

Music Unfolds

Sample

By

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1st and 2nd Editions, Erik Nielsen, ed.
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About this Sample

Thanks for your interest in *Music Unfolds*, a Waldorf-true, Kodaly-infused curriculum for Grades 1 through 3 to help you teach singing, playing pentatonic flute and diatonic flute/recorder, and reading music notation. It is the *only* curriculum on the market of its kind.

The complete curriculum includes 92 songs, 92 instrumental mp3s, online access to videos for each song as well as stories, recipes, and handcrafts to help music come alive for your child according to Rudolf Steiner's principles. *Music Unfolds* was originally released in 2017 in a rolling release. It has been *completely revised* and includes a table of symbols, a glossary and complete index as well as a chart-style overview for each grade.

Music Unfolds is available in multiple formats - one volume per grade or in a compilation of all three volumes, digital only, or digital and hard copy. **Please note that hard copies will ship on or before June 30, 2018.** We also have the *Music Unfolds Songbook* for those who are beginning with Volume 3 or who are members of co-ops who need another option for owning this music. It contains just the music - not the sequence, teaching tips, games or extras. Questions? Check out our free videos section or email me at kimberly@hearthandgnome.com.



From Grade 1

"Cold Wind, Blow" (AB)

Be sure to observe the rests (i.e. the squiggles where there are no words). Your child needs to experience a silence within a musical line. Create whole body movements together. Make it fun and experiment. Is it a gentle breeze or a hurricane gale? A come-and-go gust or a wall of air? How do plants and animals respond to the wind? How about a tree, a blade of grass, a bird in flight, a duck on the pond?

Cold Wind, Blow!

K. Parsons

Musical notation for "Cold Wind, Blow!" by K. Parsons. The piece is in G major (one sharp) and 2/4 time. It consists of two staves of music. The first staff contains the melody for the first line of lyrics: "Cold wind, blow! Round and round we go,". The second staff contains the melody for the second line of lyrics: "turn - ing turn - ing round and round! Hear the fierce wind's sound!". There are rests in the music corresponding to the words "blow!" and "sound!".

Cold Wind, Blow!

K. Parsons

Musical notation for "Cold Wind, Blow!" by K. Parsons, featuring letter labels A and B above the notes. The piece is in G major (one sharp) and 2/4 time. It consists of two staves of music. The first staff contains the melody for the first line of lyrics: "Cold wind, blow! Round and round we go,". The second staff contains the melody for the second line of lyrics: "turn - ing turn - ing round and round! Hear the fierce wind's sound!". There are rests in the music corresponding to the words "blow!" and "sound!".

Super Sam is a sweet little gnome that lives in the forest. His house looks like a toadstool. He cares for many animal friends and spends time with many gnome friends.

Super Sam woke one morning to a cool breeze. "Today would be a great day to fly a kite!" He found his kite in his closet and made a few repairs. Then he made himself a breakfast of toast and peach jam. Finally, he took his pet turtle, Lola, and headed to the

meadow near Papa's house. Maybe Papa would want to join him. Papa and Sam often did fun things together and Papa loved to fly kites with Super Sam.

Suddenly, there was a big shadow on the meadow and Super Sam smelled smoke! He ran toward the edge of the forest near Papa's house. Papa was already working to put out the fire!

"What was that?!" shouted Sam.

"I am not sure, son! Something that breathes fire!"

They put out the fire and went on to fly kites all day, discussing what could have started the fire. At the end of the day, Super Sam and Papa went back to Papa's house and ate dinner.

"I am sure if it is important and something for us to worry about, the king will let us know. For now we should enjoy our beautiful autumn weather," said Papa. "What fun things are you doing this week?" he asked.

"Tomorrow I am helping Mrs. Acorn. That is always a busy job," replied Sam with a smile.



Super Sam Peg Doll

Cape and hat pattern in Appendix.

Tomato Soup

60-75 oz. tomato sauce (canned or homemade)

4 cups of chicken or vegetable stock

½ c. butter

1 T. sugar, honey, or other sweetener

Salt and pepper to taste

Blend all ingredients, bring to a boil. Reduce heat and simmer for an hour. Serve with grilled cheese.

