

Grandparents Day

"Get Happy" | SINGING & DISCUSSION

"The Muffin Man" | MOVEMENT

"You Are My Sunshine" | INSTRUMENTS

"Getting to Know You" | SINGING & DISCUSSION

Lou's Musical Medley | LISTENING

Music to Share Across Generations

Music gives people of every age a way to connect. The relationship between grandparents and grandkids offers special opportunities to share stories, interests, and traditions while continuing to discover new things about one another. Music can help bring those moments to life.

This month's Perfect Harmony program celebrates Grandparents Day with five musical activities designed for grandparents and grandkids, or older adults and any special young people in their lives. Together, they can sing, move, play, create, and get to know one another in new ways.

There is no right way to participate. Follow the suggestions, make them your own, and enjoy making music together!



Song: "Get Happy" (1930)

Songwriters: Harold Arlen and Ted Koehler

Brief Context:

Composer Harold Arlen and lyricist Ted Koehler wrote "Get Happy" in 1930. The upbeat song became closely associated with Judy Garland, especially after her performance in the 1950 film *Summer Stock*. Its lively rhythm and encouraging message invite singers and listeners to lift their voices, move together, and share a little joy.

Activity: Singing and Discussion

What do you need?

- Perfect Harmony "Get Happy" video ([YOUTUBE](#))
- Perfect Harmony "Get Happy" lyrics

Suggested Discussion

Music can help us remember special people or moments in our lives, especially the bond between grandparents and grandchildren.

Tell someone about a song that reminds you of a grandparent, grandchild, or another special person in your life.



Summer Stock Lobby Cards housed in the Songbook Library & Archives



Get Happy

Forget your troubles

Come on get happy

You better chase all your cares away

Shout hallelujah

Come on get happy

Get ready for the judgement day

The sun is shining

Come on get happy

The lord is waiting to take your hand

Shout hallelujah

Come on get happy

We're going to the promise land

We're heading across the river

Wash your sins away in the tide

It's all so peaceful on the other side

Forget your troubles

And just get happy

You better chase all you cares away

Shout hallelujah

Come on get happy

Get ready for the judgement day

Song: "The Muffin Man" (1941)

Recording: Ella Fitzgerald and Her Famous Orchestra

Brief Context:

"The Muffin Man," also known as "Do You Know the Muffin Man?", is a traditional English nursery rhyme that has been shared for roughly two centuries. Ella Fitzgerald and Her Famous Orchestra recorded their lively version in 1941, bringing swing-era energy and Ella's playful style to the familiar tune. Its repeated question-and-answer pattern makes it a natural song for older and younger generations to sing, move, and play together.

Activity: Movement

What do you need?

- Perfect Harmony "The Muffin Man" video ([YOUTUBE](#))

Suggested Seated Movement

Follow Perfect Harmony leader Kelly or create your own seated movement!

Use movements like . . .

- Tap your feet to the beat and pat hands on lap
- Reach your arms from side to side.
- Reach one arm forward at a time.
- Sweep one arm overhead and down to the side with a jazz hand.
- Alternate playful kicks to the front.



Song: "You Are My Sunshine" (1949)

Songwriters: Jimmie Davis and Charles Mitchell

Brief Context:

First recorded in 1939 and published the following year, "You Are My Sunshine" became one of the most familiar songs in American popular music. Its simple melody has made it easy to share across generations, whether sung as a lullaby, a family favorite, or a warm reminder that someone brings light into our lives.

Activity: Instruments

What do you need?

- Perfect Harmony "You Are My Sunshine" video ([YOUTUBE](#))
- Handbells (if you have access)

Suggested Instrument Use

Follow Perfect Harmony leader Donna or improvise with your own instruments.

If you have handbells, we suggest the following:

- One group should play bells C & E
- One group should play bells F & A

***Simply hold the bell by the stem and ring out away from your body.**



Song: "Getting to Know You" (1951)

Songwriters: Richard Rodgers and Oscar Hammerstein II

Brief Context:

Richard Rodgers and Oscar Hammerstein II wrote "Getting to Know You" for the 1951 musical *The King and I*. The character Anna sings it as she and the royal children begin to feel more comfortable with one another. The song celebrates the small questions, shared experiences, and growing trust that help people of any age build a relationship.

Activity: Singing and Discussion

What do you need?

- Perfect Harmony "Getting to Know You" video ([YOUTUBE](#))
- Perfect Harmony "Getting to Know You" lyrics

Suggested Discussion

One of the reasons this song is so special is that it reminds us that relationships grow over time.

Tell someone about a teacher, a mentor, or a special person who has shaped your life.



Getting to Know You

**Getting to know you,
Getting to know all about you.
Getting to like you ,
Getting to hope you like me.
Getting to know you,
Putting it my way,
But nicely,
You are precisely
My cup of tea!
Getting to know you,
Getting to feel free and easy.
When I am with you,
Getting to know what to say.
Haven't you noticed?
Suddenly I'm bright and breezy
Because of all the beautiful and new
Things I'm learning about you
Day by day.**

Lou's Musical Medley

Songs: "Supercalifragilisticexpialidocious,"

"Spoonful of Sugar, " and "Do-Re-Mi"

Songwriters: The Sherman Brothers (Mary Poppins);

Rodgers & Hammerstein (The Sound of Music)

Brief Context:

This playful medley brings together three beloved songs from *Mary Poppins* and *The Sound of Music*: "Supercalifragilisticexpialidocious," "A Spoonful of Sugar" and "Do-Re-Mi." Lou shared these songs with her grandchildren when they were young, making them a special part of their time together. Now, she invites grandparents, grandkids, and family members or friends of all ages to listen and share the joy of music together.

Activity: Listening

What do you need?

- Perfect Harmony "Lou's Musical Medley" video ([YOUTUBE](#))

Musical Follow-the-Leader

Listen for the music to change. Each time you hear a new tune, choose a new motion together.

Let the younger partner lead one motion, then let the older partner lead the next. Try waving, clapping, swaying, tapping, or conducting in time with Lou.

