



Dreamcatchers

THE LOS ALAMOS NATIONAL BANK POPEJOY HALL SCHOOLTIME SERIES **TEACHING GUIDE**



THE OKEE DOKEE BROTHERS ADVENTURE SONGS



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Dreamcatchers Teaching Guides align with the Common Core State Standards and New Mexico State Learning Standards.

Standards Addressed By Attending the Performance

NMCCSS

English Language Arts:
Speaking and Listening
(CCSS.ELA-Literacy.SL):
- Comprehension and
Collaboration

New Mexico Content Standards:

Fine Arts/Music:

Content Standards 3 & 5

Social Studies: Content
Strand II – Geography



Not all who wander are lost.”

- J.R.R. TOLKIEN

Introduction

The Okee Dokee Brothers bring the outdoors onto the stage with their adventure songs written during and about expeditions into the wild. Their music is moving at times, while other times rowdy—but you can rest assured that it’s always rooted in a respect for the natural world and the rich musical traditions of Americana music. The “Brothers” use a variety of folk and classical instruments, intelligent lyrics, complex rhymes, their signature humor, and innocent stories told in a multitude of different song genres to inspire children and their parents to get outside, explore the world around them, and appreciate what it has to offer. In the words of the *Chicago Tribune*, their songs “encourage kids to find happiness with fewer material possessions and embrace adventure even in trying situations.” These original songs embody a true spirit of reflection mixed with insightful commentary on mountain or river cultures and more literal references to hiking, cycling, or camping. The show combines songs from two of The Brothers’ albums and invites audience participation. Parents and teachers alike are sure to find themselves singing and tapping along and enjoying the songs as much as the younger viewers.





Vocabulary

Adventure Album: a collection of music written about and inspired by an outdoor adventure

Inspiration: the reason to create art, whether writing a song, drawing, painting, or building something

Acoustic Instrument: an instrument that sounds rich and musical without amplification

Electric Instrument: an instrument that must be amplified to make sound

Old-Time Music: music inspired by the music of the Appalachian mountains

Folk Music: traditional music; used as a means to tell stories

Amplification: the act of making something louder

Echo: a sound that “bounces” from a surface back to the listener

Songwriting: the act of composing lyrics and/or music

Lyrics: the words to a song

Verses: the story parts of a song; typically non-repeating

Chorus: the part of a song that is repeated several times and delivers the main message of the song

Melody: the main musical part of a song

Harmony: notes sung with the melody to make a richer sound

Yodel: a style of singing where the voice shifts quickly from low to high

Clogging: using your feet to make the beat for music; a style of dancing

Bones: a form of percussion, played with the hands; originally actual bones, now usually made out of wood

Spoons: a form of percussion; two spoons clacked together

Fiddlesticks: delicate sticks that are used to tap out a rhythm on the strings of a fiddle

Canoe: a narrow boat with pointed ends, often made from materials like aluminum, wood, or fiberglass; the people riding in the canoe propel the the boat with paddles

Paddle: object used by a canoe’s passengers to propel the craft; a pole with a broad, flat fin at one end

Hike: a long walk, usually through nature

Hiker: a person going on a hike

Gear: the tools, items, and equipment that a person might take on their adventure; possibilities include a tent, a camera, snacks, extra clothes

Interesting Facts For Students

The Appalachian Trail (A.T.)

The Trail is roughly 2,180 miles long, passing through 14 states.

Only 1 in 4 who attempt a thru-hike (the entire length of the trail) successfully completes the journey.

Virginia is home to the most miles of the Trail (about 550), while West Virginia is home to the least (about 4).

Maryland and West Virginia are the easiest states to hike; New Hampshire and Maine are the hardest.

The total elevation gain of hiking the entire trail is equivalent to climbing Mt. Everest 16 times.

Hikers always adopt “trail names.”

Some choose their own; others are earned based on something that happens along the trail. They are often descriptive or humorous. Examples are “Eternal Optimist,” “Thunder Chicken,” and “Crumb-snatcher.”

The A.T. is home to a diverse ecosystem. Some animals you may see include black bears, moose, porcupines, snakes, woodpeckers, and salamanders. Some plants you may encounter include jack-in-the-pulpit, skunk cabbage, and flame azalea.

“Trail magic” comes from “trail angels.” Trail magic is an unexpected act of kindness or generosity. It can be as simple as a day hiker giving a thru-hiker a candy bar or as grand as volunteers setting up a grill near a road crossing and passing out hot dogs.

