project Vision: Putting on an exercise class for nursing home residents

Who?

Who will we be working with?

Addington Place
Luthern Living
Pearl City Place

Who will we need to contact in order to make our project a reality? Who will be contacting those people?

Parents
Pastor Dave
Nursing Home
YMCA
Dollar Tree
Fareway

What?

What supplies would we need to complete our project?

yoga balls
drumsticks
Buckets
chairs
Song list

Speakers?
gift bags

- apple sauce
- book marks
- word search book

* Bring buckets,
sticks, and balls
for us



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Courageous Designing

Students collaborated to determine what needed to be done to make our project a reality, including where we would serve, who all needed to be contacted, what supplies were needed.

Habits of Learning:



When?	
When would we like/ able to plan our FLEx project? (Date and time)	
Wed April 2nd @ 9:30 am	
Where?	How?
Where will event be held (specific location)?	How are we going to get there?
Event room at Lutheran Living	parent chaperone
Other Questions or considerations (transportation/ chaperones needed, safety concerns, etc)	
Teacher talk to Ms. Danne about permission forms and background check for parent drivers	



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Habits of Learning:



Courageous Designing
Student teams selected a song in which they choreographed an exercise routine to and documented using drumming notation. The students performed their original work for the nursing home residents during our FLEx project.

Song: *All Creatures of our God and King*
Artist:
Rhythms Written by: Genevieve and Evylin

