

EVERY BREATH WE TAKE



MUSIC LESSON

BOOK CONCEPT

"CLEAN AIR HELPS US
STAY ACTIVE AND HEALTHY."

OBJECTIVE

REINFORCE WHAT KIDS NEED
TO STAY HEALTHY — CLEAN AIR.

MATERIALS

- CHALKBOARD/WHITEBOARD/EASEL
- RAFFI'S SONG "ALL I REALLY NEED"
([HTTP://WWW.RAFFINEWS.COM/FILES/
MUSIC_ARRANGEMENTS/
CHILDRENS_FAVORITES/
ALL_I_REALLY_NEED.PDF](http://www.raffinews.com/files/music_arrangements/childrens_favorites/all_i_really_need.pdf))

ACTIVITY

Listen, sing, discuss, play — Raffi's song, "All I Really Need"

1 DISPLAY

the lyrics to Raffi's song "All I Really Need"

*All I really need is a song in my heart, food in my belly and love in my family
All I really need is a song in my heart and love in my family*

*And I need the rain to fall
And I need the sun to shine*

*To give life to the seeds we sow
To give the food we need to grow*

*All I really need is a song in my heart and love in my family
All I really need is a song in my heart, food in my belly and love in my family
All I really need is a song in my heart and love in my family*

*And I need some clean water for drinkin'
And I need some clean air for breathin'
So that I can grow up strong, take my place where I belong*

*All I really need is a song in my heart and love in my family
All I really need is a song in my heart, food in my belly and love in my family
All I really need is a song in my heart and love in my family*

2 REFER

Listen to the song and invite the children to sing along.

3 PLAY

freeze dance, musical chairs, etc. using the song.

4 DISCUSS

Prompt the children to notice how their breathing becomes faster when they're active. Explain that this is good for our health because it brings more air and oxygen into our bodies when we need it. It is important that every breath we take be full of clean, fresh air. Clean air helps us stay active and healthy!



FOR MORE INFO ON CLEAN AIR:
www.momscleanairforce.org

SAY HELLO AND SEND US PICS:
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MOMS
clean air
FORCE

FIGHTING FOR
OUR KIDS' HEALTH