

White is Free  
 Blue is 1st 1/2 of Paid  
 Green is 2nd 1/2 of Paid

### 3-6 Years

Age	Exercise #	Heading	Group/Individual	Exercise Type	Exercise Title	Variations	Charts, Graphics, and Music Included	Equipment, Instruments (Not Included)	
<b>TRACK 2 - INSTRUMENTS</b>									
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	"	"
3-6	4	T2-2B	Various Instruments	G/I	Listening	Listening to and Playing Instruments	Listening to Instruments		Tibetan bowl, Tingshas, Tuning Fork, Frame Drum, Sansula, Freenote, Percussion
3-6	5	2B	Various Instruments	G/I	Listening	Listening to and Playing Instruments	Playing Instruments		"
3-6	6	3A	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Tapping		Mallet, Rubber Ring
3-6	7	3B	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Ringing		"
3-6	8	3C	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Listening for the Silence		"
<b>TRACK 3 - MUSIC</b>									
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	"	"
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	Percussion Instruments (e.g. Frame drum, Tambourine, Shaker, Rattles, etc.), Metronome
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 Rhythms - 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 Rhythms - 2 Beat Cycles	Counting Syllables and Tapping	"	"
3-6	60	15C	Rhythm	Individual	Movement	Counting Rhythms - 2 Beat Cycles	With Body Percussion	"	"
3-6	61	16A	Rhythm	Individual	Movement	Counting Rhythms - 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 Rhythms - 3 Beat Cycles	Counting with 3 Syllables and Body Percussion	"	"
3-6	63	16C	Rhythm	Individual	Movement	Counting Rhythms - 3 Beat Cycles	Two Syllable Variations	"	"
3-6	64	16D	Rhythm	Individual	Movement	Counting Rhythms - 3 Beat Cycles	Counting with 3 Syllables	"	"
3-6	65	16E	Rhythm	Individual	Movement	Counting Rhythms - 3 Beat Cycles	Dropping Beats	"	"
3-6	66	16F	Rhythm	Individual	Movement	Counting Rhythms - 3 Beat Cycles	Three Syllable Variations	"	"
3-6	67	16G	Rhythm	Individual	Movement	Counting Rhythms - 3 Beat Cycles	Body Percussion	"	"
3-6	68	16H	Rhythm	Individual	Movement	Counting Rhythms - 3 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"
3-6	69	17A	Rhythm	Individual	Movement	Counting Rhythms - 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 Rhythms - 4 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"
3-6	71	17C	Rhythm	Individual	Movement	Counting Rhythms - 4 Beat Cycles	Two Syllable Variations	"	"
3-6	72	17D	Rhythm	Individual	Movement	Counting Rhythms - 4 Beat Cycles	Counting with 4 Syllables	"	"
3-6	73	17E	Rhythm	Individual	Movement	Counting Rhythms - 4 Beat Cycles	Dropping Beats	"	"
3-6	74	17F	Rhythm	Individual	Movement	Counting Rhythms - 4 Beat Cycles	Syllable Variations	"	"
3-6	75	17G	Rhythm	Individual	Movement	Counting Rhythms - 4 Beat Cycles	Body Percussion	"	"
3-6	76	17H	Rhythm	Individual	Movement	Counting Rhythms - 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 Rhythms - 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 Rhythms - 5 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"
3-6	80	19C	Rhythm	Individual	Movement	Counting Rhythms - 5 Beat Cycles	Two Syllable Variations	"	"
3-6	81	19D	Rhythm	Individual	Movement	Counting Rhythms - 5 Beat Cycles	Counting with 5 Syllables	"	"
3-6	82	19E	Rhythm	Individual	Movement	Counting Rhythms - 5 Beat Cycles	Dropping Beats	"	"
3-6	83	19F	Rhythm	Individual	Movement	Counting Rhythms - 5 Beat Cycles	Syllable Variations	"	"
3-6	84	19G	Rhythm	Individual	Movement	Counting Rhythms - 5 Beat Cycles	Body Percussion	"	"
3-6	85	19H	Rhythm	Individual	Movement	Counting Rhythms - 5 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"
3-6	86	20A	Rhythm	Individual	Movement	Counting Rhythms - 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 Rhythms - 6 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"
3-6	88	20C	Rhythm	Individual	Movement	Counting Rhythms - 6 Beat Cycles	Two Syllable Variations	"	"
3-6	89	20D	Rhythm	Individual	Movement	Counting Rhythms - 6 Beat Cycles	Counting with 6 Syllables	"	"
3-6	90	20E	Rhythm	Individual	Movement	Counting Rhythms - 6 Beat Cycles	Dropping Beats	"	"
3-6	91	20F	Rhythm	Individual	Movement	Counting Rhythms - 6 Beat Cycles	Syllable Variations	"	"