"Suo Gan" (Welsh Lullaby) (GAB)

Suo Gan

Traditional Welsh Lullaby

Musical notation for the first version of 'Suo Gan'. It consists of three staves of music in G major (one sharp) and 4/4 time. The melody is simple and repetitive. The lyrics are: Su - o gan in the west Su - o gan sun has set! Su - o gan in the west Su - o gan sun has set! Su - o gan ver - y soon, Su - o gan shines the moon! Suo - o gan very - y soon, Su - o gan shines the moon!

Suo Gan

Traditional Welsh Lullaby

Musical notation for the second version of 'Suo Gan', which includes chord letters above the notes. The notation is identical to the first version. The lyrics are: Su - o gan in the west Su - o gan sun has set! Su - o gan in the west Su - o gan sun has set! Su - o gan ver - y soon, Su - o gan shines the moon! Suo - o gan very - y soon, Su - o gan shines the moon!

Chord letters: G A B A G A G A B B A G G A B A G A G A B B A G G A B A G A G A B B A G

One evening, Sam felt anxious. A storm was brewing, and the animals in the barn and throughout the forest were uneasy. “I wonder if this storm will bring snow?” he thought. He put on his warm sweater and headed out to check on everyone in the barn one last time. In cooler months, Sam checks his animals often to make sure they have enough straw to stay cozy.

As he neared the barn, he heard sad sounds from Mrs. Hedgehog. “Mrs. Hedgehog! Are you okay?” called Sam. Mrs. Hedgehog had had four babies in the Spring. Sadie, the youngest, still lived with her. Sadie is very small and sometimes has trouble listening to her mama.

Through her tears, Mrs. Hedgehog told Sam Sadie was missing! And now there was a storm on the way!

“Don’t worry! I will go look for her,” said Sam. First, Sam sat down and prayed. Afterward, he sat and listened. He heard an angel whisper to him, “Check the hollow log near the clearing.”

Sam hopped up and ran as fast as his little legs could carry him to the log. Sure enough, curled up in a ball, fast asleep, was Sadie! Sam climbed in, gently scooped her up, put her in his sweater, and hurried to the barn.

He arrived just as the cold rain started to fall! Mrs. Hedgehog was so happy to see Sam and even happier to see little Sadie! Sam laid the still-sleeping Sadie in her nest, and Mrs. Hedgehog sang a lullaby that her mother used to sing to her.

Needle Felted Hedgehog

See the photo tutorial in the Appendix.



Golden Milk

¼ c. turmeric powder

½ t. ground pepper

½ T. purified water

1 cup of milk, any kind, or bone broth

1 t. coconut oil

Honey

Combine the turmeric powder, ground pepper, and purified water to make a paste. Add 1/4 c. of the paste to the milk and oil. Heat, stirring constantly. *Do not boil.* Add honey to taste. Many mamas swear by “golden milk.” It is known for its powerful digestive and immune-boosting power and is a great way to settle down in the evening.



"Mother Earth With Spring Dress On" (D,E,GABD)

Model and make sure your child is experiencing the full value of the long notes. Plant some grass seed indoors. It can last throughout Spring and makes a lovely nature table centerpiece.

Mother Earth With Spring Dress On

K. Parsons

Mo-ther Earth with Spring dress on wakes her chil-dren with a song! "Wake up!

6 Wake up! It's time to play! Don your gowns in col-ors gay! Bro-ther Sun and

12 Sis - ter Rain bring new life to Earth a - gain!"

Mother Earth With Spring Dress On

K. Parsons

D B A G E D D D E G A B D D B D

Mo-ther Earth with Spring dress on wakes her chil-dren with a song! "Wake up!

6 B D B A G E B A G B D D B D E G G

Wake up! It's time to play! Don your gowns in col-ors gay! Bro-ther Sun and

12 A B D B A G D E G G

Sis - ter Rain bring new life to Earth a - gain!"

In the spring, Mother Nature wakes the seed babies in their soft earthen beds and calls them to shed their husks and come out to play. Then, they peek through the soil warmed by the sun dressed in bright yellow, red, and purple. Crocus, Daffodil and Tulip help Mother Nature put on her own pretty spring dress. Then, it is off to the gnomes to help them wake all of the rest of the seed babies.

The heavy spring rains had washed some of the seed babies away and Mother Nature needed help finding them. She decided to ask Humus, master garden gnome, for ideas.