Tempo: 75
Time: 4/4

Clicks

Intro

Right/Lf

Right/Lf

Right/Lf

Right/Lf

Top

Side

Verse 1

Repeat 2nd time

Verse 2

Repeat 2nd time

Verse 3

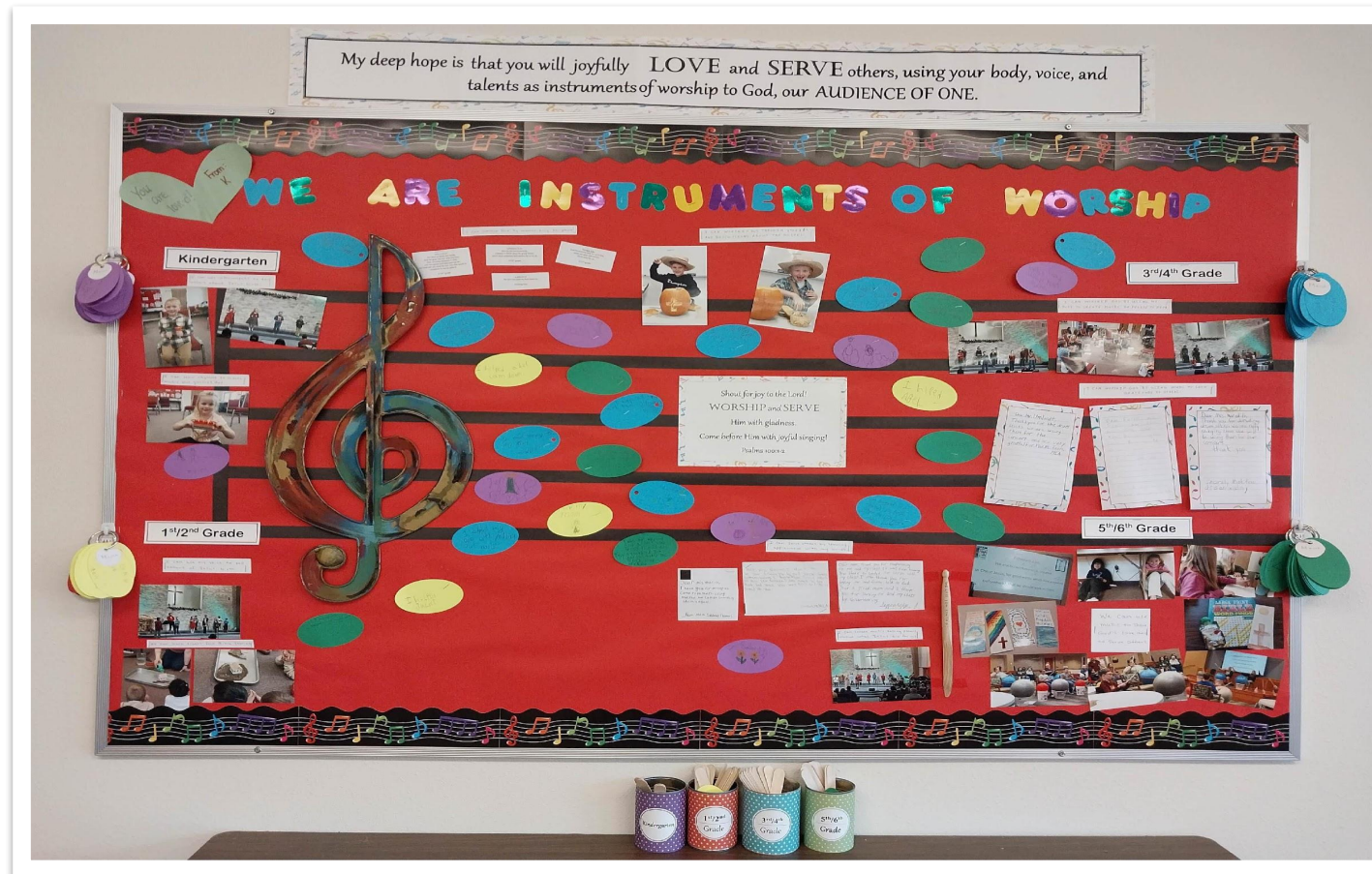
Rh and Lh



See God's Story

Creation	Fall	Redemption	Restoration
We were all created to be in close relationship with God and we are <u>all</u> wonderfully and uniquely created by God.	We are <u>all</u> born into a sinful and broken world. This sin creates a separation between us and God. Sin also separates us from others as it impacts how we perceive and interact with others.	God loves <u>all</u> of us so much that He sent his Son Jesus to die on the cross for <u>all</u> of us (regardless of gender, race, age, physical ability, or financial means) to make a way to Him that is broken by sin.	When we accept Jesus' gift of Salvation, it restores our relationship with God and we should desire to live in right relationship with each other. We should love and serve others as Jesus loved and served others.

Storyline: We are instruments of worship!





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Connecting Verse

Shout for joy to the Lord!

WORSHIP and **SERVE**

Him with gladness.

Come before Him with joyful singing!

Psalms 100:1-2



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Throughlines:

- We are all beautifully, uniquely, and wonderfully made by God. We are each precious to and loved by God. Because God loves each of us, we should also show love and respect to others.
- When we love and serve others, the way Jesus loved and served others, we are “reflecting” Christ, by helping meet real needs of real people.



Image Reflecting



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Throughlines:

I can use my God-given abilities
and giftings to joyfully serve
others as an act of worship to God.



Servant Working



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Throughlines:

Students realize that their work, whether big or small, can have a huge impact on the lives of others in our community.



Community Building



Formational Learning Experience

Real people: Residents at Lutheran Living Nursing Home

Real needs: Physical activity, social interactions, feeling loved and seen

Real work: Students organized and ran a cardio drumming exercise class and then had time to visit with the residents.

Turn the problem into an opportunity!

What is the **Deep Hope** for our project?

We will joyfully love and serve others, using our voice, body, and talents as an instrument of worship to God, our Audience of One.

Real People (What/who needs help?)	Real Need (What real needs does this group/people have?)
Elderly / people in nursing homes	Feeling lonely and forgotten physical activity
Real work (What could we do to address the real need?)	What through lines could we practice in the context of this real need?
Go lead an exercise class at nursing home and spend time with residents	Image reflector servants working community building



NURTURE & INVITE

Name: _____

What does the world say about these people?	What does God say about these people?
<ul style="list-style-type: none">• Elderly people are no longer valuable to society• they are not respected	<p>John 13:34 - We should love others as Christ loves us</p> <p>John 3:16 - Jesus loves & died for everyone</p> <p>Psalms 137:14 - We are all created by and precious to God</p> <p>Isaiah 46:4 - elderly are to be respected</p> <p>Eph 2:10 - God has work for us to do</p>

Pre-FLEx Reflection

Students were asked how society often views the elderly. We used God's Word to explore how God sees the elderly and how God might be calling us to love and serve through our project.



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EMPOWER

- Students wrote to our selected nursing home to inquire if we could hold our project at their facility
- Students wrote to businesses asking for donations for care bags they packed for the residents
- Students wrote a letter to parents describing our project and asking for parent volunteers to chaperone the event.





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Dear Dollar Tree Representative,

Our names are Greta and Ethan we are students at Muscatine Christian Academy. As a service project for our music class we want to put on a workout class for Lutheran Living. The reason we want to do this because want to show that God loves and cares for all people no matter what age or size, and that we were all created by God. We were wondering if you would be willing to help us with our project by donating 20 large print word finds. If you would be willing, our teacher knows at Sarah.Umlandt@muscatinechristianacademy.org

Sincerely,
Greta and Ethan

Dear
Lutheran Living representative.

