



Music Sparks Acorns to Oaks



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A Note From CCC

Welcome to our Acorns to Oaks project. At Children's Classic Concerts (CCC) we think that music, art and nature are just the tools to bring people closer together, whether you live round the corner from one another or you're spread right across the world; so dive into this **intergenerational** musical mission suitable for **pre-school and up** (you could be age 4 or 104)! First of all, **pick a buddy** and prepare for the great outdoors...



Tips for Kids – the “Acorns”

- Have a think about a person or people you'd like to buddy up with, as long as they are from a different generation to you – maybe grandparents, aunts and uncles, neighbours, or family friends.
- Get into the garden, a park or any outdoor space close by when you can.
- Take on the activities however you like – tell your buddy if you want to go back to your favourites!
- ⚠ Stay safe – remember to wash your hands after playing outside and help to protect anyone who may be vulnerable.



Guidance for Grown-ups – the “Oaks”

- Keep communicating with your younger buddy, as that's where the enjoyment really is! You could work on things separately when it suits you and then share what you've got, or take on the activities at the same time/place (this works virtually too, if you're able to make video calls).
- Get outside for fresh air wherever possible.
- There's no set timeframe, so whizz through things over a weekend or spread out over several weeks – anything goes.
- ⚠ Stay safe – make sure there's enough space to do the activities and provide support for the children in your care.

In this pack you'll find:

- **Films** for a bit of fun and a few examples of how you can work together, as well as timings for finding each activity as you go (they're also on the CCC YouTube Channel). Don't worry if you're offline, suggestions you need to get going are all in print.
- **Step-by-step activities** – no previous experience or instruments necessary! We know that there isn't a one-size-fits-all approach for participating, so feel free to adapt the activities to suit your needs. The project can be done throughout all seasons – just make sure you're ready for the elements.



Meet our Musicians



Owen

CCC Artistic Director
and Percussionist



Seonaid

Singer, Violinist
and Music Arranger



Joe

Guitarist



Jemma

Project Manager

Seeds of Sound

Watch the film with Owen and Seonaid

Check out these simple warm-up ideas that are great for switching on “listening ears”! Come back to these at any time, mix them up or add your own.

Music and Movement

(from 01:06)

Can you or your buddy tap or clap a beat for the other to dance along to? Keep it steady at first, then try speeding things up or slowing down – don’t get caught out!

Musical Hide and Seek

(from 03:42)

Find a toy that sings or plays music and hide it – your buddy has to use their best listening skills to track it down, then swap! This can still be done virtually... secretly hide the toy in the room you’re in and get your buddy (detective) to guide you around.

Copy Cats

(from 07:15)

Clap a rhythm and ask your buddy to copy it back. Keep taking it in turns and make the patterns different each time. You can also build up an easy body percussion piece, using not just clapping, but stomping, rubbing and finger clicking – play along with Owen if you can!

Name that Tune

(from 11:15)


Exactly as it says on the tin – hum something or maybe play into a kazoo and get the others to guess! Seonaid has some great ones for you.


Dig a Little Deeper

Watch the film with Jemma

This part of the project is about starting conversations that you might not usually have and finding out more about your loved ones.

Sit down with your buddy and ask questions – you might just know each other a little better after this! For example:

 **Acorns:** *“What was your favourite thing to do when you were my age?”*

 **Oaks:** *“What do you and your friends like to play most?”*

You could try making the questions funny, serious or both – think of at least 5 things, if you can.

Q

A

Q

A

Q

A

Q

A

Q

A

Family Tree

(from 00:45)

- Don't worry if you're not related to your buddy – you can complete individual family trees and then share each version to learn more about one another. Or, if you are related, sit down together in person, or over the phone and work out some family history.
- Next, design the look of your family tree(s), which can be as simple or fancy as you like (it might be nice to add personal details under each name/picture). You could each work on separate bits and then bring them together, or maybe swap your creations as gifts!

Have a go on the next page, or use the space to sketch some ideas.