The Mississippi River

Many different kinds of wildlife make their homes in the river, including 241 species of fish, 37 species of mussel, 45 amphibians, 50 mammals, and a full 40 percent of the entire country’s migratory birds on their routes south in the fall, north in the spring.

The length of the river is approximately 2,320 miles (3,730 km).

The Mississippi and Missouri Rivers combine to form the longest river system in the USA and North America. It is also the fourth longest in the world.

At its widest point, the river stretches out over 7 miles (11 km) in width.

It runs in the following ten states:

Louisiana, Mississippi, Arkansas, Tennessee, Kentucky, Missouri, Illinois, Iowa, Wisconsin and Minnesota.

From its source in northern Minnesota to the Gulf of Mexico, the river drops 1,475 feet.

The Mississippi River is the third largest watershed in the world.

The deepest place on the Mississippi River is 200-feet deep and is located near Algiers Point in New Orleans.

The river has had strong historical significance in the USA from Native American tribes through to European explorers, the American Civil War, the Great Mississippi Flood of 1927 and its modern commercial uses.

The first bridge built across it was in 1855 with the first railroad bridge finished a year later in 1856.

Martin Strel, a Slovenian swimmer

famous for swimming the length of entire rivers, conquered the Mississippi over 68 days in 2002.

Many of Mark Twain’s famous stories are related to or take place near the Mississippi River, including the well-known *Adventures of Huckleberry Finn*.

Music

Here’s a secret: a violin and a fiddle are the same instrument! The difference is how that instrument gets played. The term “violin” refers to a classier, more formal style of play (think orchestras). The term “fiddle” refers to a more folksy style: the type you might hear at a barn dance or a bluegrass concert!

Fiddlesticks are like playing the drums on the fiddle! A person playing the fiddlesticks uses delicate sticks to tap out a rhythm on the strings of a fiddle. It makes a very unique sound. Listen to the OB’s song “Fiddlestick Joe,” and see if you can hear the fiddlesticks being played!





About the Performers

The Okee Dokee Brothers are Joe Mailander and Justin Lansing – two Denver-born, Minneapolis-based childhood friends who share a tremendous passion for the outdoors, which became the heart of their music. The “Brothers” goal is to inspire children and parents to get outside and get creative, gaining a greater respect for the natural world, their communities, and themselves. The style of music they perform is Roots, or Americana, and the Brothers describe it as a mix of folk, old-time, and bluegrass. Always born out of a particular experience or place, these songs are often written during shared outdoor explorations. A nationwide fan base is drawn to their witty lyrics that cover themes both trivial and profound, strong musicianship, and unique folk style.

In 2011, a canoe trip began at the headwaters of the Mississippi River, and ended at the St. Louis Gateway Arch. During their month-long journey on the Mississippi, they camped, canoed, filmed, and composed the songs that make up their album “Can

You Canoe?” The album won the 2013 GRAMMY Award for Best Children’s Album of the Year. Next, the Brothers embarked on their second adventure: a month-long trek on the Appalachian Trail. They hiked, camped, met mountain musicians, and wrote the songs that make up their second CD/DVD—the Adventure Album Series, entitled “Through the Woods”, which emulates the instruments and styles heard in traditional Old-Time Appalachian music.

See their:

[Mississippi River Adventure Blog](#)

[Appalachian Trail Adventure Blog](#)

Types of Music

Folk music was traditionally known as the music of the working classes, usually passed down from generation to generation. Originally, folk songs weren’t written down, but were shared orally. This means that the creators of many folk songs are unknown. It also means the songs have evolved over time, changing with each person who sings them in his or her own style.

Technically, the Okee Dokee Brothers aren’t playing purely folk, old-time, or bluegrass music. They believe their songs are a mix of these styles, as well as other influences. A modern classification for their music would be Roots or Americana music. Just as American musicians have done for centuries, they use the many types of music that have come before them to find their own path and craft their own sound.

Old-Time music is a style of music that was developed to accompany the folk dances of the Appalachian Mountains. It has mixed roots in African and European traditional music. Fiddle is usually the lead instrument, but you’ll probably hear a banjo as well.

The music we know as **Bluegrass** is actually relatively new. It appeared in the 1940s, when Bill Monroe started a band called the Bluegrass Boys. They combined elements of Old-Time music, folk, country, and blues to create a music that is still popular today. Bluegrass is traditionally played with acoustic instruments like the guitar, the fiddle, the five-string banjo, the upright bass, and the mandolin.

