

3-6 Years

Age	Exercise #	Heading	Group/Individual	Exercise Type	Exercise Title	Variations	Charts, Graphics, and Music Included	Equipment, Instruments (Not Included)	
TRACK 2 - INSTRUMENTS									
3-6	1	T2-1A	Various Instruments	Individual	Identifying	Identifying Instruments	Listen to Instruments	Instrument Cards	Computer with Internet
3-6	2	T2-1B	Various Instruments	Individual	Identifying	Identifying Instruments	Identifying the Instruments	"	"
3-6	3	T2-1C	Various Instruments	Individual	Identifying	Identifying Instruments	Identifying Instruments in Songs	"	"
									Tibetan bowl, Tingshas, Tuning Fork, Frame Drum, Sansula, Freenote, Percussion
3-6	4	T2-2B	Various Instruments	G/I	Listening	Listening to and Playing Instruments	Listening to Instruments		"
3-6	5	2B	Various Instruments	G/I	Listening	Listening to and Playing Instruments	Playing Instruments		"
									Crystal Bowl, Felt Wand, Rubber Mallet, Rubber Ring
3-6	6	3A	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Tapping		"
3-6	7	3B	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Ringling		"
3-6	8	3C	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Listening for the Silence		"
TRACK 3 - MUSIC									
3-6	1	1A	Rhythm	G/I	Movement	Body Percussion - 1 & 2 Beat Cycles	Counting Numbers and Body Percussion	Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	2	1B	Rhythm	G/I	Movement	Body Percussion - 1 & 2 Beat Cycles	Counting with Syllables and Body Percussion	"	"
3-6	3	2A	Rhythm	G/I	Movement	Body Percussion - 3 Beat Cycles	Counting Numbers and Body Percussion	Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	4	2B	Rhythm	G/I	Movement	Body Percussion - 3 Beat Cycles	Counting with Syllables and Body Percussion	"	"
3-6	5	2C	Rhythm	G/I	Movement	Body Percussion - 3 Beat Cycles	Dropping Beats	"	"
3-6	6	2D	Rhythm	G/I	Movement	Body Percussion - 3 Beat Cycles	Body Percussion Variations	"	"
3-6	7	2E	Rhythm	G/I	Movement	Body Percussion - 3 Beat Cycles	Syllable Variations	"	"
3-6	8	3A	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles	Counting Numbers and Body Percussion	Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	9	3B	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles	Counting with Syllables and Body Percussion	"	"
3-6	10	3C	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles	Dropping Beats	"	"
3-6	11	3D	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles	Body Percussion Variations	"	"
3-6	12	3E	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles	Syllable Variations	"	"
									Percussion Instruments (e.g. Frame drum, Tambourine, Shaker, Rattles, etc.), Metronome
3-6	13	4A	Rhythm	Group	Movement	Body Percussion - 4 Beat Cycles in Groups	Counting Beats in Groups	Syllable Chart, Body Percussion Chart, Images of Kick drum, Snare and High Hat cymbal	"
3-6	14	4B	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles in Groups	Counting a Traditional Drum Kit Rhythm	"	"
3-6	15	4C	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles in Groups	Body Percussion Variations	"	"
3-6	16	4D	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles in Groups	Syllable Variations	"	"
3-6	17	4E	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles in Groups	Adding Percussion Instruments	"	"
3-6	18	5A	Rhythm	G/I	Movement	Body Percussion - 5 Beat Cycles	Counting Numbers and Body Percussion	Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	19	5B	Rhythm	G/I	Movement	Body Percussion - 5 Beat Cycles	Counting with Syllables and Body Percussion	"	"
