

# #CONCERTSFORKIDS

## Activity Guide



Photo by Dario Treviño

### 123 Andrés

*Get ready to sing and dance with 123 Andrés, the husband-and-wife, Latin Grammy-winning duo. Here are some fun activities to do with the whole family!*

#### Sunflower Warm Up

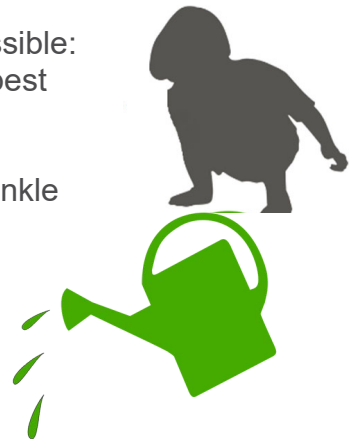


Andrés and Christina sing a song about planting a sunflower and watching it grow.

Imagine that you are a small seed. Try to make yourself as tiny as possible: maybe you can curl up on the ground or sit on a chair — whatever is best for your body and your space.

Have a family member “water” the sunflower. They can pretend to sprinkle water over you or tickle you. They can also drape a cozy object like a T-shirt, scarf, or yarn across you.

You can also “water” yourself! Pretend to sprinkle water on your head.



Allow yourself to grow! Lift up a finger. Then lift up your arm, and follow it with your body until you are stretching up toward the ceiling!

How tall can you make your sunflower?



Bring your arms out to make big petals. You can also widen your eyes and mouth to make a big facial expression.



Imagine that you are a sunflower in a field of other sunflowers.

Breathe in to smell the flowers and breathe out to make the sound of the wind. Sway like you are a sunflower in the breeze.

Repeat this three times.



## Grow/Germinar Game

In their song about the sunflower, Andrés and Christina sing in Spanish and in English. We are going to create choreography inspired by their song, using both languages. Choreography is a series of movements put together into a dance.

### STEP 1

Do a movement or gesture that represents these words. You can use the previous activity for inspiration or create a new movement.

Sembrar/Plant



Germinar/Grow

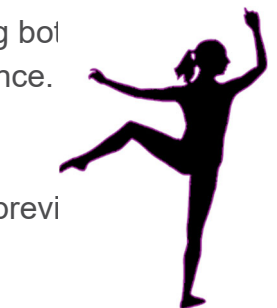


Girasol/Sunflower



Creció muy gigante/It grew very large!

An example for “sembrar/plant” could be making yourself very small, like a seed, or it could be a pressing gesture as though you are planting a seed in the ground, or scattering seeds with your hand.



## STEP 2

This you can do with a family member!

Practice the words and gestures together. For example, a family member says the words in English and Spanish, and you do the gesture. Then, your family member says the words in English only, and then in Spanish only.



## STEP 3

Make it into a game!

Now that you have practiced these moves, challenge each other.

Have a family member call the words out of order.



See if you can still make the moves, even though they are in a new order.

## Bonus Step

At the end of the song, Andrés and Christina say “Y vino la gente,” which means, “And the people came”, telling us that all the people came to see the gigantic sunflower!

As you embody your gigantic sunflower, what would you say to all of the people coming to see you? How would you greet them with your sunflower petals? What would your sunflower face look like?



## Instrument Play

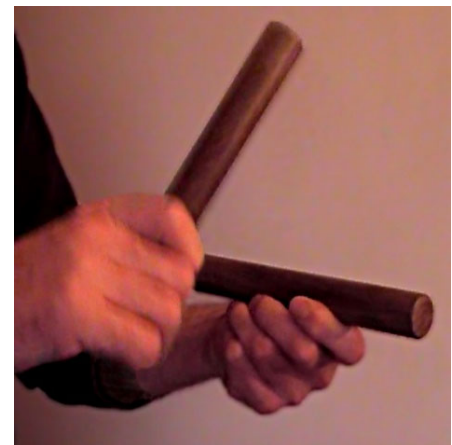


Andrés and Christina play lots of instruments! One of their instruments is called the **clave**. The clave is a percussive instrument, like a drum. It makes a sound when you strike the pieces together.

## STEP 1

Find two non-breakable objects that you can strike together over and over again that will make sound, like the clave!

Objects might be: two pieces of silverware, chopsticks, or pencils (but it can be anything that makes sound, so be as creative as you want!).



## STEP 2

**Rhythm** is a strong, regular, repeated pattern of movement or sound. Let's strike our new percussive instruments in different rhythms using the names of flowers in English and Spanish.

Practice saying these words and striking your instrument with each syllable.

Rose: 1 strike  
Orchid (Or-kid): 2 strikes  
Girasol (Hi-ra-sol): 3 strikes  
Margarita (Mar-ga-ri-ta): 4 strikes



Try out these patterns:

Margarita Margarita Rose Rose

(Four strikes, four strikes, one strike, one strike)



Girasol Orchid Girasol Orchid

(Three strikes, two strikes, three strikes, two strikes)



Orchid Rose Margarita Rose

(Two strikes, one strike, four strikes, one strike)



## STEP 3

Now see if you can make your own rhythms using these words!

## STEP 4

Now you can explore tempo and dynamic. Tempo is how fast or slow the rhythm is. Dynamic is how loud or soft the rhythm is.

For example, now when you play "Rose", make it a loud strike. Make "Orchid", two soft or quiet strikes. Play the three strikes of "Girasol" very slowly. Play the strikes for "Margarita" as fast as you can.

Try to make new rhythms with different tempo and dynamics!

## Create Your Own Greeting



Christina and Andrés sing a song about how it doesn't matter where you are from, we can all get along. Let's create our own greeting using languages and gestures from all over the world.

## STEP 1

People say hello in lots of different ways, such as "What's up?", "Good morning!" or "Hey there!"

How do you say hello? What languages can you say hello in?

It's a good day!

## STEP 2

Practice saying hello in other languages.

Here are ways to say hello from all around the world. Try saying them out loud!

In English, you might say, "Hello."

In Spanish, you might say, "Hola."

In American Sign Language you might say hello using this sign:



In Chinese, you might say, "Nǐ hǎo."

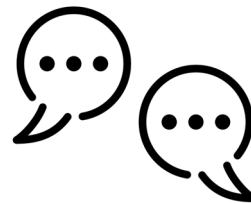
In Italian, you might say, "Ciao."

In Swahili, you might say, "Habari, Hujambo."

In Arabic, you might say, "Asalaam alaikum."

In French, you might say, "Bonjour."

In Korean, you might say, "Anyoung haseyo."



## STEP 3

To say hello, we also use gestures and movement! Sometimes we wave, high-five, or shake hands. In this time of social distancing, people have been creating their own special moves to say hello without touching.

Create your own unique move to say hello without touching someone.



## STEP 4

Now, create a three-part greeting. Choose one way that you say hello from Step 1, one new way that you learned how to say hello in another language, and one special move to say hello with a movement or gesture.



## Discussion Questions

What movements did you enjoy doing in these activities?

What new words did you learn?

What music does your family like?

How do you feel when you listen to this music?

What are your favorite things to do with your friends or family?

Andrés and Christina sing about people coming together. What are things you like to do or experience with other groups of people (ie, a play, a sports game, a concert, a party)? What were your favorite moments of having everyone come together?

Growing can mean the literal growth of a flower, and it can also mean the growth of skill, like learning to play a sport, to cook a recipe, or to play an instrument. What skills would you like to grow for yourself? What do you need to do to grow that skill?