

One Cold and Frosty Morning

VOCAL WARMUP

MOVING TO THE MUSIC

MALLET WARMUP

SIMPLE BORDUNS

PLAY & SING

CHALLENGE

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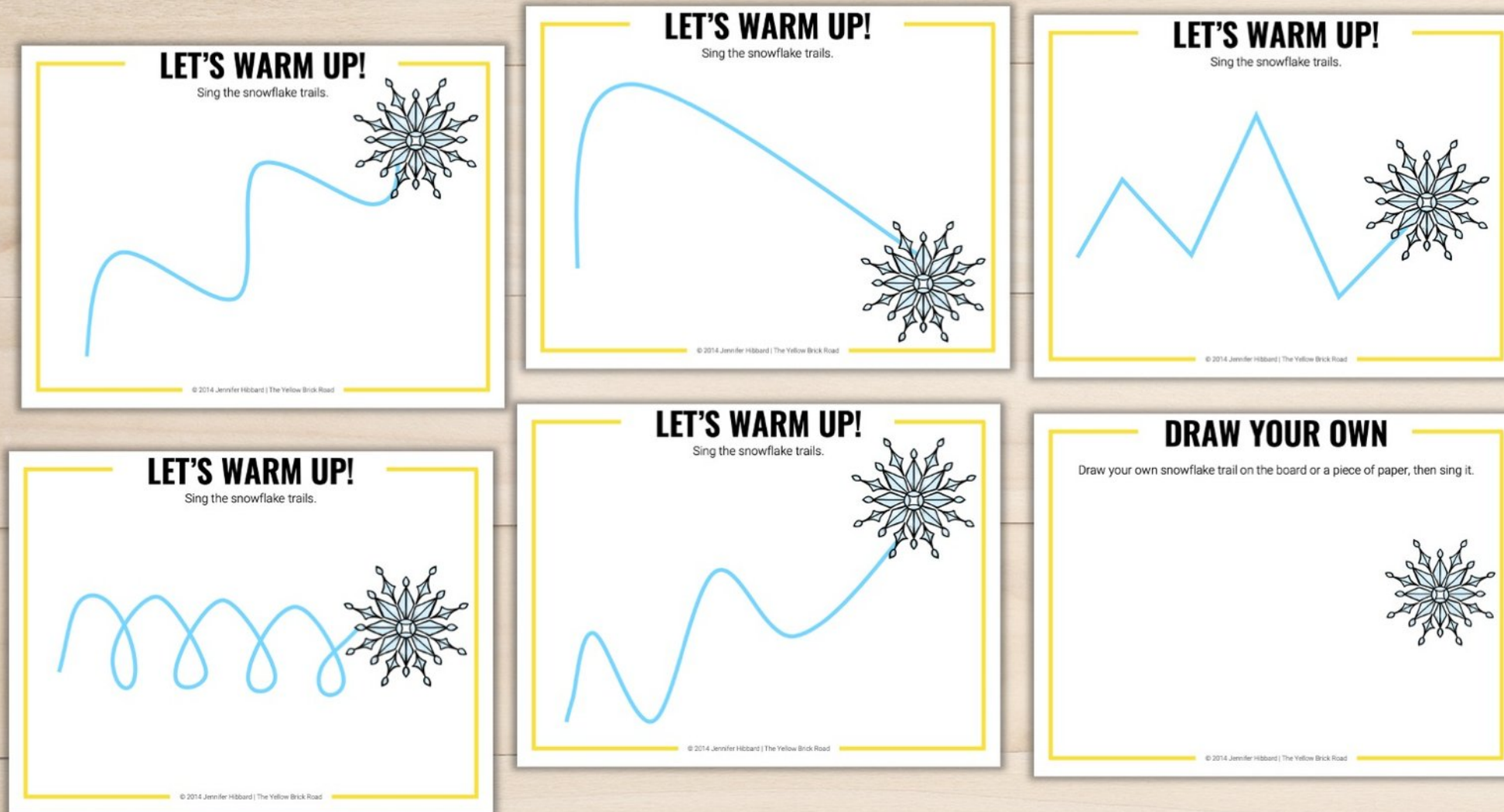
PowerPoint & Google Slides™

Students experience the folk song with:

- ☒ Vocal Warmups
- ☒ Body Movement
- ☒ Singing
- ☒ Mallet Warmup
- ☒ Simple Borduns

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Students warm-up their voices and create their own warm-up



Cute introduction to playing notes on the mallet instruments. I love "Leaves" and this is a great next step. Also, it can be used any time during the winter. Thank you!

– Christine S.