"My Lady," Humus said. "I know a few gnomes that are very good with the soil. I will ask them to help." First, he went to Super Sam who called Holly and Toby. Humus led them hunting through the forest for little green shoots. Some seed babies were near sprouting bulbs, some were in the clearing, and some were near the castle. The gnomes used a shovel to carefully move the plants to Mother Nature's garden where she snuggled them. Soon, seedlings shot up far into the sky. Sister Rain watered them gently to make sure their little legs stayed put in the garden. Mother Nature was happy to see her garden full of happy seed babies!

Mother Earth Needle Felted Doll

Mother Earth and her green spring dress is beloved by the I teach. Make your own using the photo tutorial in the Appendix, or purchase one at www.HearthandGnome.com.



Papa's Carrot Cake

4 eggs, beaten
2 c. flour
2 c. sugar
½ t. baking soda
2 t. baking powder
1 t. ground cinnamon (or to taste)
3 c. finely peeled and shredded carrots (lightly packed)
¾ c. vegetable oil
½ c. chopped pecans, toasted (optional)

For frosting:

1, 8 oz. package of cream cheese, softened
½ c. butter, softened
2 t. vanilla
About 6 c. sifted confectioners' sugar

Preheat oven to 350°F. Grease and flour two 9" round cake pans. Allow eggs to stand at room temperature for about 30 minutes.

In a large mixing bowl, combine flour, sugar, baking soda, baking powder and cinnamon. In a separate bowl, combine eggs, carrots, and oil. Add wet ingredients to dry ingredients and stir until combined. Then pour the batter into the cake pans.

Bake for 30-35 minutes or until toothpick inserted near the center comes out clean. Cool on wire racks for 10 minutes before removing from the pans to cool completely on the racks.

To make the frosting, beat cream cheese, butter, and vanilla until light and fluffy. Gradually add the powdered sugar until it reaches spreading consistency. Frost tops and sides, then sprinkle with pecans if you're using them.

"Plainsies, Clapsies" (BDE)

Plainsies, Clapsies

Traditional



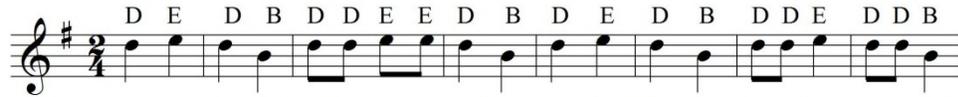
Plain-sies, clap-sies! Twirl a-round to back-sies! Left hand, right hand, toss it high, toss it low!



Touch your knee, touch your toe, touch your heel and through it goes!

Plainsies, Clapsies

Traditional



Plain-sies, clap-sies! Twirl a-round to back-sies! Left hand, right hand, toss it high, toss it low!



Touch your knee, touch your toe, touch your heel and through it goes!

From Grade 2

"Moon, Moon" (GBD)

Introduce the polarity high versus low. Use your hands to indicate pitch. Your hands should go up as the pitch goes up and down when it goes down. Ask your child to imitate your motions. When they know the song well, ask, "Where does the tune go high? (On the words "high" and "light.") Where does the tune go low? (On the words "sky" and "night.")

Moon, Moon

K. Parsons

Musical notation for the song "Moon, Moon" in G major and 2/4 time. The melody is written on a single staff. The lyrics are: "Moon, moon way up high, watch - ing o'er us in the sky. Glow - ing bright thru - out the night, In the dark - ness shin - ing light."

Moon, Moon

K. Parsons

Musical notation for the song "Moon, Moon" in G major and 2/4 time, including chord symbols above the notes. The chords are: D, B, D D E, D D E E, D B G, D D E E, D D E, D D E E, D B G. The lyrics are: "Moon, moon way up high, watch - ing o'er us in the sky. Glow - ing bright thru - out the night, In the dark - ness shin - ing light."

Adapted from a Turkish fairy tale. - K. Parsons

Gnomes are excellent story tellers and on cold winter nights, they love to sit around a crackling fire with hot cider and swap yarns. This is one of their favorites when the moon is full.

Once upon a time, a young gnome went to the well to draw some water. Before sending the bucket down, he peered over the edge into the inky darkness. There, he saw the

moon's reflection. "Oh, no!" said the little gnome. "I shall have to pull the moon out right away!" So he took a rope, fastened a large hook to one end, and lowered it into the well.

