



## My Favorite Things

### 1.) An Overview:

"My Favorite Things" is an 80-minute interactive educational experience for elementary school students. To gain a basic understanding of the depth and versatility of the Jazz musical genre, students will first warmly acquainted with the 1959 American show tune "My Favorite Things," and then, experience two variations of the song, composed by Alice Coltrane and John Coltrane respectively. Students will use the skills:

- Guided listening
- Use of descriptive vocabulary
- Meditative practice

At the center of this project is the activity of listening. For young learners this is a skill that can be practiced with great intentionality. Students should also come away with the understanding that music can be used as a tool for grounding oneself. And jazz music is one of the greatest tools we have!

### 2.) Outline:

The 60-minute workshop includes the following sections:

- 15 minutes: Introduction and students watch clip of "My Favorite Things" from "Sound of Music" and study lyrics.
- 10 minutes: Students make their own lists of their favorite things, using the example from the song. 1 or 2 students share out.
- 10 minutes: Students learn about Alice Coltrane and John Coltrane and their musical significance
- 10 minutes: Students learn a few breathing/meditation techniques they can use as they listen to the music.
- 10 minutes: Students listen and meditate to John Coltrane's variation of "My Favorite Things" and then discuss its similarities to the original, what it made them think of, etc.
- 10 minutes: Students listen and meditate to Alice Coltrane's variation of "My Favorite Things" and then discuss its similarities to the original, what it made them think of, etc.
- 10 minutes: Discussion of how student can use jazz music like this, their list of favorite things, and their new meditation techniques to center themselves.

### 3.) Materials Needed:

Teacher

- Lyrics from song
- musical clips of "My Favorite Things"

### 4.) Cost:

- 80 minutes: \$350

### 5.) Excerpt of Script:

Who here enjoys listening to music? We often enjoy music for its lyrics and meanings, but what about when there are no words? Where does the meaning go? And how do we experience it? We're about to listen to a song that numerous musicians have remade because it's that good! The lyrics are in the chat. I'm going to share my screen, and we'll be able to watch a video of Julie Andrews singing "My Favorite Things" from the movie "Sound of Music."

Two extraordinary Black people, musicians, remade this song, and each of their version is so unique, and neither have any words. What meanings do their versions add even though there are no lyrics? We're about to find out! As you listen, be sure to tune into your bodies, focus on your breathing and close your eyes if that helps.

If you are interested in bringing *My Favorite Things* to your organization, please contact:

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