

#CONCERTSFORKIDS

Activity Guide



Photo by Gala Narezo

Elena Moon Park

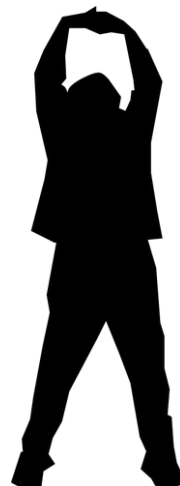
We are excited for you to listen to Elena Moon Park. Before you watch, here are some activities to warm up our voices and bodies!

Warm Up

Let's warm up together!

Take a long breath in and let a long breath out. Let's do it again – take a long breath in and let a long breath out. One more time – take a long breath in and let a long breath out.

This time, as you take a long breath in, raise your arms up and reach for the ceiling. Really stretch! As you let the breath out, bring your arms down. Let's do that two more times!



Celebration Poses



What does celebrating look like? Choose a pose that looks like you're celebrating. Now freeze!



Try another pose that's even bigger!

Freeze!



Show a family member your pose and ask them to do a different celebration pose.

Tell your family member to freeze!



What do you notice about their pose?

Now try their pose. How does it feel to pose like this?

Sing Along with Sol Nal

Elena Moon Park is a Korean-American musician. She has a song about celebrating the new year.

This is the chorus in Korean. It means, "New Year's, New Year's, I like New Year's".

설날 설날 설날은 좋아요

STEP 1

Let's say it out loud. Here's how it sounds:

Sol Nal, Sol Nal, Sol Nal-un Cho-ah-yo

STEP 2

Play the song and clap along!

<https://youtu.be/7jT85yREGRE>





When it comes to the chorus, sing:

Sol Nal, Sol Nal, Sol Nal-un Cho-ah-yo

Sol Nal, Sol Nal, Sol Nal-un Cho-ah-yo

**You can find the full lyrics and translation at <https://www.rabbitdays.com/sol-nal>.*

Let's try this a few times so that you can learn the chorus.

STEP 3

How would you sing "New Year" in another language?

In Spanish you'd say, "Año Nuevo." Let's try singing the same words but replace the words "Sol Nal" with the words "Año Nuevo."

Do you speak a different language at home? What is "New Year" in your language?

Try it with other languages! How does it sound?

STEP 4

Let's learn about melody.

Elena Moon Park composed the melody of *Sol Nal* so that anyone can sing it. A **melody** is a string of notes or a tune that we often sing along to.

Sing, "New Year, New Year, I like you" so that your family could sing it together.



Try it: **New Year, New Year, I like you**
New Year, New Year, I like you

Does this sound like a fun celebration? Why?

STEP 5

Let's put it all together. Sing *Sol Na!* one last time, only this time we will begin in our celebration poses.

Once we start singing, we can break our poses and dance along to the music. Let's try it! <https://youtu.be/7jT85yF>



Family Discussion Questions

How do you celebrate with your family?

How does this music make you want to move?

What did you notice about the melodies you heard?

What about the lyrics or words do you remember hearing?

What other songs can you do poses for?