The hook caught on the well's rocky edge. Thinking he had hooked the moon, the little gnome pulled as hard as he can. SNAP! The rope broke and the little gnome tumbled cap over kettle until he landed in the grass flat on his back.

Looking up, the little gnome saw the moon shining brightly above him. "Praise be!" said the little gnome. "I will have a sore head, but I did it! The Moon is back where she belongs!"

Almond Crescent Cookies

1 c. butter, room temperature

2/3 c. sugar

1 t. vanilla

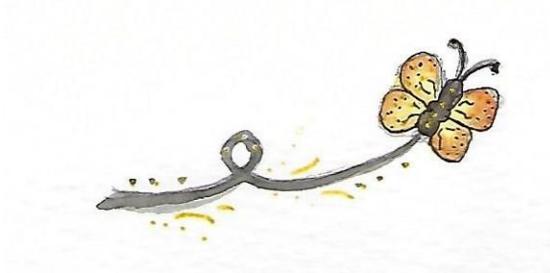
1 t. almond extract

2 1/2 c. flour

1 c. almond flour or ground almonds

1/4 c. confectioner's sugar

Preheat oven to 350° F. Line a cookie sheet with parchment. Cream butter and sugar until light and fluffy. Add extracts and mix. Add flours and mix thoroughly. Dough will be slightly crumbly. By tablespoons, roll into balls, then shape into crescents. Bake for 15-20 minutes until light golden brown. Dust with powdered sugar and serve.



"Valentine Red and Blue" (GABD)

Review polarities: fast and slow, loud and soft, smooth and jerky, same/different/similar. To turn this song into a game, pass an object back and forth. Whoever has the object at the end of the song shares something they love about someone in the family/group.

Valentine Red and Blue

Traditional

Musical notation for the first version of the song. It is written on a single staff in treble clef with a key signature of one sharp (F#) and a time signature of 2/4. The melody consists of the following notes: quarter note G4, quarter note A4, quarter note B4, quarter note G4, quarter note F#4, quarter note E4, quarter note D4, quarter note C4, quarter rest, quarter note G4, quarter note A4, quarter note B4, quarter note G4, quarter note F#4, quarter note E4, quarter note D4, quarter note C4. The lyrics are: Val-en-tine, Val-en-tine red and blue, Val-en-tine, Val-en-tine, I love you!

Valentine Red and Blue

Traditional

Musical notation for the second version of the song, including guitar chords. It is written on a single staff in treble clef with a key signature of one sharp (F#) and a time signature of 2/4. The melody and lyrics are identical to the first version. The guitar chords are: B, D, D, B-G, G, A, A, B, B, D, D, B-G, G, A, A, G.

Long ago, there lived a priest named Valentine. When the Roman Emperor, Claudius II, decided that unmarried men made better soldiers than those with families, he outlawed marriage altogether! Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young couples in secret. When the Emperor discovered Claudius' crime, he had him imprisoned. Valentine was treated most cruelly in prison, but from his cell, he wrote letters of love. He always signed them, "From your Valentine." Today we remember Valentine by exchanging cards and small gifts with those we love.

Woven Paper Heart Baskets

This is a simplified version of a traditional Scandinavian craft. They can hold small gifts, flowers, or notes. See the Appendix for a photo tutorial.



Melisa's Great-Grandma Cross' Sugar Cookies

- 1 c. lard or shortening*
- 2 c. sugar*
- 2 eggs*
- 1 c. buttermilk*
- 4-5 c. flour*
- ½ t. salt*
- 1 t. baking soda*
- 1 t. baking powder*

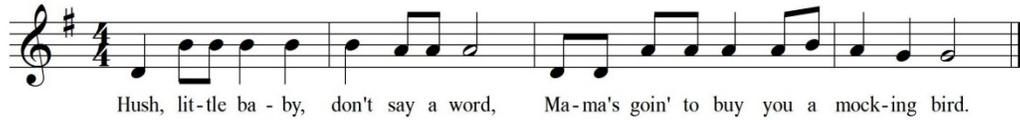
Preheat oven to 375° F. Cream shortening, sugar, and eggs. Add buttermilk. Sift salt, baking soda, and baking powder with 1 cup of flour. Add to the creamed mixture. Add remaining flour. Mix until it can be worked by hand, then roll out and cut, or drop by the spoonful on a cookie sheet. Try not to consume too much batter! It is yummy! Bake for 10 minutes.