This is Elise and Alleah from Muscatine Christian Academy. Our class is wanting to put on a little workout class for your residents. We were wondering if you would be interested in us coming to make that happen. Our workout would include drumming on yoga balls to some hymns.

We want to do this so we can love and serve like Jesus. We want to come and love your residents like Jesus loved us!

Dear Fareway Representative,

Our names are Genevieve and Evelyn and we are students at Muscatine Christian Academy. As a service project for our music class, we want to do an exercise class for the senior citizens at Lutheran Living. The reason we want to do this is because we want to serve joyfully to the community of Muscatine. We were wondering if you would be willing to help us with our project by donating applesauce so that we could give the senior citizens something after we've finished the exercise class. If you are willing to do this please let us know by contacting our music teacher at Sarah.Umlandt@muscatinechristianacademy.org We would really appreciate it!

- 5th and 6th grade.

Student letters



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Song: It is well with my soul
Artist: Andrew Assand
Rhythms Written by: Giretha and Eamon

Clicks Verse 1

Top Side

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Chorus

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Verse 2

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Chorus

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Song: What a friend we have in Jesus
Artist: Lydia Walker
Rhythms Written by: Elise and Alleah

Tempo: 140
Time: 4/4

At beginning do waves,

slow arm stretch up and over down

4

slow arm stretch side to side

4

stretch pump up side to side

4

Repeat 3 1/2

Features of our God and King
by: Genevieve and Evelyn

Tempo: 75
Time: 4/4

Right/LF Right/LF Right/LF Right/LF

X X X X X X X X

2 2 2 2 2 2 2 2

Repeat and time

Right/LF Right/LF

X X X X X X X X

2 2 2 2 2 2 2 2

Repeat and time

Right/LF Right/LF

X X X X X X X X

2 2 2 2 2 2 2 2

Repeat and time

Students chose a hymn that they choreographed an exercise routine to. They then documented their routine, using drum notation.



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Students made bookmarks that were included in the care bags, along with an applesauce pouch, and a large print word find book.



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FLEEx Project at Lutheran Living



Student Reflections:

- I enjoyed talking to the senior citizens and learning about their past. I enjoyed being active and having fun at the same time and making the senior citizen smile.
- I learned to just have fun and it's okay to mess up.
- I will never forget how our song got messed up when a different song started to play at the same time.

Student Reflections:

- I enjoyed talking to the elders and making music for them. I enjoyed seeing them smile.
- I learned how to write music and how to play music to the beat.
- I will never forget how nice the elders were.

Student Reflections:

- I enjoyed watching the residents have a good time and feel alive. I also enjoyed meeting new people and connecting with them.
- I learned that drum sticks are more fragile than I thought and that the elderly really enjoy the company of others and I like their company too.
- I will never forget 97-year-old Maryann and how she loved to color! I had the most meaningful conversation with her.



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Teacher's Reflection

This was my first FLEx project and it took much more time than I would have ever imagined. There were definitely moments of frustration and there were some days I told myself, “we are never doing this again!” But in the end, I believe it was definitely worth all the work and I think my students felt the same. It was awesome to see the students step up and step into action as they collaborated and orchestrated this project. I’ll admit it was hard for me to relinquish some of my want for control during this FLEx, but allowing the students to take the lead I believe instilled in them a sense of empowerment and ownership for their work that they could be proud of. In many of the students’ reflections they express joy at seeing the residents being happy through our FLEx and I hope that that feeling will fuel in them a desire continue to look for more ways they can love and serve others.



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How were the Deep Hope and long-term learning targets realized?

Teacher Reflections:

- Not every student is gifted in music, but it is my hope that the students realize that they each have God given abilities that they can use to be a blessing to others around them and to point them to Christ.
- Many of the students did not feel comfortable talking to the residents, but many of them expressed afterwards that it “wasn’t so bad” or even enjoyed talking with them. I hope the students realize that, despite the residents age difference they are just people like us, who deserve to be known, loved, and seen, because we are all known, loved, and seen by God.



Teacher Tips For Future Teachers

- We had planned to reach out to our local YMCA to see if we could borrow their yoga balls for our FLEx project. It was a God send that the nursing home we “just happened” to reached out to already had a cardio drumming class so they already had all the supplies.
- We spent a lot of time practicing rhythm syllables and notation so I thought it would not be too much of a stretch to do drumming notation without a whole lot of prep work. Some the students struggled with that transition so if I did this FLEx in the future, I would practice drum notation more before asking the students work independently on their choreography and notation.
- We revealed our FLEx project at our Spring Concert and the students performed a few of their pieces at the concert.



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