

## MacPhail Music for Life Lesson Plan

### Theme: Smiles

**Warm Up:** Exercise facial muscles by doing the following:

1. Raise your eyebrows
2. Open your eyes wide, then close tightly
3. Open mouth wide/yawn
4. Pucker mouth and make “fish lips”
5. Bring lips together “mmmm” sound
6. Try buzzing lips

Can you create the following expressions?

- Excited
- Sad
- Angry
- Surprised
- Happy
- Can you think of any others?

**Vocal Warm Up:** Valderi, Valdera – listen & try singing the “ha ha ha ha” chorus

- Make some laughing sounds – what would these sound like?
  - o Hahaha, hehehehe, snort(?), giggle, guffaw, chuckle

### Sing Together

- When Irish Eyes are Smiling
- There are Smiles that Make Us Happy
  - o Discuss: What are some things that make you smile?
- Pack Up Your Troubles in Your Old Kit Bag and Smile, Smile, Smile
- When You’re Smiling... the Whole World Smiles with You

### Watch

- When Buddha Smiles – Benny Goodman:  
<https://www.youtube.com/watch?v=JA-F8m06GME>
- I’m All Smiles – Barbara Streisand  
<https://www.youtube.com/watch?v=LEwEr170Ehg>
- The Shadow of Your Smile – Andy Williams  
<https://www.youtube.com/watch?v=p-gt2emNfcl>
- Never Smile at a Crocodile from Peter Pan  
<https://www.youtube.com/watch?v=p-gt2emNfcl>

**Valderi, Valdera**

I love to go a-wandering along the mountain track  
And as I go I love to sing, my knapsack on my back.

Valderi, valdera, valderi, valdera-ha-ha-ha-ha-ha  
Valderi, valdera, my knapsack on my back

I love to wander by the stream that dances in the sun  
So joyously it calls to me "Come join my happy song".

Valderi, valdera, valderi, valdera-ha-ha-ha-ha-ha  
Valderi, valdera, come join my happy song

I wave my hat to all I meet and they wave back to me  
And blackbirds call so loud and sweet from every greenwood tree.

Valderi, valdera, valderi, valdera-ha-ha-ha-ha-ha  
Valderi, valdera, from every greenwood tree

High overhead the skylark wing, they never rest at home  
But just like me they love to sing as o'er the world we roam.

Valderi, valdera, valderi, valdera-ha-ha-ha-ha-ha  
Valderi, valdera, as o'er the world we roam

O may I go a-wandering until the day I die  
And may I always laugh and sing beneath God's clear blue sky.

Valderi, valdera, valderi valdera-ha-ha-ha-ha-ha  
Valderi, valdera, beneath God's clear blue sky.

## **When Irish Eyes are Smiling**

Chorus:

When Irish Eyes Are Smiling, sure 'tis like a morn in spring.  
In the lilt of Irish laughter, you can hear the angels sing.  
When Irish hearts are happy, all the world seems bright and gay,  
And When Irish Eyes Are Smiling, sure, they steal your heart away.

Verse 1:

There's a tear in your eye and I'm wondering why,  
For it never should be there at all.  
With such power in your smile, sure a stone you'd beguile,  
So there's never a teardrop should fall,  
When your sweet lilting laughter's like some fairy song  
And your eyes twinkle bright as can be.  
You should laugh all the while and all other times smile,  
And now smile a smile for me.

(Chorus)

Verse 2:

For your smile is a part of the love in your heart,  
And it makes even sunshine more bright.  
Like the linnet's sweet song, crooning all the day long.  
Comes your laughter so tender and light.  
For the springtime of youth is the sweetest of all,  
There is ne'er a real care or regret.  
And while springtime is ours, throughout all of youth's hours,  
Let us smile each chance we get.

**Smiles**

There are Smiles that make us happy  
There are smiles that make us blue  
There are smiles that steal away the tear drops  
As the sun beam steal away the dew

There are smiles that have a tender meaning  
That the eyes of love alone will see  
And the smiles that fill my heart with sunshine  
Are the smiles that you give to me

## **Pack up Your Troubles in your old Kit Bag**

Pack up your troubles in your old [kit-bag](#)  
And smile, smile, smile,  
While you've a [lucifer](#) to light your [faq](#),  
Smile, boys, that's the style.  
What's the use of worrying?  
It never was worth while  
So pack up your troubles in your old kit-bag  
And smile, smile, smile.

**When You're Smiling**

When you're smilin'  
When you're smilin'  
The whole world, it smiles with you  
When you're laughin'  
Babe, when you're laughin'  
Well, the sun comes shinin' through

But when you're cryin'  
You know you bring on the rain  
Stop that sighin'  
Be happy again

Keep on smilin'  
'Cause when you're smilin'  
The whole world smiles with you