Handy hint

Why not try to use materials from nature as you go? Collect small twigs and use them as the basis for your design!



Family Tree

Buddy Bucket Playlist (from 04:20)

List the things that you enjoy doing together, or would like to do in future. Then, get your thinking caps on and jot down some songs that would go well with each activity, creating your playlist. It's good to get a mix of your favourites in there – sharing music is a great way to connect and make memories. Plus, you might hear something new!

Things to do...

Songs to match the mood...

Handy hint

If you come across any words or phrases with special meaning to you both, highlight and save them for later – they might be useful for song-writing...

In Tune with Nature Challenges

▶ Watch the film with Owen and Seonaid

We're Going on a Sounds Hunt

(from 00:30)

Grab a container like a small bucket and go outside for a walk to see what you can find. Collect and/or have a listen to:

- ✓ Twigs/broken branches
- ✓ Leaves
- ✓ Stones
- ✓ Cones and acorns
- ✓ Running water, such as a stream, waterfall, heavy rain or good ol' puddles (but wear wellies – we all know it gets muddy)!
- ✓ Birdsong
- ✓ Wind through the trees
- ✓ Anything else you spot!



You could be out together, or individually. If you want to share what you've found from different locations, try using a phone or any equipment that you might have, to record your favourite sounds and take videos or photos of what you see.

Can you make up some rhythms using your materials?

Plant Pot Xylophone

(from 04:40)

- Find some plant pots of different sizes. Ceramic or metal works best (⚠ make sure there are no sharp edges, and there's no rusting).
- Test out each one by tapping with a stick to hear the pitch – how low or high it sounds. Can you put them in order from low to high?
- You can also experiment with adding various amounts of water (you'll need to cover up the holes in the bottom!) to try and get different notes out of them. Keep changing the water levels until you're happy with the way each one sounds - can you play a scale or a tune? It doesn't really matter though, just improvise (make something up), as it will sound great!

Handy hint

Make sure your pots don't have any cracks as they'll not produce such a good ringing sound. You can also paint and decorate your pots so they look good, too!



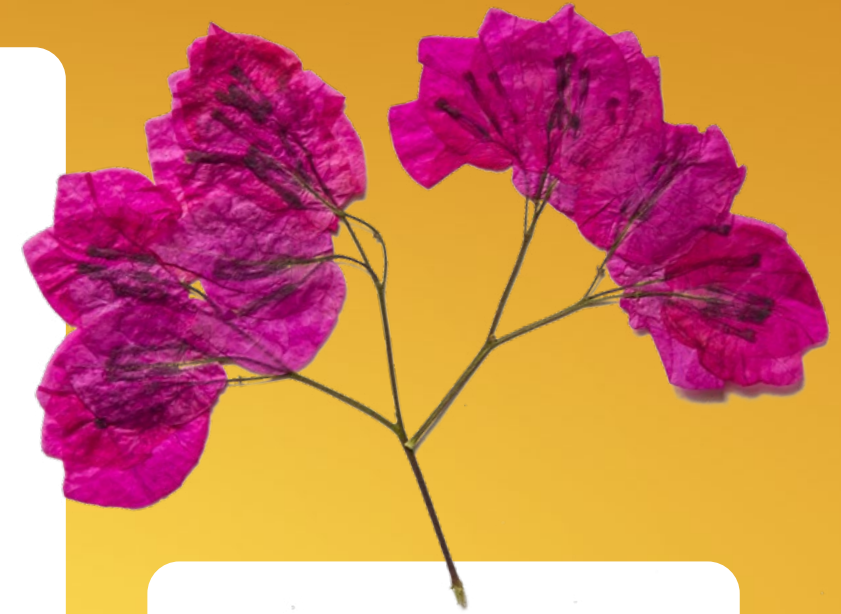
Plant Seeds and Watch them Grow!

