

SEESAW

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VOCAL WARMUP

Follow the line using your singing voice.



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VOCAL WARMUP

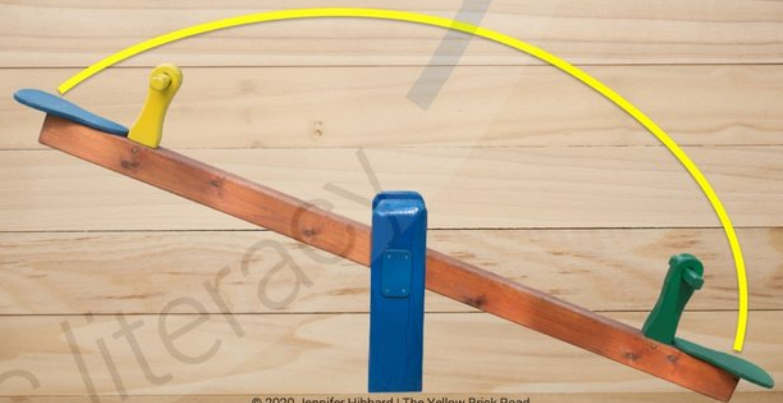
Follow the line using your singing voice.



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VOCAL WARMUP

Follow the line using your singing voice.



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VOCAL WARMUP

Follow the line using your singing voice.



VOCAL WARMUP

Follow the line using your singing voice.



SEESAW

 Follow the triangles to **speak** the rhythm of this song.



See-



saw,



up and



down,



in the



sky and



on the



ground.

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SEESAW

 Follow the triangles to **pat, clap, or tap** the rhythm of this song.



See-



saw,



up and



down,



in the



sky and



on the



ground.

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SEESAW

 Follow the triangles to **sing** this song.

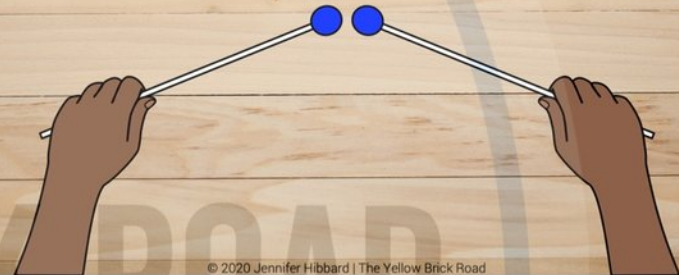


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INSTRUMENT WARMUP

Grip the mallets as shown in the image below.

- ✓ Grip the handle between your thumb and pointer finger
- ✓ Loosely curl your other fingers around the handle
- ✓ Keep the back of your hand facing upward, with palms down

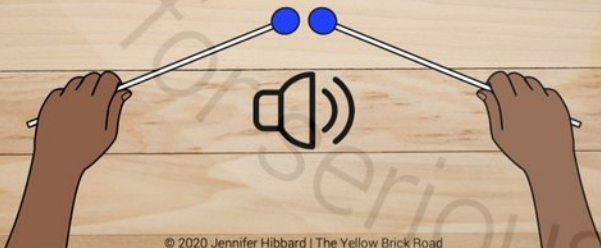


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INSTRUMENT WARMUP

Lightly bounce your mallets on a hard surface to the steady beat.

Try alternating your hands by bouncing your right mallet first, then your left mallet, and continue to repeat.



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INSTRUMENT WARMUP

 Try bouncing your mallets to the **steady beat** from *Seesaw*.



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INSTRUMENT WARMUP



Try bouncing your mallets to the [rhythm](#) from *Seesaw*.



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BAR SETUP

The colored dots show which bars you can play for this song.



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TECHNIQUE

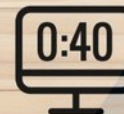
It's important that you bounce your mallets on the bars so that they produce a ringing sound, rather than a thud.



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TECHNIQUE

Watch this video to see how it should look and sound.



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PLAYING

 Bounce the mallets to the rhythm just like you practiced earlier.



See



saw,



up and



down



In the



sky and



on the



ground.

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SINGING & PLAYING

 Try singing along while you play.



See



saw,



up and



down



In the



sky and



on the



ground.

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CHALLENGE

Try one of the following challenges.

-  Try playing the song with another pitched instrument, such as pitched percussion tubes, recorders, or handchimes.
-  Create an ensemble by breaking into three groups; one group will sing, another will play on pitched instruments, and another will play the rhythm on rhythm instruments.
-  Compose your own piece, on your own or with partners, using the pitches and rhythms from *Seesaw*. Share the finished piece with your teacher or classmates.

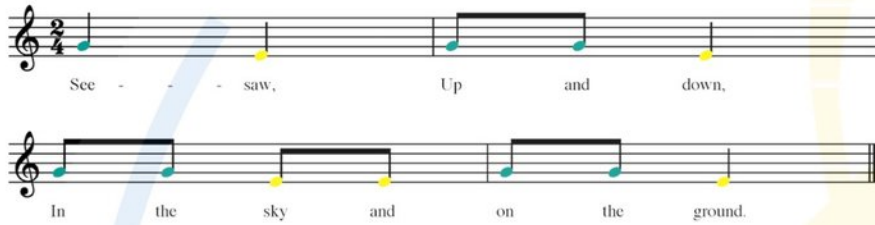
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for serious music literacy