3-6	20	5C	Rhythm	G/I	Movement	Body Percussion - 5 Beat Cycles	Dropping Beats	"	"
3-6	21	5D	Rhythm	G/I	Movement	Body Percussion - 5 Beat Cycles	Body Percussion Variations	"	"
3-6	22	5E	Rhythm	G/I	Movement	Body Percussion - 5 Beat Cycles	Syllable Variations	"	"
3-6	23	6A	Rhythm	G/I	Movement	Body Percussion - 5 Beat Cycles with Subdivisions	Counting Subdivisions and Body Percussion	Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	24	6B	Rhythm	G/I	Movement	Body Percussion - 5 Beat Cycles with Subdivisions	Counting Subdivisions with Syllables and Body Percussion	"	"
3-6	25	7A	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles	Counting Numbers and Body Percussion	Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	26	7B	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles	Counting with Syllables and Body Percussion	"	"
3-6	27	7C	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles	Dropping Beats	"	"
3-6	28	7D	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles	Body Percussion Variations	"	"
3-6	29	7E	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles	Syllable Variations	"	"
3-6	30	7F	Rhythm	Group	Movement	Body Percussion - 8 Beat Cycles	Two Groups	"	"
3-6	31	8A	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles with Subdivisions	Counting Subdivisions with Numbers	Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	32	8B	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles with Subdivisions	Counting Subdivisions with Syllables	"	"
3-6	33	8C	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles with Subdivisions	Add Body Percussion	"	"
3-6	34	8D	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles with Subdivisions	Subdivision Variations	"	"
3-6	35	8E	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles with Subdivisions	Body Percussion Variations	"	"
3-6	36	8F	Rhythm	G/I	Movement	Body Percussion - 8 Beat Cycles with Subdivisions	Syllable Variations	"	"
3-6	37	9A	Rhythm	G/I	Movement	Body Percussion Progressions	One Beat Cycle, One Body Part	Syllable Chart	Metronome (If necessary)
3-6	38	9B	Rhythm	G/I	Movement	Body Percussion Progressions	Two Beat Cycle, Two Body Parts	"	"
3-6	39	9C	Rhythm	G/I	Movement	Body Percussion Progressions	Three Beat Cycle, Two Body Parts	"	"
3-6	40	9D	Rhythm	G/I	Movement	Body Percussion Progressions	4-8 Beat Cycle, Two Body Parts	"	"
3-6	41	9E	Rhythm	G/I	Movement	Body Percussion Progressions	Three Beat Cycle, Three Body Parts	"	"

3-6	42	9F	Rhythm	G/I	Movement	Body Percussion Progressions	Four Beat Cycle, Three Body Parts	"	"
3-6	43	9G	Rhythm	G/I	Movement	Body Percussion Progressions	Four Beat Cycle, Four Body Parts	"	"
3-6	44	10A	Rhythm	G/I	Movement	Rhythm Circle - 4 Beat Cycle	Walking the 4 Beat Circle	4 Beat Circle Template, Syllable Chart, Body Percussion Chart	Frame Drum, Metronome
3-6	45	10B	Rhythm	G/I	Movement	Rhythm Circle - 4 Beat Cycle	Counting with Syllables	"	"
3-6	46	10C	Rhythm	G/I	Movement	Rhythm Circle - 4 Beat Cycle	Body Percussion	"	"
3-6	47	10D	Rhythm	G/I	Movement	Rhythm Circle - 4 Beat Cycle	Dropping Beats	"	"
3-6	48	11A	Rhythm	G/I	Movement	Rhythm Circle - 8 Beat Cycle	Walking the 8 Beat Circle	8 Beat Circle Template, Syllable Chart, Body Percussion Chart	Frame Drum, Percussion, Metronome
3-6	49	11B	Rhythm	G/I	Movement	Rhythm Circle - 8 Beat Cycle	Counting with Syllables	"	"
3-6	50	11C	Rhythm	G/I	Movement	Rhythm Circle - 8 Beat Cycle	Body Percussion	"	"