"Hush, Little Baby" (D,GAB)

Review fast versus slow and high versus low. *Which words (or syllables) are lowest?*

Hush, Little Baby

Traditional

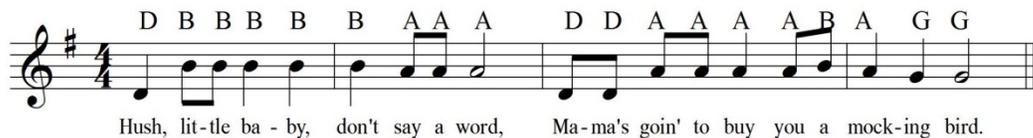


Hush, lit-tle ba - by, don't say a word, Ma-ma's goin' to buy you a mock-ing bird.

2. If that mockingbird don't sing, Mama's goin' to buy you a diamond ring.
3. If that diamond ring turns brass, Mama's goin' to buy you a looking glass.
4. If that looking glass gets broke, Mama's goin' to buy you a billy goat.
5. If that billy goat won't pull, Mama's goin' to buy you a cart and bull.
6. If that cart and bull breaks down, you'll still be the prettiest baby in town.

Hush, Little Baby

Traditional



Hush, lit-tle ba - by, don't say a word, Ma-ma's goin' to buy you a mock-ing bird.

Echo the mockingbird was stuck! She was singing the same song for the twelfth time in a row! Super Sam had listened to the song while he dressed, while he made his breakfast, while he fed Lola, and while he cared for the animals in the barn. It was a lovely song - but twelve times in a row was a bit too much!

Super Sam put something in his pocket, then went in search of Echo. She was easy to find. A crowd of gnomes had gathered at the base of her tree, all begging Echo to sing something else! Echo wasn't listening. She was busy starting a thirteenth verse! Sam sighed. The last time Echo had gotten stuck, she had sung the same song for three whole days!

“Good morning, Echo!” Sam called. “How are you today?” Echo ignored him and kept on singing. Then, Sam pulled a tiny pinecone covered in nut butter and millet from his pocket. Immediately, Echo flew down to Sam's shoulder, still singing her song. Sam ran his hand gently along her back and began singing his own soft song. Echo listened, and then began singing it with him. Then she stopped altogether and began nibbling on the pinecone treat.

The gnomes thanked Sam and everyone headed home. Sam headed home to finish his chores. As he worked, he whistled. What did he whistle? Echo's morning song, of course!

Cranberry Almond Oats

4 c. of oats, uncooked

1/3 c. almonds, slivered

3/4 c. dried cranberries

1/4 t. sea salt

1 1/2 c. orange juice

1 c. water

1/4 c. honey or other sweetener

Combine oats, almonds, cranberries, and salt. Add the orange juice, water, and honey and stir well. Cover and refrigerate overnight. Serve cold or heat it in the microwave. Great with butter and milk. From the *Blessed Beyond a Doubt* blog.



"Ducks in the Millpond" (D,E,GAB)

Identify the phrases that are the same or similar and those that are different. Explore high and low. *Do the notes in this phrase go up or down?* On your nature walks this week, see if you can spot any spring babies. Perhaps a local farmer has some young animals for your children to visit.

Ducks In the Millpond

Traditional

Ducks in the mill-pond, geese in the clo-ver. Fell in the mill-pond, got wet all o-ver!

Rise, chil-dren gon-na rise, gon-na rise! Rise, chil-dren gon-na rise, gon-na rise!

2. Had a little pony, his name was Jack,
I put him in the stable and he jumped through a crack.

3. Had a little piggy, lived by the barn,
Got into the pasture and ate up all the corn!

Ducks In the Millpond

Traditional

G G G E D G G G E D G G G E D E G G A G

Ducks in the mill-pond, geese in the clo-ver. Fell in the mill-pond, got wet all o-ver!

B B A G E G G G D B B A G E G G A G

Rise, chil-dren gon-na rise, gon-na rise! Rise, chil-dren gon-na rise, gon-na rise!

One cool spring morning, Sam discovered Conrad, his duck, was missing from the barn! "Maybe he went to visit friends at the pond," thought Sam. But after two days without a sign of Conrad, Sam decided to look for him. But where to look? Then, Sam thought, "This is Spring! I bet Conrad has found a mate and is making a family!" Sam headed toward the pond.