3-6	92	20G	Rhythm	Individual	Movement	Counting Rhythms - 6 Beat Cycles	Body Percussion	"	"	
3-6	93	20H	Rhythm	Individual	Movement	Counting Rhythms - 6 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"	
3-6	94	21A	Rhythm	Individual	Movement	Counting Rhythms - 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 Rhythms - 7 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"	
3-6	96	21C	Rhythm	Individual	Movement	Counting Rhythms - 7 Beat Cycles	Two Syllable Variations	"	"	
3-6	97	21D	Rhythm	Individual	Movement	Counting Rhythms - 7 Beat Cycles	Counting with 7 Syllables	"	"	
3-6	98	21E	Rhythm	Individual	Movement	Counting Rhythms - 7 Beat Cycles	Dropping Beats	"	"	
3-6	99	21F	Rhythm	Individual	Movement	Counting Rhythms - 7 Beat Cycles	Syllable Variations	"	"	
3-6	100	21G	Rhythm	Individual	Movement	Counting Rhythms - 7 Beat Cycles	Body Percussion	"	"	
3-6	101	21H	Rhythm	Individual	Movement	Counting Rhythms - 7 Beat Cycles	Repeating Syllables, Body Percussion and Dropping Beats	"	"	
3-6	102	22A	Rhythm	Individual	Movement	Counting Rhythms - 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 Rhythms - 8 Beat Cycles	Counting with 2 Syllables and Body Percussion	"	"	
3-6	104	22C	Rhythm	Individual	Movement	Counting Rhythms - 8 Beat Cycles	Two Syllable Variations	"	"	
3-6	105	22D	Rhythm	Individual	Movement	Counting Rhythms - 8 Beat Cycles	Counting with 8 Syllables	"	"	
3-6	106	22E	Rhythm	Individual	Movement	Counting Rhythms - 8 Beat Cycles	Dropping Beats	"	"	
3-6	107	22F	Rhythm	Individual	Movement	Counting Rhythms - 8 Beat Cycles	Syllable Variations	"	"	
3-6	108	22F	Rhythm	Individual	Movement	Counting Rhythms - 8 Beat Cycles	Body Percussion	"	"	
3-6	109	22G	Rhythm	Individual	Movement	Counting Rhythms - 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	"	"	

										<u>Equipment, Instruments</u>
<u>Age</u>	<u>Exercise #</u>	<u>Heading</u>	<u>Group/Individual</u>	<u>Exercise Type</u>	<u>Exercise Title</u>	<u>Variations</u>	<u>Charts, Graphics, and Music Included</u>	<u>(Not Included)</u>		
<b>TRACK 4 - GEOMETRY</b>										
3-6	1	1A	Geometry Basics	Individual	Practicing	How to Use a Compass	Practice Drawing Circles - Mundane Geometry			Compass, Pencil
3-6	2	1B	Geometry Basics	Individual	Practicing	How to Use a Compass	Practice Drawing Interrelated 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		Compass, Pencil
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		Compass, Colored Pencils
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		Compass, Pencil
3-6	10	6A	2D Geometries	Individual	Drawing	Division of Circle by Whole Numbers to Form Polygons	12 Dot Circle Template Exercise	12 Dot Circle Template		Colored Pencils
3-6	11	6B	2D Geometries	Individual	Drawing	Division of Circle by Whole Numbers to Form Polygons	10 Dot Circle Template 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 Template 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		Pencil
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 Piscis 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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<b>TRACK 5 - EMOTIONAL EXPRESSION</b>								
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 Drum), Circle on Floor
3-6	40	11B	Voice Expression	G/I	Sound and Movement	Movement and Voice with Percussion	With Arm Movement	"
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