

MACACA SOFIA

AGE GROUP: 4- 5 YEARS (It can be extended and adapted to other age groups)

Macaca Sofia is a Brazilian traditional nurse rhyme.

ACTIVITY 1

Start with a body warm-up:

Interpret and dramatize the lyrics.

The arms make the movement of the clock following the woodblock sound.

ACTIVITY 2

Ask students to choose a part of the body to follow the pulse, and then to create short rhythmic patterns (color part) complementing the arrangement.

Sing the melody with rhythmical accompaniment using your body or a sound object.



MEIO DIA MACACA SOFIA (MIDDAY MONKEY SOFIA)

PANELA NO FOGO (POT ON THE FIRE)

BARRIGA VAZIA (EMPTY STOMACH)

<https://youtu.be/HPPX2vGUjBQ> (Macaca Sofia)

**** We share this activity, which was experienced by the students at Dante Alighieri School, in São Paulo, during the online music classes of 2020, with teachers **Gabriela Abdalla** and **Mayumi Takai**.



Gabriela Vasconcelos Abdalla has a degree in Music and a Postgraduate Degree in Technologies in Learning. She specialized in Music and Movement in Education. Vice-president Associação Orff Brasil - ABRAORFF, she is a music educator and author of the book and musical album “Encantando as Lendas brasileiro”. She worked as a UNESCO consultant in music education and develops advisory and training courses.



Mayumi Takai has a degree in Pedagogy and Music, a postgraduate degree in Psychomotricity. She specialized in Orff-Schulwerk at Mills College (USA). She is a founding member of the Associação Orff Brasil - ABRAORFF, working on the board until today. She is currently a music teacher at Colégio Dante Alighieri in São Paulo, in addition to teaching courses and workshops for teachers, art educators and conductors.