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 *Sing & Shine: Fall & Winter Folk Songs*

Grade: K–8

Overall Goal

Students will explore the seasons of autumn and winter through singing. They will learn vowel shaping, phrasing, rhythm, and ensemble singing while connecting music to nature, weather, and seasonal traditions.

Activities (sample 1–hour flow each week)

1. Hello Song + check-in
2. Listening & Question Time (song of the day)
3. Singing warm-up (linked to focus skill)
4. Song learning: rhythm → pitch → lyrics
5. Group singing & movement
6. Goodbye Song

Supplies

- Folk song lyrics (printed or projected)
- Simple percussion (rhythm sticks, shakers, tambourine)
- Seasonal visuals (leaves, snowflakes, cycles of nature)
- Whiteboard/markers or chart paper
- Speaker for reference recordings

Series Worksheet

#	Main Topic Idea	Activities
1	Vowel shaping + phrasing	Warm-up vowels (ah/oo), sing “Shenandoah”
2	Rhythm & storytelling	Diction warm-up (tongue twisters), sing “Erie Canal”
3	Cycles of nature	Breath + resonance warm-up, sing “Turn, Turn, Turn”
4	Dynamic control	Humming & soft singing, sing “Still, Still, Still”
5	Expression & phrasing	Posture + breath warm-up, sing “Over the River”
6	Rhythm & articulation	Pitch slides (“raindrops”), sing “Frosty the Snowman”
7	Ensemble & harmony	Resonance humming, sing “Jingle Bells” (rounds)
8	Seasonal celebration	Favorite songs performance + art reflection

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Planning for a Successful Lesson

Hook and Opening

Introduce yourself, check in with students about their favorite thing about autumn or winter. Share how music tells stories about seasons.

Modeling

Learning Objective: *Students will sing with vowel shaping, rhythm, and expressive phrasing.*

Model a verse, narrating your choices: “Notice how I stretch the vowels to make the sound smoother...”

Check for Understanding

Ask: “What did you notice about how I sang that long word? Did I sing it smooth or choppy? Why do you think that helps?”

Guided Practice

Students echo short phrases with specific goals (vowel shaping, rhythm, dynamics). Work in small groups for verses or clapping rhythms.

✨ By the end of 8 weeks, students will:

- Sing folk songs that reflect autumn and winter traditions.
- Develop stronger vowel shaping, phrasing, and rhythm.
- Experience ensemble singing with harmony.
- Connect seasonal changes to musical expression.
- Build confidence in group singing and performance.

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Sing & Shine: Fall & Winter Folk Songs with Eddie



Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

singing, winter and fall, songs, performance

Lesson Ideas

Lesson Title

Sing & Shine: Fall & Winter Folk Songs

Duration

1 Hour

Lesson Plan

1. Introduction to Folk Songs (10 minutes)

- Briefly explain what folk songs are and their significance in cultural traditions.
- Discuss how seasons like fall and winter influence these songs with specific examples.

2. Listening Activity (10 minutes)

- Play recordings of one fall folk song and one winter folk song.
- Ask students to listen carefully and think about how the music reflects the season it represents.

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3. Learning a Fall Folk Song (15 minutes)

- Teach the students a simple fall folk song.
- Break it down into smaller sections and sing along with the children.
- Discuss the imagery and themes in the song.

4. Learning a Winter Folk Song (15 minutes)

- Repeat the process with a winter folk song.
- Discuss how this song differs from the fall song in terms of mood and themes.

5. Performance Preparation (5 minutes)

- Divide the class into small groups.
- Each group prepares to perform one of the songs they learned, deciding on roles (e.g., who will sing which parts, any simple choreography).

6. Group Performances (5 minutes)

- Have each group present their song to the class.
- Encourage children to give positive feedback to each group.

Materials List

- Audio player and speakers
- Recordings of selected fall and winter folk songs
- Printed lyrics for the songs
- Whiteboard and markers
- Optional: simple props or scarves for performance

Adaptations for Different Ages

- Younger children: Simplify songs and focus on actions or props to keep them engaged. Use more visual aids.
- Older children: Introduce more complex songs and encourage them to create harmonies or add simple instruments.

Movement Break

- Seasonal Dance (5 minutes): Have the children stand up and create seasonal dance moves. Encourage them to pretend they are falling leaves for fall and snowflakes for winter.

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Bonus Activities

- Songwriting: Encourage students to write a verse about their favorite season.
- Instrument Exploration: Introduce simple percussion instruments (like tambourines) to accompany the songs.
- Seasonal Crafts: Create simple crafts such as leaf prints for fall and paper snowflakes for winter, reflecting the themes of the songs learned.

Series Outline

****Week 1: Introduction to Fall & Winter Folk Songs****

- Listen to a variety of fall and winter folk songs from different cultures.
- Discuss the themes and stories commonly found in these songs.
- Introduce simple singing exercises to warm up the voice.

****Week 2: Exploring Melody and Rhythm****

- Identify melodies and rhythms prevalent in fall and winter folk songs.
- Clap and play rhythms using body percussion or simple percussion instruments.
- Introduce a simple folk song to learn as a group.

****Week 3: Connecting with Nature Through Song****

- Explore songs that celebrate seasonal changes in fall and winter.
- Take a nature walk to observe changes in the environment; relate observations to song themes.
- Create a simple rhythm or melody inspired by nature findings.

****Week 4: Cultural Folk Song Stories****

- Discuss the history and cultural background of selected folk songs.
- Learn and sing a folk song from a different culture.
- Create a story map for one of the songs to visualize its narrative.

****Week 5: Fall Harvest Celebration Songs****

- Dive into songs that celebrate harvest time and autumn festivals.
- Create simple harvest-themed instruments, like shakers using dried beans.
- Organize a mini-harvest festival performance incorporating the songs and instruments.

****Week 6: Winter Solstice and Holiday Songs****

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- Explore songs that honor winter solstice and winter holidays from various cultures.
- Learn to sing a holiday song, focusing on harmony and dynamics.
- Discuss and create simple holiday crafts related to the songs.

****Week 7: Songwriting Workshop****

- Discuss the elements of songwriting: lyrics, melody, and structure.
- In small groups, write a short folk song inspired by fall or winter themes.
- Present the group songs and provide positive feedback to one another.

****Week 8: Voice and Instrumental Techniques****

- Practice vocal techniques to improve singing skills, such as breath control and diction.
- Experiment with simple instruments like ukuleles, recorders, or xylophones.
- Combine vocal and instrumental skills to enhance group performances.

****Week 9: Preparing for Performance****

- Rehearse chosen folk songs, refining harmonies and presentation.
- Practice stage presence and performance etiquette.
- Create a program and practice introductions to the songs.

****Week 10: End-of-Session Performance****

- Host a performance for family, friends, or community members.
- Celebrate accomplishments with a reflection on what each child learned.
- Encourage feedback and share highlights from the 10-week journey.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