3-6	51	11D	Rhythm	G/I	Movement	Rhythm Circle - 8 Beat Cycle	Dropping Beats	"	"
3-6	52	11E	Rhythm	Group	Movement	Rhythm Circle - 8 Beat Cycle	2 Groups	"	"
3-6	53	11F	Rhythm	G/I	Movement	Rhythm Circle - 8 Beat Cycle	Adding Percussion Instruments	"	"
3-6	54	12	Rhythm	G/I	Movement	Rhythm Circle - 12 Beat Cycle	Walking the 12 Beat Circle	12 Beat Circle Template, Syllable Chart, Body Percussion Chart	Frame Drum, Percussion, Metronome
3-6	55	13A	Rhythm	G/I	Movement	Stepping in Place Rhythms	Counting Numbers	Syllable Chart, Body Percussion Chart	Frame Drum, Metronome
3-6	56	13B	Rhythm	G/I	Movement	Stepping in Place Rhythms	Syllable and Percussion Variations	"	"
3-6	57	14	Rhythm	Individual	Movement	Counting Rhythms and Tapping - All Beat Cycles	Counting Numbers and Tapping	2-8 Beat Circle Template	Metronome (If necessary)
3-6	58	15A	Rhythm	Individual	Movement	Counting Rythms - 2 Beat Cycles	Counting and Tapping	2 Beat Circle Template, Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	59	15B	Rhythm	Individual	Movement	Counting Rythms - 2 Beat Cycles	Counting Syllables and Tapping	"	"
3-6	60	15C	Rhythm	Individual	Movement	Counting Rythms - 2 Beat Cycles	With Body Percussion	"	"
3-6	61	16A	Rhythm	Individual	Movement	Counting Rythms - 3 Beat Cycles	Counting and Tapping	3 Beat Circle Template, Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	62	16B	Rhythm	Individual	Movement	Counting Rythms - 3 Beat Cycles	Counting with 3 Syllables and Body Percussion	"	"
3-6	63	16C	Rhythm	Individual	Movement	Counting Rythms - 3 Beat Cycles	Two Syllable Variations	"	"
3-6	64	16D	Rhythm	Individual	Movement	Counting Rythms - 3 Beat Cycles	Counting with 3 Syllables	"	"
3-6	65	16E	Rhythm	Individual	Movement	Counting Rythms - 3 Beat Cycles	Dropping Beats	"	"
3-6	66	16F	Rhythm	Individual	Movement	Counting Rythms - 3 Beat Cycles	Three Syllable Variations	"	"
3-6	67	16G	Rhythm	Individual	Movement	Counting Rythms - 3 Beat Cycles	Body Percussion	"	"
3-6	68	16H	Rhythm	Individual	Movement	Counting Rythms - 3 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"
3-6	69	17A	Rhythm	Individual	Movement	Counting Rythms - 4 Beat Cycles	Counting and Tapping	4 Beat Circle Template, Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	70	17B	Rhythm	Individual	Movement	Counting Rythms - 4 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"
3-6	71	17C	Rhythm	Individual	Movement	Counting Rythms - 4 Beat Cycles	Two Syllable Variations	"	"
3-6	72	17D	Rhythm	Individual	Movement	Counting Rythms - 4 Beat Cycles	Counting with 4 Syllables	"	"
3-6	73	17E	Rhythm	Individual	Movement	Counting Rythms - 4 Beat Cycles	Dropping Beats	"	"
3-6	74	17F	Rhythm	Individual	Movement	Counting Rythms - 4 Beat Cycles	Syllable Variations	"	"
3-6	75	17G	Rhythm	Individual	Movement	Counting Rythms - 4 Beat Cycles	Body Percussion	"	"
3-6	76	17H	Rhythm	Individual	Movement	Counting Rythms - 4 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"
3-6	77	18	Rhythm	Individual	Movement	Counting Rhythms - Embedded Cycles - Repeating Pairs	Repeating Pairs - Two Cycles in One	4, 6, 8 Beat Circle Template, Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	78	19A	Rhythm	Individual	Movement	Counting Rythms - 5 Beat Cycles	Counting and Tapping	5 Beat Circle Template, Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	79	19B	Rhythm	Individual	Movement	Counting Rythms - 5 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"