There are lots of options that produce great results – E.g. sweet peas, poppies, sunflowers and herbs like mint, basil or rosemary. But, the classic is cress – it's suitable to grow all year round and it shoots up really quickly, so you don't need to be patient:

- Take an empty egg shell, or yoghurt pot (which you can also decorate), and put some wet cotton wool inside (leaving around a 3cm gap from the top).
- Sprinkle the seeds on and press down gently.
- Place somewhere warm, in direct daylight to let the magic begin!

Handy hint

Plant in unusual containers. E.g. wellies that are outgrown, old tea pots or pans. Make sure all the gardening tools you use are safe.



Flower Pressing

Pick flowers and squish them with a heavy book, (use pieces of cardboard and kitchen roll to separate them from the pages) and leave for about a week. Once dry, they'd be great for putting a 'stamp' on letters to your buddy and they're brilliant for making greetings cards.

Garden Samba Band

▶ Watch the film with Owen

Grab some objects that you find lying around outdoors and make some noise! It's great to collect items made of different materials so you can play around with a variety of instruments. Try finding/making:

- ✓ A small **plastic bottle shaker** (re-use, recycle)!
Just fill it with something that will rattle inside.
- ✓ A large **plastic bucket or tub** to use as a **drum**.
- ✓ Sturdy twigs/fallen branches or an old broom handle to use as **wooden sticks** (a bit like 'claves').
⚠ Beware of splinters!
- ✓ **Metal watering can or ceramic plant pot** – for a nice ringing sound that cuts through the other instruments, similar to agogô bells used in samba music (check out our [Junk Trunk](#) project for more instrument-making ideas)!

Handy hint

Why not make a shaker that you can turn into a bird feeder afterwards? Just add some seed, a couple of pencils and some string! Follow this simple [video](#) or these [PDF](#) instructions from **Eco Sapien**.



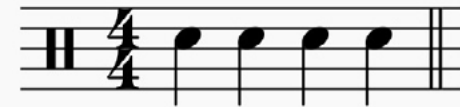
Each take something different and tap out some rhythms (maybe invite a few more people to build up a band)! You can either make them up (just try to keep your patterns/rhythms to the count of 4 and repeat) or follow the suggestions in the film (there's a chance to jam along, too)! To remember your part, try putting words to it.

Here's what Owen says and plays for each instrument and for anyone interested in what the music looks like written down, take a peek:

Count: 1 2 3 4

Shaker

Plants – love – sun – light



Bucket drum

I *plant*, my-fruit-and-veg



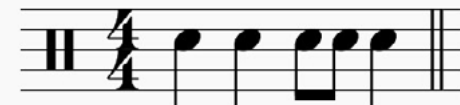
Wooden sticks

Time-to-cut-the grass –




Metal watering can / plant pot

Seeds – need – wat-er-ing



Try 'changing the conditions' of the music. E.g. make it faster, slower, louder, softer and finish off with a wee performance!

Singalong and Write Your Own Song

 **To get you into the swing of things, watch the singalong film with Seonaid!**

Don't worry if you're offline, you can still join in together and blast out these well-known tunes. Here are the words you'll need. Please note that the lyrics are numbered in the order that Seonaid sings them.

1. If You're Happy and You Know It

If you're happy and you know it **clap your hands**
If you're happy and you know it clap your hands
If you're happy and you know it and you really want to show it
If you're happy and you know it clap your hands

If you're happy and you know it **stamp your feet...**

If you're happy and you know it **shout hooray (hoo-ray)...**

If you're happy and you know it **do all three (hoo-ray)...**

3. Over the Rainbow

Somewhere over the rainbow
Way up high
There's a land that I heard of
Once in a lullaby

Somewhere over the rainbow
Skies are blue
And the dreams that you dare to dream
Really do come true

Someday I'll wish upon a star
And wake up where the clouds are far
Behind me
Where troubles melt like lemon drops
Away above the chimney tops
That's where you'll find me

Somewhere over the rainbow
Bluebirds fly
Birds fly over the rainbow
Why then, oh why can't I?