The pond was full of paddling ducks, jumping fish, and sun-bathing frogs. And there among the crowd was a familiar bill. "Conrad!" called Sam. Conrad paddled to shore. Sam hugged him around the neck. "I have missed you Conrad!" cried Sam. "I was worried."

"Quack!" said Conrad. "I am sorry, but I was just coming to visit you, quack. I have a surprise!" Conrad led Sam to a nest where a pretty girl duck was sitting. "This is my wife, Elsa," said Conrad.

Elsa bowed her head in greeting, but she didn't get up. "I have to stay on the nest," she said. "We have eggs to keep warm!"

"Eggs!" shouted Sam. "Conrad, you are going to be a dad!"

Conrad puffed out his chest proudly. "Yes, quack!" he said. "There are five eggs in our nest almost ready to hatch--just in time for the spring party!" Super Sam congratulated the couple again, then headed home to tell all of Conrad's friends in the barn. What happy news!

Spring Greens with Feta and Lemon Vinaigrette

6 c. seasonal greens - Romaine, green or red leaf, butter, Bibb, etc.

¾ c. feta cheese, crumbled

For Dressing:

⅓ c. olive oil

2 T. fresh lemon juice

1 t. fresh lemon zest

½ t. Salt

⅛ t. Black pepper

Toss greens and feta. In another bowl, combine juice, zest, salt, and pepper. Slowly add in olive oil, whisking constantly. Refrigerate for 30 minutes to allow flavors to marry. Then drizzle over salad and toss to coat.

"Sally Go Round the Sun" (GABD)

Join hands and move in a circle. On "Boom!" jump and clap. Work toward *thinking the song silently*, jumping and clapping together at the end.

Sally Go Round the Sun

Traditional

Musical notation for the song "Sally Go Round the Sun". The first staff shows the melody for the first two lines of the song, with lyrics "Sal - ly go round the sun, Sal - ly go round the sun,". The second staff shows the melody for the final line, with lyrics "Sal - ly go round the sun - shine ev' ry af - ter - noon.".

Sally Go Round the Sun

Traditional

Musical notation for the song "Sally Go Round the Sun" with guitar chords. The first staff shows the melody for the first two lines of the song, with lyrics "Sal - ly go round the sun, Sal - ly go round the sun,". The second staff shows the melody for the final line, with lyrics "Sal - ly go round the sun - shine ev' ry af - ter - noon.".

Guitar chords: G G G G G G B B B B B B

Guitar chords: D D D D E D G B B A A G

From Grade 3

Lesson 1

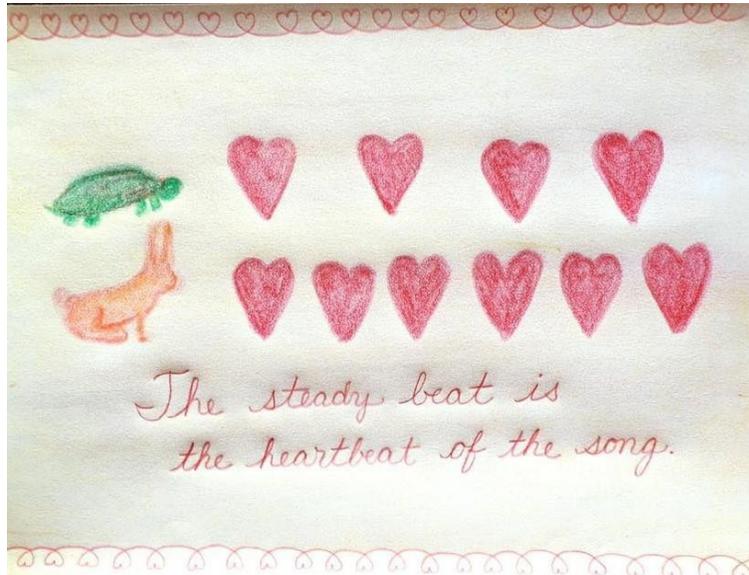
Sing and play one or two of the following songs: "Cold Wind Blow," "Small Leaf," "All the Leaves," or "Squirrels" (all from Grade 1) or "Mabel, Mabel" or "Moon, Moon" (from Grade 2). As you sing together, ask your child to make beat motions with you - clapping, patting your knees, snapping, etc. Beat/clap/pat *on every beat*. Be creative with the types of motions you use and have fun. Sing the new songs together.