3-6	80	19C	Rhythm	Individual	Movement	Counting Rythms - 5 Beat Cycles	Two Syllable Variations	"	"
3-6	81	19D	Rhythm	Individual	Movement	Counting Rythms - 5 Beat Cycles	Counting with 5 Syllables	"	"
3-6	82	19E	Rhythm	Individual	Movement	Counting Rythms - 5 Beat Cycles	Dropping Beats	"	"
3-6	83	19F	Rhythm	Individual	Movement	Counting Rythms - 5 Beat Cycles	Syllable Variations	"	"
3-6	84	19G	Rhythm	Individual	Movement	Counting Rythms - 5 Beat Cycles	Body Percussion	"	"
3-6	85	19H	Rhythm	Individual	Movement	Counting Rythms - 5 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"
3-6	86	20A	Rhythm	Individual	Movement	Counting Rythms - 6 Beat Cycles	Counting and Tapping	6 Beat Circle Template, Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	87	20B	Rhythm	Individual	Movement	Counting Rythms - 6 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"
3-6	88	20C	Rhythm	Individual	Movement	Counting Rythms - 6 Beat Cycles	Two Syllable Variations	"	"
3-6	89	20D	Rhythm	Individual	Movement	Counting Rythms - 6 Beat Cycles	Counting with 6 Syllables	"	"
3-6	90	20E	Rhythm	Individual	Movement	Counting Rythms - 6 Beat Cycles	Dropping Beats	"	"
3-6	91	20F	Rhythm	Individual	Movement	Counting Rythms - 6 Beat Cycles	Syllable Variations	"	"
3-6	92	20G	Rhythm	Individual	Movement	Counting Rythms - 6 Beat Cycles	Body Percussion	"	"
3-6	93	20H	Rhythm	Individual	Movement	Counting Rythms - 6 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"
3-6	94	21A	Rhythm	Individual	Movement	Counting Rythms - 7 Beat Cycles	Counting and Tapping	2-8 Beat Circle Template, Syllable Chart, Body Percussion Chart	Metronome (If necessary)

3-6	95	21B	Rhythm	Individual	Movement	Counting Ryhthms - 7 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"
3-6	96	21C	Rhythm	Individual	Movement	Counting Ryhthms - 7 Beat Cycles	Two Syllable Variations	"	"
3-6	97	21D	Rhythm	Individual	Movement	Counting Ryhthms - 7 Beat Cycles	Counting with 7 Syllables	"	"
3-6	98	21E	Rhythm	Individual	Movement	Counting Ryhthms - 7 Beat Cycles	Dropping Beats	"	"
3-6	99	21F	Rhythm	Individual	Movement	Counting Ryhthms - 7 Beat Cycles	Syllable Variations	"	"
3-6	100	21G	Rhythm	Individual	Movement	Counting Ryhthms - 7 Beat Cycles	Body Percussion	"	"
3-6	101	21H	Rhythm	Individual	Movement	Counting Ryhthms - 7 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"
3-6	102	22A	Rhythm	Individual	Movement	Counting Ryhthms - 8 Beat Cycles	Counting and Tapping	8 Beat Circle Template, Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	103	22B	Rhythm	Individual	Movement	Counting Ryhthms - 8 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"
3-6	104	22C	Rhythm	Individual	Movement	Counting Ryhthms - 8 Beat Cycles	Two Syllable Variations	"	"
3-6	105	22D	Rhythm	Individual	Movement	Counting Ryhthms - 8 Beat Cycles	Counting with 8 Syllables	"	"
3-6	106	22E	Rhythm	Individual	Movement	Counting Ryhthms - 8 Beat Cycles	Dropping Beats	"	"
3-6	107	22F	Rhythm	Individual	Movement	Counting Ryhthms - 8 Beat Cycles	Syllable Variations	"	"
3-6	108	22F	Rhythm	Individual	Movement	Counting Ryhthms - 8 Beat Cycles	Body Percussion	"	"
3-6	109	22G	Rhythm	Individual	Movement	Counting Ryhthms - 8 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"
3-6	110	23A	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Counting Subdivisions with Numbers and Tapping	4 Beat Circle Template, 4 Beat Subdivision Chart, Syllable Chart, Body Percussion Chart	Metronome (If necessary)
3-6	111	23B	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Counting Subdivisions with 2 Syllables	"	"