Have students take turns using a fun pointer and being the conductor of each warm-up

Students listen to the song and move their bodies to show the words

LISTENING TIME

Listen to the song as you pat the beat.
Then, answer the question.

What animals did you hear about?



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LISTENING TIME

One cold and frosty morning
Just as the sun did rise
The possum roared, the raccoon howled,
'Cause he began to freeze

He drew himself up in a knot,
With his knees up to his chin,
And ev'ry-thing had to clear the track
When he stretched out again.

Old Jessie was a gentleman
Among the olden times.

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LET'S PRETEND

As you listen to the song, act out the parts. Here are some examples:

"Just as the sun did rise"

- stand tall with your arms above your head

"He drew himself up in a knot"

- curl up into a ball

"When he stretched out again."

- stretch out as far as you can

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GOOD WORK!

We heard about the
opossum and the raccoon.

Have you ever seen these
animals before?
What do you know about them?



GOOD WORK!

This time, try singing the song as you
act out the parts.

LISTENING TIME

One cold and frosty morning
Just as the sun did rise
The possum roared, the raccoon howled,
'Cause he began to freeze

He drew himself up in a knot,
With his knees up to his chin,
And ev'ry-thing had to clear the track
When he stretched out again.

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SINGING TIME

He drew himself up in a knot

With his knees up to his chin

And ev'rything had to clear the track

When he stretched out again.

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SINGING TIME

Old Jessie was a gentleman

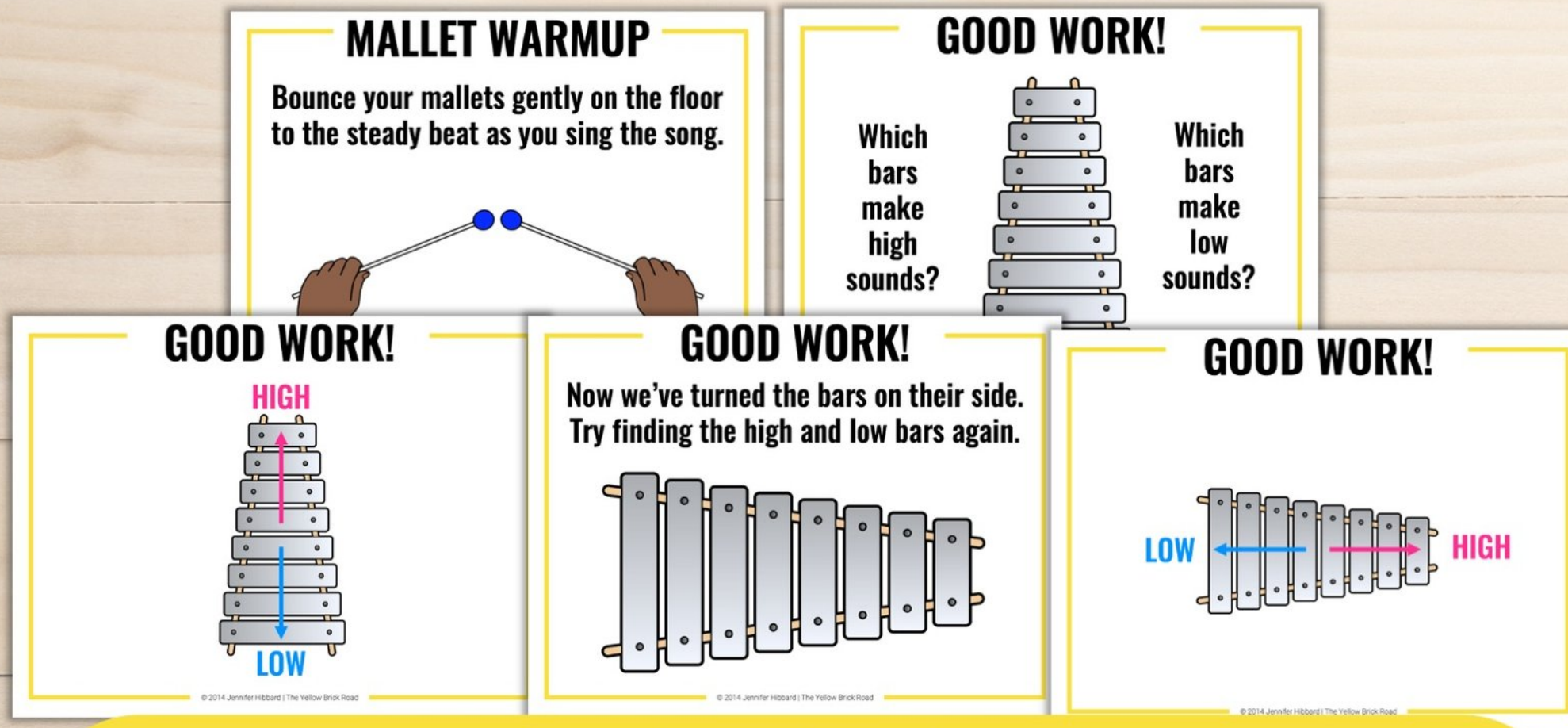
Among the olden times.

