

Song: Sing (1971)

Songwriter: Joe Raposo

Brief Context: "Sing (a Song)" was written in 1971 for the beloved children's television program, *Sesame Street*. It became the signature song of the show, and been sung by artists like the Carpenters, Barbra Streisand, Denyce Graves, Gloria Estefan, Patti LaBelle, and Rosemary Clooney.

It has become the official Perfect Harmony warm-up song to get everyone in the singing spirit!

Activity: Warm-up

What do you need? Perfect Harmony "Sing a Song" video and lyric/activity sheet

After singing together, feel free to dive right in to another music activity or use this as a discussion opportunity about singing and music.

Optional prompts:

- ***Do you enjoy singing?***
- ***Who is your favorite singer?***
- ***What is your favorite song to listen or sing along to?***
- ***Who do/did you enjoy listening to music or singing with?***



Song: We are Family (1979)

Group: Sister Sledge

Brief Context: "We are Family" is a popular disco song by the sister group Sister Sledge. The four sisters were close and grew up singing together in Philadelphia. In 2002, the Sledge Sisters stated: "We're proud of ["We are Family"] because it gives us a familial connection with our fans, who often share stories with us about their own families."

Activity: Listening and engaged discussion

What do you need? A recording of Sister Sledge's "We are Family" found on Spotify or YouTube, lyric/activity sheet and visual prompts

Suggested Prompts:

In November, we celebrate Thanksgiving with family and loved ones. Tell me about your family! Use one or more of the prompts below to help your discussion:

- **When you were younger, where would your family travel for the holidays?**
 - **Would you go to a grandparent's house?**
 - **Would you go to an aunt or uncle's house?**
 - **Would your family host?**

- **What are your favorite foods to cook with family for the holidays?**
 - **Are you a baker?**
 - **Do you have a signature recipe?**
 - **Did your parent teach you to cook a family meal?**



Song: Sisters (1954)

Songwriter: Irving Berlin

Brief Context: Irving Berlin wrote the music for the beloved holiday film, "White Christmas" which stars Rosemary Clooney and Vera-Ellen as Betty and Judy Haynes. In the film, the sisters perform in a nightclub act. In their opening scene, they enter wearing bright blue lacy dresses, coiffed 40s style hair, and hold large feather fans. They sing with their signature duet, "Sisters".

Activity: Singing and engaged discussion

What do you need? Perfect Harmony "Sisters" video, lyric/activity sheet and visual prompts

Suggested Prompts:

This song is all about siblings! Whether you have siblings or close friends who are like siblings, everyone can relate to these two sisters.

- **Tell me about your brothers or sisters.**
 - **Are you from a big family?**
 - **Did you get along well as children?**

- **What were your favorite activities to do with your siblings or friends?**
 - **Did you go to dances?**
 - **Did you cook with them around the holidays?**
 - **Would you call each other every week?**



Song: Together (Wherever We Go) (1959)

Songwriters: Jule Styne and Stephen Sondheim

Brief Context: "Together (Wherever We Go)" is from the 1959 musical "Gypsy" about the life of burlesque dancer, Gypsy Rose Lee. The original production starred Broadway legend Ethel Merman in the title role. The musical focuses on Gypsy's (Louise in the play) complex relationships with her sister, June, and her mother Rose (Merman). In the play, "Together (Wherever We Go)" is sung by Rose, Louise and their stage manager, Herbie, to lighten the mood after Louise is disheartened by a terrible rehearsal.

Activity: Singing and engaged discussion

What do you need? Perfect Harmony "Together (Wherever We Go)" video, lyric/activity sheet and visual prompts

Suggested Prompts:

Who is someone you can tell anything to?

- ***Your spouse***
- ***Your sibling***
- ***Your friend***
- ***Your child***
- ***Your parent***

Would you travel with this person? Where would you go?

- ***A different state/country***
- ***The movie theater***
- ***A dance hall***
- ***A park***
- ***A restaurant***



Song: Over the River and Through the Wood

Traditional American folk tune

Brief Context: "Over the River and Through the Wood" was originally published in 1844 as a poem written by Lydia Maria Child. The poem was published in the children's book of poems *Flowers for Children, Volume 2*, and was originally titled "The New-England Boy's Song about Thanksgiving Day." "Over the River" was inspired by Lydia's childhood memories of spending time at her grandparent's house.

Activity: Rhythm and instrument play

What do you need?

- **Perfect Harmony "Over the River and Through the Wood" video**
- **Activity sheet**
- **Lyric sheet**
- ***Optional: A pair of rhythm sticks and jingle bells (If you do not have instruments, don't worry! Tap the tips of your fingers or clap in place of playing Rhythm sticks, and pat your lap in place of ringing Jingle Bells.)***

Suggested Movement Prompts:

- **The Rhythm Sticks will play during the introduction music and at the end of verse 3. They will tap to the words: "Trot-ting."**
- **The Jingle Bells will play while singing the verses, on the steady beat of the song.**
- **In this video we sing the 1st and 3rd Verse to the song.**
- **Don't forget to shout "Hurrah!" together at the end!**



Song: Perfect Harmony (1971)

Songwriters: Roger Cook and Roger Greenaway

Brief Context: "I'd Like to Teach the World to Sing (In Perfect Harmony)" has become the theme song of Perfect Harmony, and is a wonderful way to cool down after making music together.

"Perfect Harmony" is a pop song that originated as the jingle "Buy the World a Coke" in the 1971 "Hilltop" television commercial for Coca-Cola and sung by The Hillside Singers. It portrayed a positive message of hope and love, featuring a multicultural collection of teenagers on top of a hill appearing to sing the song.

Activity: Cool down

What do you need? Perfect Harmony "Perfect Harmony" video & lyric/activity sheet

After singing together, feel free to conclude your music making and let your loved one or resident relax - or continue socializing with the optional prompts below.

Optional prompts:

- **What is an activity or hobby that makes you happy?**
 - **Cooking or baking**
 - **Visiting grandchildren**
 - **Going to church, synogogue, mosque**
 - **Gardening**
 - **Playing a game**
- **What do you enjoy about that activity/hobby?**
- **Who do you enjoy doing your activity/hobby with?**