3-6	112	23C	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Body Percussion - One Part	"	"
3-6	113	23D	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Body Percussion - Two Parts	"	"
3-6	114	23E	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Counting Subdivisions with 3 Syllables	"	"
3-6	115	23F	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Body Percussion - Three Parts	"	"
3-6	116	23G	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Dropping Beats	"	"
3-6	117	23H	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Syllable Variations	"	"

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TRACK 4 - GEOMETRY								
3-6	1	1A	Geometry Basics	Individual	Practicing	How to Use a Compass	Practice Drawing Cirles - Mundane Geometry	Compass, Pencil
3-6	2	1B	Geometry Basics	Individual	Practicing	How to Use a Compass	Practice Drawing Interelated Circles - Sacred Geometry	"
3-6	3	2	2D Geometries	Individual	Drawing	Finding Center of Polygons - Inner Circle	Finding the Center of a Polygon	Pre-drawn Square
3-6	4	3	2D Geometries	Individual	Drawing	Drawing the Flower of Creation or Seed of Life (6 Circles)	Drawing the Flower of Creation	Flower of Creation Image
3-6	5	4A	2D Geometries	Individual	Drawing	Drawing Polygons in the Flower of Creation	Draw a Hex Star	Flower of Creation with Hex Star
3-6	6	4B	2D Geometries	Individual	Drawing	Drawing Polygons in the Flower of Creation	Color Every Shape	"
3-6	7	4C	2D Geometries	Individual	Drawing	Drawing Polygons in the Flower of Creation	Color the Drawing as a 6 pointed Star	"
3-6	8	4D	2D Geometries	Individual	Drawing	Drawing Polygons in the Flower of Creation	Draw a Hexagon	"
3-6	9	5	2D Geometries	Individual	Drawing	Drawing the Flower of Life (19 Circles)	Flower of Life Image,	Flower of Life Meaning Document
3-6	10	6A	2D Geometries	Individual	Drawing	Division of Circle by Whole Numbers to Form Polygons	12 Dot Circle Tempate Exercise	12 Dot Circle Template
3-6	11	6B	2D Geometries	Individual	Drawing	Division of Circle by Whole Numbers to Form Polygons	10 Dot Circle Tempate Exercise	10 Dot Circle Template
3-6	12	6C	2D Geometries	Individual	Drawing	Division of Circle by Whole Numbers to Form Polygons	8 Dot Circle Tempate Exercise	8 Dot Circle Template
3-6	13	7A	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Size of Your Space	Chalk
3-6	14	7B	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Creating Your Own Personal Space	"
3-6	15	7C	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Multiple Spaces	"
3-6	16	8	Personal Space	G/I	Experiential	Your Sphere of Personal Space		
3-6	17	9A	Numbers	Group	Experiential	Working Together - Numbers in a Group	Two Working Together	4-5 ft stick
3-6	18	9B	Numbers	Group	Experiential	Working Together - Numbers in a Group	Three Working Together	"
3-6	19	9C	Numbers	Group	Experiential	Working Together - Numbers in a Group	Four Working Together	"
3-6	20	10A	Spatial Placement	G/I	Experiential	Working Together - Spatial Placement	Spatial Placement in Conflict	
3-6	21	10B	Spatial Placement	G/I	Experiential	Working Together - Spatial Placement	Spatial Placement in Harmony	
3-6	22	11	Patterns of Nature	G/I	Experiential	Natural Patterns Scavenger Hunt	Master Chart of Nature's Patterns, Patterns of Life Information Doc	10 Boxes
3-6	23	12	Patterns of Nature	G/I	Matching	Number Patterns in Nature	Master Chart of Nature's Patterns, Patterns of Life Information Doc	10 Boxes