Lesson 2

Sing and play one or two of the following songs: "Cold Wind Blow," "Small Leaf," "All the Leaves," or "Squirrels" (all from Grade 1) or "Mabel, Mabel" or "Moon, Moon" (from Grade 2). Make beat motions. Say, "*When we clap/pat/snap like this, we are keeping the steady beat - the heartbeat of the song.*" Sing the song again, patting hands over hearts. Say "*Just like our heartbeat, the steady beat is the heartbeat of the song.*" Explore singing and playing with a fast heartbeat, a slow heartbeat, and a somewhere-in-between heartbeat. *Which songs feel best with a slow beat? A fast beat? An in-between beat?* Sing the new songs together.

Lesson 3

Review Lesson 2. In the main lesson book, have your child draw a picture of the steady beat perhaps as a series of hearts, some close together to show a fast beat and some farther apart to show a slow one. Write out, "The steady beat is the heartbeat of the song." Sing the new songs together.



Lesson 13

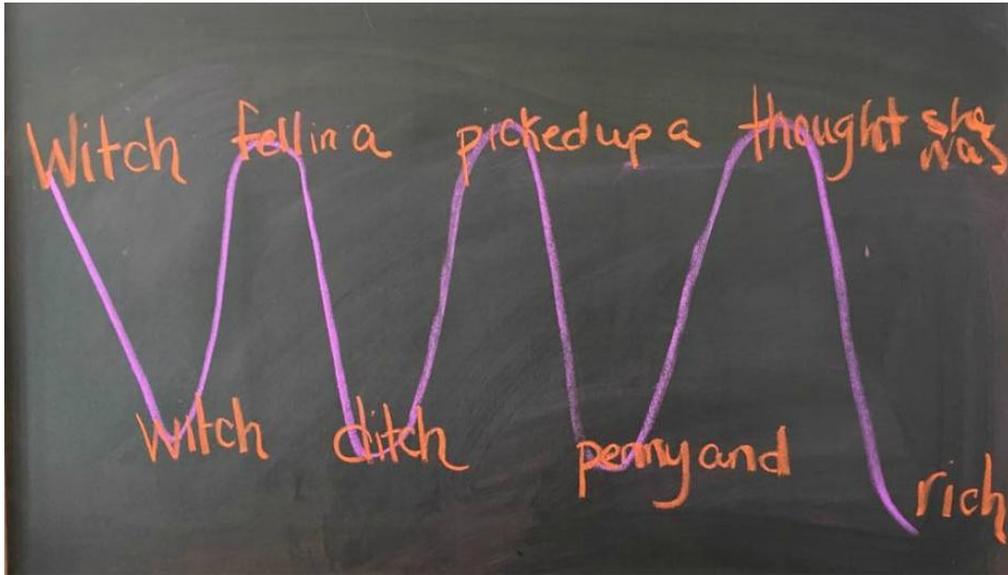
Sing and play one or two of "Witch, Witch" (Grade 1) or "Mabel, Mabel," "Old Mother Witch," or "Autumn Jump Rope Song" (Grade 2). Make beat then rhythm motions. Next, sing using your hands to show pitch direction - i.e. hold your hands out in front of you and move them up on the higher pitch and down on the lower one. Say, "*The path of a song - the highs and lows - follow the pitch path.*"

Sing other songs indicating pitch with your hands. You can move up and down, trace a line in the air or on paper, or move your entire bodies. *Make it fun and stick with these simple, 2-note songs.* Sing the new songs together.

Lesson 14

Sing and play one or two of "Witch, Witch" (Grade 1) or "Mabel, Mabel," "Old Mother Witch," or "Autumn Jump Rope Song" (Grade 2). Remind your child, "*We can follow the pitch path - the highs and lows.*" Sing a song or two together using motions to indicate pitch.

Say, "The pitch path has highs and lows. Some tones are higher or lower than the ones before or after. But sometimes, the pitches stay in a straight line. Sometimes they stay the same." Sing a song and work together to show the higher and lower pitch and the places the pitch remains the same as in the illustration below. Sing slowly, phrase by phrase. Finally, sing the new songs together.



Lesson 15

Review. In the main lesson book, have your child illustrate the pitch path as in the example below. Write out, "The song follows the pitch path." Sing the new songs together.

