

#CONCERTSFORKIDS

Activity Guide

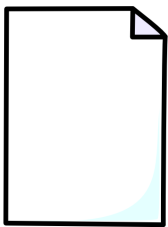


Photo by Shervin Lainez

Grace McLean

Grace McLean is an actress, singer, writer, and teacher. She uses a variety of inspirations for her song lyrics and talks in detail about her songwriting process in the concert. Before enjoying Grace's music, do the following activities to prepare and become a songwriter yourself!

Suggested Materials



- Paper
- Pen, pencil, crayons, markers, colored pencils – any writing or coloring utensil

Scary Silly



Grace McLean starts the concert with a song called “Natural Disaster”. She wrote this song to make stressful things seem not so stressful. In this activity, we are going to face our fears just like Grace does.

STEP 1

Think of something that makes you scared or worried. Maybe it is a snake, heights, getting lost, a monster. It can be anything!

STEP 2

Draw this scary thing on paper.



STEP 3

Think of ways to make the picture less scary. Add something silly to your picture to help!

For example, you could add googly eyes and a top hat to a snake to make it look friendly.



If you are afraid of heights, draw yourself with wings or a superhero cape!

STEP 4

You are so brave! Share your picture with a family member or friend.



Journal Entry



Grace sings a song called “Jesse and Zack,” based on a journal entry from when she was ten.

Using the template on the next page, you can also write a song using a journal entry.

Dear Journal,

Today, I feel _____ because...

Something that happened is...

I am excited for...

And I love...

Sincerely,

STEP 1

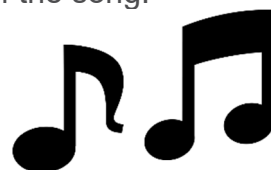
Read this page out aloud. These are your lyrics.



STEP 2

Try singing your original lyrics to the tune of “Twinkle, Twinkle, Little Star”. You can change some words from your journal to fit the melody of the song.

What other melodies can you put to the lyrics?



STEP 3

Record your song or perform it for family and friends.

What was fun about it? What surprised you? What was the most challenging part of it?

Dream Play



Grace keeps a dream journal and writes down the dreams she has once she wakes up. Grace's song, "The Distance", is inspired by these dreams. We can explore our dreams through storytelling and movement.

Sometimes we remember our dreams very clearly and other times we forget them immediately. Think of one dream you have had recently.

If you can't remember a dream you had while you were asleep, think of a daydream! Daydreams are pleasant thoughts you think about while you are awake. Using your imagination, you can come up with anything!



This is an activity for the whole family! Invite any person or people you have in your home to participate with you.

STEP 1

Narrate the dream or daydream. Tell this story, giving special attention to the *sights*, *sounds*, and *smells* of the dream.

While you narrate, the other person or people will act it out.



STEP 2

Now switch roles. Another person will narrate a dream or daydream that they have had recently. They will give special attention to the *sights*, *sounds*, and *smells*.

While they narrate, you will act out their words!



Rap Battle



Grace McLean talks in detail about how she wrote the song "I Don't Want to Talk About It." Following the below steps, you will learn how to create lyrics for a rap or song using a basic rhyme structure.

STEP 1

There are a few simple rhyme structures that are often used in songs.

Some examples are:

AAAA
ABAB
AABB

These letters refer to the end of a line. Each matching letter means the last word of those lines rhyme. Take a look at the examples on the next page.

AAAA:

I went to the **store**
Because I needed **more**
I walk through the **door**
To find that it's a **bore**

ABAB:

Candy and ice **cream**
I want to eat it **soon**
That would be a **dream**
Please pass a **spoon**

AABB:

Riding on my **bike**
Going for a **hike**
Hope I see a **snake**
Sitting by the **lake**

STEP 2

Practice rhyming by picking a word and trying to think of words that rhyme with it.

For example, think of words that rhyme with bear.

Here are some rhymes you could use: hair, care, dare, fair, where, tear, share, pear.

STEP 3

This you can do with a partner!

One person begins by saying a short sentence. The other person thinks of a rhyme for the last word of that sentence and uses the rhyme as the last word of their own sentence.

Here's an example:

Person A: I love to walk my **dog**.

Person B: It's fun to go for a **jog**.



STEP 4

Now switch! Keep going back and forth, completing the rhymes together!

This is a great way to work with a partner to write lyrics or poems.

Sometimes, there is no perfect rhyming word. That's okay. Find a word that sounds close! This is called an imperfect rhyme.

Family Discussion Questions

How do you and your family work through stressful situations? Is there anything you can do together?

During the quarantine we may not be able to give hugs, handshakes, and high fives to everyone we want. What are some other ways that you can show love?

What are different ways you can express your feelings when you just “don’t want to talk about it”?

Grace is able to perform all of her songs by herself (and you will hear her voice singing different notes at the same time). Is there an activity that you normally do with people, that you can adapt to do by yourself? Is it better to do it with people or solo? Why or why not?

How do you think the sounds and melodies of Grace’s songs relate to the lyrics she talks about?