3-6	24	13A	Golden Mean and Fibonacci	Individual	Discerning	Counting Spirals	Count the Fibonacci Sequence	Plant Fibonacci Drawings
3-6	25	13B	Golden Mean and Fibonacci	Individual	Discerning	Counting Spirals	Counting Spirals in Drawings	"
3-6	26	13C	Golden Mean and Fibonacci	Individual	Discerning	Counting Spirals	Counting Spirals in Plants	"
3-6	27	14	2D Geometries	Individual	Matching	Finding All Patterns in the Flower of Life	Flower of Life Image, List of Patterns in Flower of Life	
3-6	28	15	Art and Pattern Grids	Individual	Drawing	Mosaic Tile Coloring	Mosaic Tile Drawings	Colored Pencils

5-6	29	16A	2D Geometries	Individual	Drawing	Drawing the Vesica Piscis	Vesica Piscis	Vesica Pisces Associations Chart	Compass, Colored Pencils, Ruler
5-6	30	16B	2D Geometries	Individual	Drawing	Drawing the Vesica Piscis	Why is the 2nd Circle Called Reflection	"	"

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TRACK 5 - EMOTIONAL EXPRESSION								
3-6	1	1	Voice Expression	G/I	Experiential	Voice In the Body		
3-6	2	2A	Voice Expression	G/I	Experiential	Single Vowel Frequency Sweep	Single Vowel Frequency Sweep with Movement	
3-6	3	2B	Voice Expression	G/I	Experiential	Single Vowel Frequency Sweep	Left and Right	
3-6	4	2C	Voice Expression	G/I	Experiential	Single Vowel Frequency Sweep	Different Tempos	
3-6	5	2D	Voice Expression	G/I	Experiential	Single Vowel Frequency Sweep	With Jump	
3-6	6	3	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds	Toning Long Vowel Sounds - Call and Response	
3-6	7	4A	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds - Call and Response	Crystal Bowls, Piano, Bells,
3-6	8	4B	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds with the Crystal Bowl	Melodic Instrument
3-6	9	4C	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds with the Piano or Bells	"
3-6	10	5A	Voice Expression	G/I	Experiential	All Vowel Sweep	All Vowel Sweep	"
3-6	11	5B	Voice Expression	G/I	Experiential	All Vowel Sweep	2 Vowel Sweep	
3-6	12	5C	Voice Expression	G/I	Experiential	All Vowel Sweep	2 Vowel Sweep with Frequency Sweep	
3-6	13	5D	Voice Expression	G/I	Experiential	All Vowel Sweep	All Vowel Sweep with Frequency Sweep	
3-6	14	6	Voice Expression	G/I	Call and Response	Sound and Arm Movements		
3-6	15	7A	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response	Sound Mirror - Call and Response	
3-6	16	7B	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response	Child Sound Mirror	
3-6	17	7C	Voice Expression	Group	Call and Response	Sound Mirror - Call and Response	Passing the Sound	
3-6	18	7D	Voice Expression	Group	Call and Response	Sound Mirror - Call and Response	Creative Change Pass	
3-6	19	7E	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response	Mirroring Movement and Sound	
3-6	20	7F	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response	Movement Mirroring Pairs	
3-6	21	7G	Voice Expression	Group	Call and Response	Sound Mirror - Call and Response	Passing Sound and Movement	
3-6	22	7H	Voice Expression	Group	Call and Response	Sound Mirror - Call and Response	Passing and Changing the Sound & Movement	
3-6	23	8A	Voice Expression	G/I	Call and Response	Animal Sounds and Movement with Cards	Two Groups of Animals	Animal Cards
3-6	24	8B	Voice Expression	G/I	Call and Response	Animal Sounds and Movement with Cards	With Rhythm	"
3-6	25	9A	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	4 Beat Vowel Rhythms	List of Vowel/Consonant Combinations
