

Song: Mister Sandman (1954)

Musical Group: The Chordettes

Brief Context: "Mister Sandman" is a popular song from 1954 written by Pat Ballard and recorded by The Chordettes. "Mister Sandman" is an excellent example of the quartet's use of close harmony and minimal accompaniment. The Chordettes had an image of wholesome teen angels in the late '50s into the '60s with hits like 1959s "Lollipop."

Activity: Movement (lower body)

What do you need?

- **Perfect Harmony "Mister Sandman" video**
- **Activity sheet**

Suggested Seated Movement

Let's get those legs and feet moving! Follow me! (Lead the following movement while seated)

- **Move One Foot to the Side, Switch**
- **March in Place**
- **Kick One Foot at a Time**

Keep moving your feet throughout until you see a new movement prompt on the video!



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Song: Dream Ballet scene (1943)

Musical: "Oklahoma!"

Brief Context: In the 1943 Rodgers and Hammerstein's "Oklahoma!," Agnes de Mille created the first choreography for a dream ballet in a musical. A dream ballet is a moment in a musical, where the dialogue stops and the plot may continue through movement. In Oklahoma!, the first time we see Laurey and Curly have a romantic moment is in the dream ballet.

Activity: Visual and Listening Experience with *optional* discussion

What do you need?

- "Dream Ballet" video clip
- Activity sheet
- Visual Prompt

Suggested Discussion Prompts

After watching the Dream Ballet scene from the 1955 movie "Oklahoma!," ask your partner(s) these questions:

- How did you feel watching the performers dance?
- Do you enjoy watching performers dance?
 - What do you most enjoy?



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Song: Count Your Blessings (Instead of Sheep) (1952)

Movie: "White Christmas" (1954)

Brief Context: Irving Berlin wrote "Count Your Blessings (Instead of Sheep)" in 1952 and it was famously sung by Bing Crosby in the 1954 movie "White Christmas." Berlin had this to say about the song: "As I say in the lyrics, some time ago, after the worst kind of a sleepless night, my doctor came to see me and after a lot of self-pity, belly-aching and complaining about my insomnia, he looked at me and said 'speaking of doing something about insomnia, did you ever try counting your blessings?'"

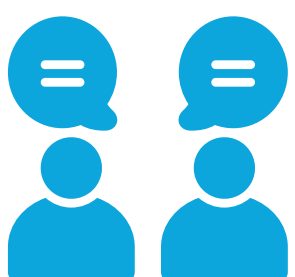
***Activity:* Listening and Engaged Discussion**

What do you need?

- ***Perfect Harmony*** "Count Your Blessings (Instead of Sheep)" video
- **Activity sheet**
- **Visual Prompt**

Suggested Discussion Prompts

- **Do you say prayers or count your blessings?**
- **What or who are you thankful for?**
- **Why are you thankful for these things or people?**



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Count Your Blessings

**When I'm worried and I can't sleep
I count my blessings instead of sheep
And I fall asleep counting my blessings
When my bankroll is getting small
I think of when I had none at all
And I fall asleep counting my blessings**

**I think about a nursery and I picture curly heads
And one by one I count them as they
slumber in their beds**

**If you're worried and you can't sleep
Just count your blessings instead of sheep
And you'll fall asleep counting your blessings**

**I think about a nursery and I picture curly heads
And one by one I count them as they
slumber in their beds**

**If you're worried and you can't sleep
Just count your blessings instead of sheep
And you'll fall asleep counting your blessings**



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Song: A Dream is a Wish Your Heart Makes (1950)

Movie: "Cinderella"

Brief Context: "A Dream Is a Wish Your Heart Makes" is a song written and composed by Mack David, Al Hoffman, and Jerry Livingston for the 1950 Disney film, "Cinderella." In the song, Cinderella encourages her animal friends to never stop dreaming, and that theme continues throughout the entire story.

Activity: Movement (upper body)

What do you need?

- **Perfect Harmony "A Dream is a Wish Your Heart Makes" video**
- **Activity sheet**

Suggested Seated Movement

Move along with the leader in this video, or improvise movement with your partner(s). Prompt your dancers to follow you, or let them take the lead and mimic the movements that come naturally for them.

- **Clasp hands together and sway pulsing with the beat**
- **Hands crossed, over heart and pat heart on beat**
- **"Prayer" hands in front and keep beat**
- **Hands open, fingers out, hands make circle**
- **Right hand out**
- **Left hand out**
- **Clasp hands together and keep beat**



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Song: Dream a Little Dream of Me (1931)
Songwriters: Fabian Andre, Wilbur Schwandt
and Gus Kahn

Brief Context: "Dream a Little Dream of Me" was written in 1931 and became a popular standard during the Depression. Over the past eighty years, it has continued to inspire people to dream and has been recorded by a variety of artists including Nat King Cole, Bing Crosby, Louis Armstrong, The Mamas & The Papas, and Ella Fitzgerald.

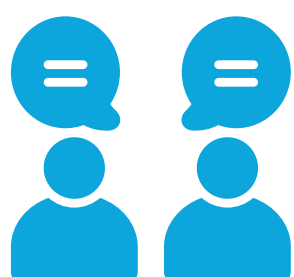
Activity: Singing and Engaged Discussion

What do you need?

- ***Perfect Harmony "Dream a Little Dream of Me" video***
- ***Activity sheet***
- ***Visual Prompt***

Suggested Discussion Prompts

- ***Do you have a special place or a favorite location that you dream of spending time? (i.e. the beach, the mountains, my family farm, etc.)***
- ***What does it look like?***



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Dream a Little Dream of Me

**Stars shining bright above you
Night breezes seem to whisper I love you
Birds singing in the sycamore tree
Dream a little dream of me**

**Say night-ie night and kiss me
Just hold me tight and tell me you'll miss me
While I'm alone and blue as can be
Dream a little dream of me**

**Stars fading but I linger on, dear
Still craving your kiss
I'm longing to linger till dawn, dear
Just saying this**

**Sweet dreams till sunbeams find you
Sweet dreams that leave all worries behind you
But in your dreams whatever they be
Dream a little dream of me**

**Stars fading but I linger on, dear
Still craving your kiss
I'm longing to linger till dawn, dear
Just saying this**

**Sweet dreams till sunbeams find you
Sweet dreams that leave all
worries far behind you
But in your dreams whatever they be
Dream a little dream of me**



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