



CLIBURN IN THE CLASSROOM

LAUGH OUT LOUD!

Finding the funny in whimsical songs

CLASS ACTIVITY:

Laughing Scales

Grade Level(s): 2-4

Subject Areas: Music, Physical Education

OBJECTIVE

This lesson reinforces solfege and pitch identification through the use of laughter yoga, adapted for the music classroom. If clarity is needed for this activity, watch this video: <https://youtu.be/jr3z9KzdtAM>.

SPACE AND EQUIPMENT CONSIDERATIONS

Enough space is needed for students to safely move about.

MUSIC TO EXPLORE

ARLEN *The Merry Old Land of Oz*

ACTIVITY

1. Begin class with any routine vocal/scale warm-ups. Then assign a gradual climbing movement to each pitch of the major scale—the lowest squat position for the bottom do, and the highest tip toe position for the top do. Sing through the scale using solfege first, both ascending and descending.
2. Then, do the same thing with pitched laughter. For the lower pitches, try to use deep belly laughs. As the scale ascends, move into chest laughs, then into head laughs for the top pitches. Encourage creativity—laughs can be any syllable (hohoho, hehehe, hahaha) and include silly faces or hand motions.
3. When the class has assigned a laugh to each pitch of the scale, combine it into a full ascending and descending laughter scale with the climbing movements described above. Older grades can do this activity with minor and pentatonic scales as well.
4. Allow time for students to quiet themselves after this activity; spontaneous laughter will almost certainly erupt! The music above may be used for this purpose. Allow them to march around the room in time and sing along to recenter their focus.