3-6	26	9B	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	Alternating Long and Short Vowel Rhythms	"
3-6	27	9C	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	Consonant Rhythms	"
3-6	28	9D	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	3 Beat Rhythms	"
3-6	29	9E	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	2 Vowels	"
3-6	30	9F	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	3 Vowels	"
3-6	31	9G	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	2 Consonant/Vowel Combinations	"
3-6	32	9H	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	3 Consonant/Vowel Combinations	"
3-6	33	9I	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	4 Vowels	"
3-6	34	9J	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	4 Consonant/Vowel Combinations	"
3-6	35	9K	Voice Expression	G/I	Experiential/Call and Response	Steady Beat Vocal Rhythms	Rhythms with Different Tempos	"
3-6	36	10A	Voice Expression	G/I	Experiential	Clap and Sound Circle	Clap and Sound Circle	
3-6	37	10B	Voice Expression	G/I	Experiential	Clap and Sound Circle	Child Sound and Clap	
3-6	38	10C	Voice Expression	G/I	Experiential	Clap and Sound Circle	Clap and Name Circle	
3-6	39	11A	Voice Expression	G/I	Sound and Movement	Movement and Voice with Percussion	Movement with Voice and Percussion	Any Percussion (e.g. Maracas or
3-6	40	11B	Voice Expression	G/I	Sound and Movement	Movement and Voice with Percussion	With Arm Movement	Drum), Circle on Floor
3-6	41	11C	Voice Expression	G/I	Sound and Movement	Movement and Voice with Percussion	Add Sound	"
3-6	42	11D	Voice Expression	G/I	Sound and Movement	Movement and Voice with Percussion	Child Sound and Movement	"
3-6	43	12A	Voice Expression	G/I	Experiential	Sound Hug	Sound Hug - Call and Response	
3-6	44	12B	Voice Expression	G/I	Experiential	Sound Hug	Own Sound	
3-6	45	12C	Voice Expression	G/I	Experiential	Sound Hug	Send Sound Hug to Someone in Need	
3-6	46	12D	Voice Expression	G/I	Experiential	Sound Hug	Sound Hug for Yourself	
3-6	47	12E	Voice Expression	Group	Experiential	Sound Hug	Send Hug to Your Neighbor	
3-6	48	12F	Voice Expression	G/I	Experiential	Sound Hug	Sound Hug with Movement	
3-6	49	12G	Voice Expression	G/I	Experiential	Sound Hug	Basic Sound Hug	
3-6	50	13	Voice Expression	G/I	Experiential	Sound of How You are Feeling		
3-6	51	14A	Emotional Intelligence	G/I	Experiential	Expressing Emotions	Embodying an Emotion	Emotion Emojis with Words
3-6	52	14B	Emotional Intelligence	G/I	Movement	Expressing Emotions	Move to the Emotion	"
3-6	53	14C	Emotional Intelligence	G/I	Movement	Expressing Emotions	Make the Sound of the Emotion	"

										Computer with Internet, CD/MP3 Player, Headphones, Colored Pencils
3-6	54	15A	Emotional Intelligence	G/I	Discussion	Music and Emotions	Express How it Makes You Feel			
3-6	55	15B	Emotional Intelligence	G/I	Drawing	Music and Emotions	Draw How it Makes You Feel	"		"
3-6	56	15C	Emotional Intelligence	G/I	Sounding	Music and Emotions	Make the Sound of How it Feels	"		"
3-6	57	15D	Emotional Intelligence	G/I	Movement	Music and Emotions	Express How it Feels with Movement	"		"
3-6	58	16A	Emotional Intelligence	Individ	Matching	Music and Emotion Cards	Match the Emotion to Cards with Words	Emotion Emojis with Words		CD/MP3 Player, Headphones
3-6	59	16B	Emotional Intelligence	Individ	Matching	Music and Emotion Cards	Match the Emotion to Cards with Pictures	"		"
3-6	60	17	Transforming Emotions	G/I	Experiential	Holding Frequency				Crystal Bowl, Noisy Rattle