

Theme: Let's Get Away from It All (Spring Break)

It's Spring Break time! Let's take a musical journey and enjoy some relaxation!

ACTIVITIES

Physical Warm-Ups:

Sing "My Bonnie Lies Over the Ocean"

- Reach arms out every time you sing "over"
- Scoop arms out and back to body when you sing "bring back"

Create a seated conga line and dance along to "Jump the Line"

- Have residents take turns being the leader and suggesting a dance move for the group

Vocal Warm-Up:

Listen to "Day-O" and follow call/response – Sing "Daylight come and me wanna to go home"

Singing:

On Moonlight Bay

- Talk about: Have you ever gone sailing? Or maybe you had a fishing boat or pontoon? Would you stay out for the night bite? Tell me about the moon on the water. What sounds would you hear? (loons, mosquitos, voices over carrying across the water)

Far Away Places

- What's the farthest away place you've visited? Tell me about it! Why did you go there? Is there somewhere you've always wanted to visit, or do you prefer to stay close to home?

Blue Hawaii

- Have you visited Hawaii? Many people go for their honeymoon or a special anniversary – did you? What do you think of when you think of Hawaii?

I Left My Heart in San Francisco

- Name some famous attractions in San Francisco (Golden Gate bridge, Alcatraz, Fisherman's Wharf, Chinatown, Ghiradelli Square, Cable Cars) Is there a place that has your heart? Why?

Listening and/or Viewing Links:

"I Love Paris in the Springtime"

<https://www.youtube.com/watch?v=9Od4TJYxjgk>

"Arrivederci, Roma"

https://www.youtube.com/watch?v=-prQ8AE_nvY

or <https://www.youtube.com/watch?v=Q80ymHIGg0I>

"New York, New York"

<https://www.youtube.com/watch?v=EUrUfJW1JGk>

"On a Slow Boat to China"

<https://www.youtube.com/watch?v=1HSEgTK8rJk>

Trivia/Discussion:

Name the state or country for the following spring break destinations:

- Cancun (Mexico)
- Miami Beach (Florida)
- South Padre Island (Texas)
- Cabo San Lucas (Mexico)
- Panama City Beach (Florida)
- San Diego (California)
- Phoenix (Arizona)
- Las Vegas (Nevada)
- New Orleans (Louisiana)
- Myrtle Beach (South Carolina)
- Wisconsin Dells (Wisconsin)
- Hilton Head (South Carolina)
- San Antonio (Texas)

Can you think of others?

- Name someplace warm/cold/far away/you would never want to visit/you'd love to go
- Name someplace that would have great food.
- Name a famous museum
- Name a famous landmark
- Name a cruise destination

