

## **How to Spark the Creative Process in the Home**

Resources shared by Victoria Redfearn Cave

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[orffteacher.com](http://orffteacher.com); [mosaicchildrenschoir.com](http://mosaicchildrenschoir.com)

## **Mindfulness**

--Poem: Autobiography in 5 Chapters by Portia Nelson

--Paying attention on purpose

--Resource: *Mindfulness for Kids* by Carole P. Roman and J. Robin Albertson-Wren (ages 6-10)

--*Happy Right Now* by Julie Berry Illustrated by Holly Hatam

--Anchor Breathing and Heartfulness Wish

<https://safeYouTube.net/w/RSQ2>

--Making a Gratitude Journal

<https://safeYouTube.net/w/9XQ2>

--Peaceful Piggies

<https://safeYouTube.net/w/P3Y5>

## **Singing**

--Hello

<https://safeYouTube.net/w/HcS7>

--Oh What A Day:

<https://safeYouTube.net/w/laB2>

--Magic Forest

<https://safeYouTube.net/w/AhS7>

--Hickory Dickory

<https://safeYouTube.net/w/bfS7>

--2, 4, 6, 8

<https://safeYouTube.net/w/mnS7>

--Resource: **Facebook group: The Singing Space**: check out this space to hear songs from music teachers across the country. It is a public site.

--Resource: <https://amidonmusic.com/>

--Resource: <https://www.mymusicstartshere.com/spring-2020-free-program/>

--Check out this amazing project by cellist Yo-Yo Ma:

<https://www.bing.com/videos/search?q=songs+of+comfort&view=detail&mid=3634B56771130A>

[BA167F3634B56771130ABA167F&FORM=VIRE](https://www.bing.com/videos/search?q=songs+of+comfort&view=detail&mid=3634B56771130ABA167F&FORM=VIRE)

## **Connecting with Nature**

--Nature Vocal Warm-up

<https://safeYouTube.net/w/QLZ4>

--Guinea Pig Motivation

<https://safeYouTube.net/w/0xZ4>

## **Visual Art Integration**

--Found Object Puppets-part 1

<https://safeYouTube.net/w/mqZ5>

--The Cast

<https://safeYouTube.net/w/Syc6>

--Once Upon a Time-Copland

<https://safeYouTube.net/w/ltb6>

--Once Upon a Time-Joplin

<https://safeYouTube.net/w/Euc6>

--Listening and Formula Poem

<https://safeYouTube.net/w/HQW5>

## **Home Suggestions**

--Does your child have a separate safe space for creating or just being? Is it quiet? Do you want to spend time there? Have you thought about including them in planning this space? It could be as simple as a semi-permanent fort or a portable mat that helps with perimeter definition.

--Does your child have access to materials they can use independently? Could you give them a "lesson" on how to use those independently?

--Have you included your child in organization or decluttering spaces, other household chores or routines?

--Have you looked through old pictures, begun a journal or scrapbook, read old letters, written letters? In times of stress, nostalgia and memorabilia can provide comfort.