2. Oh, What a Beautiful Mornin'

There's a bright golden haze on the meadow
There's a bright golden haze on the meadow
The corn is as high as an elephant's eye
An' it looks like it's climbin' clear up to the sky

[Chorus] Oh, what a beautiful mornin'
Oh, what a beautiful day
I got a beautiful feelin'
Ev'rything's goin' my way

All the cattle are standin' like statues
All the cattle are standin' like statues
They don't turn their heads as they see me ride by
But a little brown mav'rick is winkin' her eye

[Chorus]

All the sounds of the earth are like music
All the sounds of the earth are like music
The breeze is so busy it don't miss a tree
And a ol' weepin' willer is laughin' at me!

[Chorus x2]

Oh, what a beautiful day

4. You Are My Sunshine

You are my **sunshine**, my only sunshine
You make me happy when skies are grey
You'll never know, dear, how much I love you
Please don't take my sunshine away

You are my **piano**, my only piano
You make me happy when skies are grey
You'll never know, dear, how much I love you
Please don't take my piano away

You are my **rabbit**, my only rabbit
You make me happy when skies are grey
You'll never know, dear, how much I love you
Please don't take my rabbit away

You are my **sunshine**, my only sunshine...
[repeat 1st verse]



▶ Watch the song-writing film with Seonaid and Owen

For some ideas about how to get going with your own tunes, or use the advice below to have a go!

STEP 1

Start with the words (lyrics)

They could be based on your favourite subject (could you make use of things you wrote down for your Buddy Bucket Playlist?) or perhaps stick to the nature theme, (you might want to take inspiration from your Sounds Hunt).

Seonaid and Owen suggest using colours as a starting point. E.g. *red berries, green grass, brown leaves, blue sky*. Join the words together in simple sentences and put in some adjectives (describing words). E.g. “The blue sky is *beautiful*.”



STEP 2

Sort out a structure

- Keep each line of your song short.
- Stick to an even number of lines in each verse – 4 is a good number.
- Some lines could rhyme, but they don't have to.
- You can repeat phrases for a chorus - just remember, nothing needs to be complicated!

STEP 3

Make up your melody

Think about the words and what they mean to you. How do they make you **feel**? Do you want your music to sound happy, sad or something in between? Start humming or singing some notes and play around with what fits best – the trick is keeping it simple so you and other listeners can remember the tune – aim for an ‘earworm’!

Ask yourselves about the **speed (tempo)** your song should be sung at. It should suit the words and the feeling of the melody.

What about the **volume (the dynamics)**? Is it soft and gentle, or loud and proud?

STEP 4

Put all your ideas into practice

Use the space on the next page to jot down some notes and then keep singing your song until it’s in the memory bank.

If you fancy **performing/recording** your song together, we’d love to hear it! Feel free to make use of any instruments you have access to (or materials from nature that you may have found!) but a cappella (singing on its own) is always great.



Our Song

Celebrate with a CCC Concert

Watch the film with Owen,
Seonaid and Joe



Thanks for taking on our Acorns to Oaks project, we hope you've had lots of fun together! All that's left to do is sit back, relax and listen to some music inspired by nature.

Check out the Programme:

On the Sunny Side of The Street Jimmy McHugh

The Banks of the Allen Trad. Arr. Seonaid Aitken

Largo from *Winter* Vivaldi

Oh, What a Beautiful Mornin' Rodgers and Hammerstein

Flight of the Bumblebee Rimsky-Korsakov

Nuages Django Reinhardt

Turkey in the Straw Trad. Arr. Seonaid Aitken

I Saw Stars Al Hoffman, Maurice Sigler and Al Goodhart

Keep in touch

Thank you so much for your interest in CCC.

If you're looking for ways to share what you've been doing, please find the details you need, below.

 @CCCLoveMusic  @CCC_LoveMusic  childrensclassicconcerts  Children's Classic Concerts

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What to share:

Photos or videos of you in action
Recordings or song lyrics that you create



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