© 2014 Jennifer Hibbard | The Yellow Brick Road



Have students **create their own movements** for the song that fit the lyrics they hear

Students practice bouncing their mallets and learn about the highs and lows of their mallet instrument



The sequencing in this activity was great and easy to follow! I love that it started with vocal warm-ups, transitioned into up and down on the instrument, and into the song. This was the perfect way to work on high and low on the Orff instruments. Thank you!

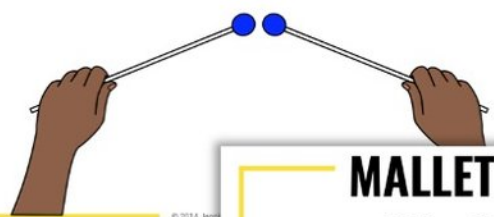
– Morgan M.



Print out an image of an Orff instrument, then have students practice rotating it from up and down, to sideways, then pointing out which side is high and low

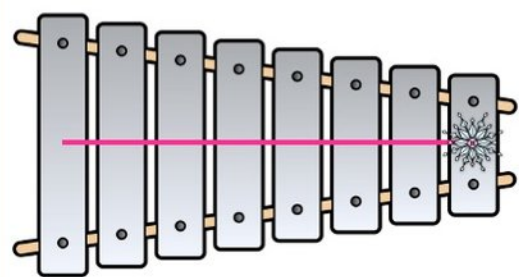
MALLET WARMUP

Follow the direction of the snowflakes in the following slides. Use your mallets to slide across the bars.



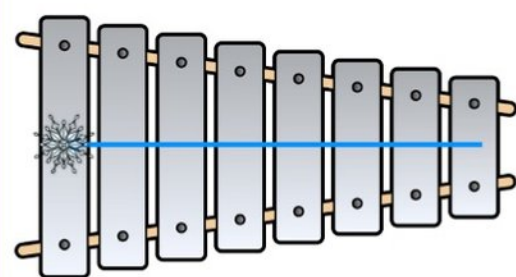
MALLET WARMUP

Follow the snowflake.



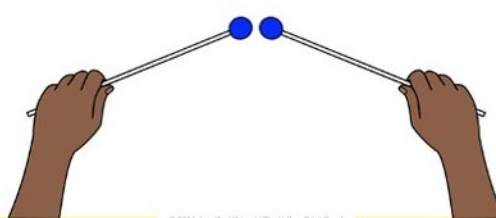
MALLET WARMUP

Follow the snowflake.



GOOD WORK!

This time we're going to bounce our mallets only on the bars that have snowflakes, making sure to keep a steady beat.



MALLET WARMUP



MALLET WARMUP



MALLET WARMUP



MALLET WARMUP



MALLET WARMUP



Students have fun while practicing high and low using glissandos and single bars!



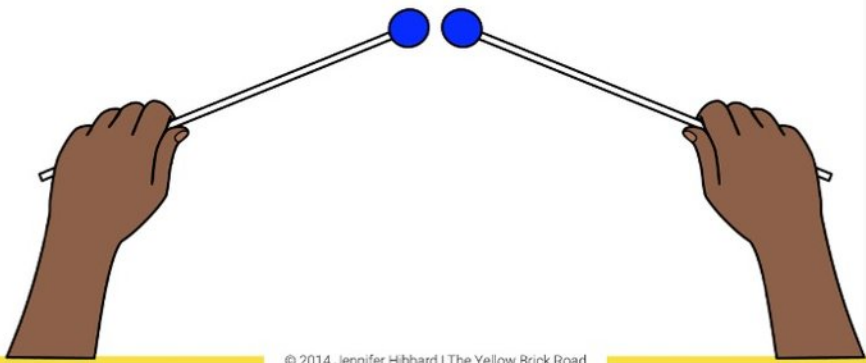
Have students use the handles of the mallets to create a softer sound when they're all playing at once.

Students learn about borduns

GOOD WORK!

