

#CONCERTSFORKIDS

Activity Guide



Photo by Aaron Timmerhoff

Matt Alber

Let's get ready to stretch our wings as we learn about Monarch Butterflies and sing along with Matt Alber's uplifting songs.

Suggested Materials



- Paper
- Pen, pencil, crayon, marker – any writing utensil
- Found objects around your house: pillows, books, chairs, etc.
- A computer, tablet or phone with internet access

Butterfly Warm Up



Matt Alber sings about butterflies. Let's use the transformation of butterflies to warm up our bodies today!

STEP 1

A butterfly begins as a caterpillar! Imagine that you are a caterpillar. Lie down, sit, or stand-- whatever feels most comfortable for your body!

Stretch your arms. Stretch your feet low. Wiggle your fingers and your toes!

Imagine that you are moving through space like a caterpillar! Breathe in and out as you move.



STEP 2

Create a chrysalis. Curl up or bring your hands and arms close to your body and wrap a blanket, scarf, or jacket around yourself. You could also have a family member create the chrysalis around you by draping a blanket or scarf over you.



STEP 3

Become a butterfly. Begin to wiggle your toes, your head, and your fingers-- open your cocoon!

Breathe in and out as you expand your body...

STEP 4

Slowly stand up and show your beautiful wings!



As you lift your wings, breathe in. As you lower your wings, breathe out. Repeat this about three times!

BONUS STEP

Watch a live butterfly cam at <https://youtu.be/IKOlqNGcW-M> from Zoos Victoria.

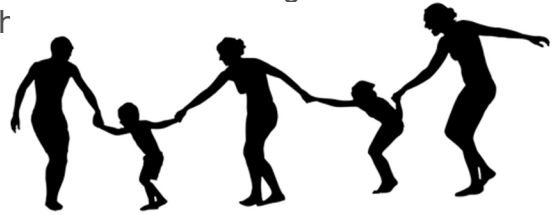
What do you notice about how the butterflies move?



Gift-Giving Game



Matt Alber sings about the generations of butterflies. A generation is a group of people or creatures around the same age. Children are in a different generation from grown-ups. Generations can learn from one another and pass down gifts (also known as family heirlooms).



Let's play a game called Gift-Giving!

STEP 1

Both people have a big bag of imaginary gifts. Both of them are gift-givers and gift-receivers.

The first gift-giver will pull out a gift, but they will not say what it is. They will just show the size of the gift with their body and say, "Here I got you a gift!"

STEP 2

The gift-receiver will then say, "Thank you for the ____" and name what the gift is!

For example, the gift-giver could lift their arms up high, like they are carrying something big and heavy, and the gift-receiver might say "Thank you for the purple jeep!" Or, the gift-giver could hold something that looks tiny and fragile, and the gift-receiver could say, "Thank you for the cute little mouse!"



Important note: there are no wrong answers here. Partner B gets to decide what Partner A's gift is, that is the fun of the game! Challenge yourselves to give several gifts of all shapes, sizes, and weights!

STEP 3

Now switch! The other person will give the gift.

Keep switching back and forth between gift-giver and gift-receiver! See how many gifts you can give!

Learning from your Elders

In exploring how family members learn from one another, take the time to interview a family member or close friend from another generation!

STEP 1

Find someone in your life from another generation that you want to learn more about. Maybe it is your parent or care-giver, an older adult friend or relative.



How will you have this interview? You can meet in person, call them on the phone, have a video chat or even write them a letter.

STEP 2

Write down the questions that you want to ask them.

Here are some ideas for questions:

If you could describe your ideal day, what would it be?

1. Who do you admire? Why?
2. Who was your favorite teacher? Why?
3. What is a skill that you have? How did you learn it?
4. What do you want to learn more about?
5. What frustrates you? Why?
6. What are some of your favorite traditions? Where do they come from?



STEP 3

Reach out to this person and schedule a time that works for you to interview one another! Maybe you want to meet in-person, talk on the phone, or schedule a video chat.



When you interview, try to write down or record their answers, if that helps to remember them.

Also, you can both learn from one another. Tell this person more about you by answering your own questions. You can also invite them to ask you questions.

STEP 4

Choose ways to remember your interview. Here are some ideas:

- Write a story about this interview
- Act out a story they told you
- Record yourself talking about the interview
- Draw a picture of a story or moment that this person expressed
- Write a poem about what you learned



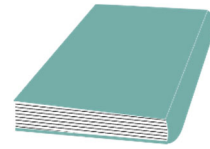
Obstacle Course: Leading One Another

STEP 1

Create an obstacle course in your living space or outside!

Place objects that you might need to move around, jump over, or crawl underneath.

For example, you can drape a cloth over your table that you need to crawl underneath. You can place a book, pillow, or towel to jump over. Place a chair somewhere so that you need to move around it. Maybe put tape or dots on the floor that you might need to hop on or crawl over.



STEP 2

Move through your obstacle course. How fast can you go safely? Try it in slow motion!

Pretend to be a butterfly as you move through it.



STEP 3

This you can do with a family member! Close your eyes, and have another family member guide you through the obstacle course. Try it with words, listening as they tell you to go forward, turn, stop, jump, etc. You can also have them lead you by the hand or by using a code to tell you where to go.

For example, if they touch your right shoulder, move right. If they touch your left shoulder, move left. If they are in the middle of your shoulders, move straight forward. If there is no touch, stop.



For safety, it is important that you have a specific way to stop your family member so that they do not hurt themselves.

Swap roles!

Family Discussion Questions

Caterpillars learn to crawl, build their cocoons, and then transform into butterflies and fly! To transform means to change. What do you want to transform into? What actions can you take to get there?

The monarch butterflies know where to fly from the moment they are born. What things do you know or feel naturally.

Matt Alber takes the science of butterflies and writes a song about it. What science or natural phenomenon would you like to write a song about?

What is something that you want to learn how to do? How can you learn how to do it?

What is something that you are good at? How would you teach that skill to someone else?

What else do you want to know?