



Honor Element 3: Make My Heart Sing

Music, Life Skills, Art	Make My Heart Sing
<p>Grade Levels: All</p> <p>Time: Variable 15 minutes for videos Multiple rehearsals to learn a song</p> <p>Resources</p> <p>3 videos Reading material</p> <p>Objectives</p> <p>Learners will:</p> <ul style="list-style-type: none"> • Use music as a tool for linking convictions such as honor with academic concepts such as plant biology, history and math ratios. • Appreciate folk music of three different regions/genres (Mexican, calypso and American folk music). 	<p>Teachers, Parents, or Self-Guided Learners will:</p> <ul style="list-style-type: none"> • Watch three videos featuring songs about honor (one in Spanish). • Practice singing along. • Introduce a timed exercise and a sand painting card with the third song.

Des Colores – Ms. Celia Behar

Nature shows us the beauty of each and every flower.

Mrs. Celia Behar has been singing this folk tune to learners for many years. They love to sing along with her when she teaches

about the flowers and the colors they wear, and about the honor of seeing the beauty in all our friends. Sing along with her now.

Des Colores Lyrics

All in colors, all in colors.

the fields love to dress in all during the springtime.

All in colors, all in colors, the birds have their clothing that comes every season.

All in colors, all in colors, the rainbow is shining across the wide sky.

All in colors, and so must all love be of every bright color to make my heart sing.

All in colors, and so must all love be of every bright color to make my heart sing.

You Have a Moment to Decide – Ms. Olivia Newcomb

“Once or twice in a lifetime, you have a moment to decide what you will do – an opportunity to prove your honor.”

These words come to life when you hear them sung by Olivia Newcomb. Olivia began her school career as a Full-Circle Learner. She conducted her first project raising money for children’s books for a library in Mexico at age 5. After high school, she traveled to Tanzania and then to Liberia to inspire Full-Circle Learners in other countries. She is now studying to become an opera singer.

One of the songs Olivia taught to students abroad helps us remember the moment when we decide that we will make a right choice – a decision to do something to prove our honor. Wherever we come from, whomever we meet, online or in person, we can remember that giving our word and giving our heart connects us with the world. Everyone values trust. The hearts in whom it flowers bring radiance wherever they go.

Read the words of the song, and sing along with Olivia.

A Drop in the Bucket – Ms. Sands Hall

This song celebrates the lives of historical figures who honored their commitment. Listen to the song, read the lyrics, and sing along.

See how many spoons of water it takes to fill one cup of water. Have each member of your team take turns filling the teaspoon. If you have more than one group, time your task and find the average time needed to fill the cup.

Discuss the value of group commitment. (When everyone honors their commitment, the drops become a river and the river swells the ocean.)

Extending the Song

Look at the world around you. Did someone close to you honor a commitment to care for you as an infant? To give you food and shelter? To teach you the language you use? To provide the paper upon which you write? To faithfully prepare you to meet each day?

1. Collect sand from your environment.
2. Fold a piece of paper to form a card.
3. Write or draw a message on the paper, using glue.
4. Sprinkle the sand on the glue and let it dry, to make a sand painting card for someone who kept these commitments for you.
5. Honor your family member with a card.

Honor

Chorus:

Once or twice
Once or twice in a lifetime
You have a moment to decide
what you will do.
...an opportunity to prove...
to prove your honor.
(Repeat)

Bridge:

Honor, honor, honor.
Honor, honor, honor...honor.

Verse 1:

Will you stand up
for the truth when it brings shame?
Do you value collaboration over fame?

In your mirror,
do you see nobility,
then treat others as if it's in them equally?

Verse 2:

I will stand up
to integrity's full test.
When I lie down, I will let my conscience rest

Friends are calling,
calling me to come away.
I won't let them take my conscience when they stray.

Verse 3:

I have listened
to what thinkers have to say,
knowing wisdom is only bought with passing days.

Live your life now.
Show me what your actions teach.
Honor, honor. It means to practice what we preach.

By THL

Drop in the Bucket

It's a crazy world we live in, bad news all around
Brothers and sisters, if we're gonna make a difference
We're gonna have to stand our ground

Chorus:

It's a drop in the bucket and a bucket in the pond
And the pond fills the river and the river rushes on
And every river swells a river
Until the power can't be stopped
and what becomes a mighty ocean
Started as a drop

Down in Alabama, a lady boarded a bus
The driver said, "You're black, you gotta sit in the back."
And Rosa Parks said, "I've had enough."
She was a drop in the bucket...

Chorus

Great Britain ruled over India
Made 'em slaves to the goods they bought
'Til Ghandi took his people to the ocean and said,
"Look—free salt!"
He was a drop in the bucket...

In the alleys of Calcutta
Mother Teresa lived her life
She did much more than feed the poor
She taught us how to shine our light
This little light of mine, I'm gonna let it shine...
She was a drop in the bucket

Chorus

By Mitch Barrett & Carla Gover