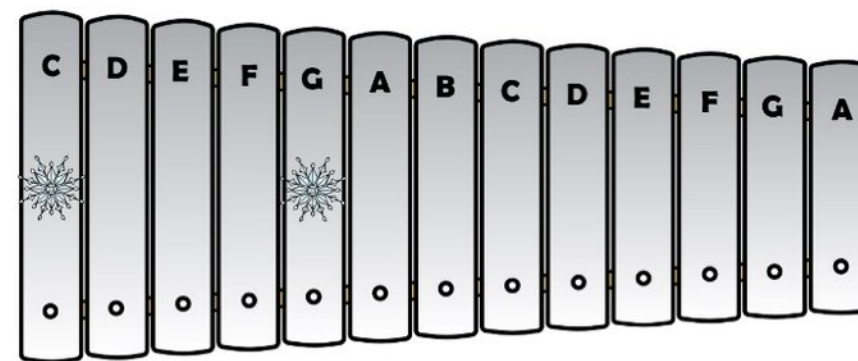
Now we're going to play a simple bordun.

A **simple bordun** is an ostinato played using an open fifth (do and so).



SIMPLE BORDUN

This is a **C bordun**.
Try playing it with a steady beat.



Used this song for my winter concert, the students loved it and using the bells was just an added bonus

– Mikael W.



Have students practice playing the bordun while **listening to a fun beat track** on YouTube

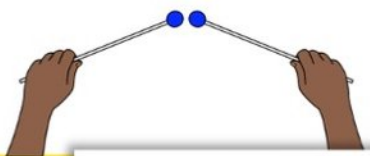
Students put everything they learned together to sing and play the song

TIME TO PLAY!

It's your turn to be the accompanist.

Play the bars using a steady beat, just like you did in practice. The bar's letter will be above the lyrics.

Be ready to play a bordun at the end of the song!



TIME TO PLAY

C
One cold and frosty morning

D
Just as the sun did rise

The possum roared, the raccoon howled,

E
'Cause he began to freeze

TIME TO PLAY

He drew himself up in a knot

F
With his knees up to his chin

And ev'rything had to clear the track

G
When he stretched out again.

TIME TO PLAY

G
C
Old Jessie was a gentleman

Among the olden times.

SINGERS

- ✓ Act out the part as you sing
- ✓ Use good breath support
- ✓ Practice good posture

PLAYERS

- ✓ Bounce the mallets
- ✓ Use proper mallet grip
- ✓ Keep a steady beat



My kids loved the vocal explorations and making up their own. I did the boomwhackers with one class and my 2nd graders have been working on adding xylophones.

– Monica C.



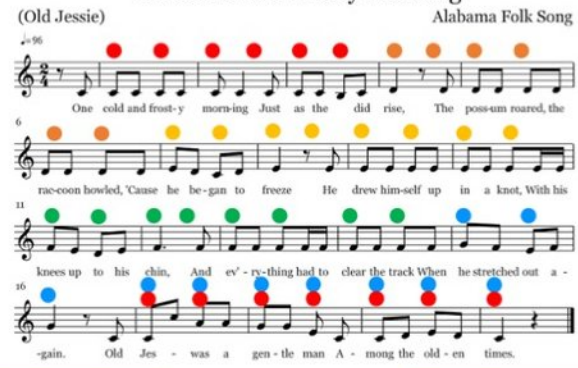
Don't have enough mallet instruments to go around?

Use Boomwhackers™!

Two versions of the sheet music included

EASY VERSION
Rhythms have been modified for beginners.

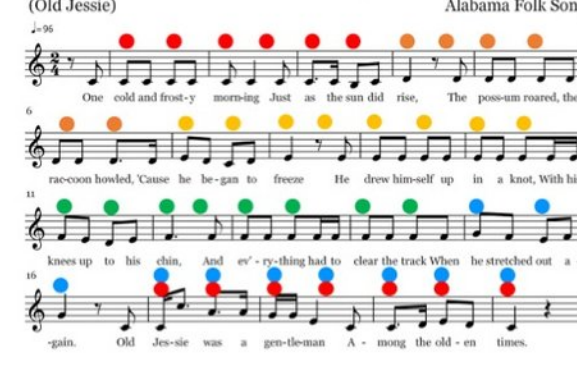
One Cold and Frosty Morning
(Old Jessie) Alabama Folk Song



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ORIGINAL

One Cold and Frosty Morning
(Old Jessie) Alabama Folk Song



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What a fun activity to get students comfortable with the Orff instruments!

– Tuneful Teacher



Use the same song across multiple grade levels using the different versions of the sheet music



This resource is beautifully designed, easy to use and highly engaging for students. It was an excellent addition to my repertoire!

– Heather B.



Want more Orff Instrument
resources?

Grab this!