Instruments in the Show

Strings

Fiddle - The smallest member of the orchestral string family, it is also used in jazz and traditional music. Fiddlers from Scotland, Ireland, and England have had a strong influence on American folk music.

Guitar - One of the main instruments in Roots and Americana music. Its origins date back to the Renaissance. The hole in the middle helps give it a fuller, louder sound.

Banjo - The banjo is an instrument that comes from Africa, and was brought to North America on slave ships. It is similar in design to instruments still found in Africa today. In its simplest form, it is basically a drum with strings stretched across the top and a handle attached. The banjo is most often used in country, folk, Irish, and bluegrass music. It can have four, five, or six strings.

Upright Bass (pronounced *base*) - The largest and lowest-pitched member of the string family. It can be played with a bow, or by plucking or slapping the strings. You can find the upright bass in classical music, jazz, and different styles of folk music.

Percussion

A lot of traditional folk music was played in parts of the country where manufactured instruments were scarce and hard to come by. People made simple and effective percussion instruments from what they had in their homes. The Spoons, often heard in bluegrass songs, are literally two spoons held in one hand and clacked together, either against a knee or the other hand. The Bones, another version of this instrument, were originally two bones that were clicked together in one hand. Most modern “bones” today are made of smooth wood, but some are still made from actual cow bones! Another homemade percussion instrument is the Washboard, a ribbed piece of metal in a wooden frame used for scrubbing laundry. You play the washboard by putting thimbles (a sewing tool, sort of like a



finger helmet, to prevent being poked by the needle) on your index finger and thumb, then running those fingers up and down the washboard’s ribs.

Feet - Feet and hands are the world’s oldest and simplest percussion instruments. Many cultures have traditional styles of percussive dance (using their feet to stomp or tap the rhythms); for example: flamenco (Spain), step dance (Ireland), tap dance (USA), gumboot dance (South Africa), kathak (India), Malambo (Argentina), and many Native American dances.

Clogging (also called flatfooting) is considered the oldest form of street dancing, and an ancestor to tap dance. In Appalachia, it is both a style of dance and an instrument! Old-Time music was originally played to accompany cloggers, and now it’s not unusual to see a clogger as a member of a band.

Cajón (pronounced “ka-HONE”) - The name means “box” or “drawer” in Spanish. It is basically a wooden box with a sound hole on the side (this works just like the sound hole in a guitar). The player sits on top and taps or

slaps the front of the instrument with the hands. The cajón was originally used by African slaves in Perú.

Snare Drum - Snares are metal wires stretched tightly across the bottom of the drum. They make a sharp rattling sound as they vibrate against the bottom drum head. The snare drum was originally a military instrument used to signal to the soldiers. Today it is heard in many forms of music, including marching band, classical, rock, and jazz.

Acoustic vs. Electric

There are many differences between Acoustic and Electric instruments, but here are the basics: An acoustic instrument sounds rich and musical without being plugged into an amplifier. An electric instrument will make a dull sound if it is not amplified. Although the instruments are plugged into speakers to make their sounds louder, all the instruments you’ll see and hear at the show are acoustic. We play acoustic instruments, because our style of music is traditionally played acoustically. The original bluegrass and folk musicians didn’t play on electric guitars or fiddles either!

NMCCSS:

English Language Arts: Reading Standards for Literature (CCSS.ELA-Literacy.RL):

- Key Ideas and Details

- Integration of Knowledge and Ideas

Writing (CCSS.ELA-Literacy.W):

- Text Types and Purposes

- Production and Distribution of Writing

Speaking and Listening (CCSS.ELA-Literacy.SL):

- Comprehension and Collaboration

New Mexico Content Standards:

Fine Arts/ Music: Content Standards 1, 2, 5 & 6

Social Studies: Content Strand II – Geography

Write an Adventure Song

Lesson 1 The Okee Dokee Brothers Educational Supplement and Jeannette Zion

Students will use the songs of the Okee Dokee Brothers as examples for writing their own adventure songs. The focus will be on recalling and describing details from experiences they've had in the past. Students will create original songs about their own adventures.

Objectives

Students will:

- Recall details from an adventure that they have experienced.
- Use details of their experience to write song lyrics.
- Edit and revise lyrics based on peer feedback.

Materials

- Paper and pencils
- Computer & Promethean board (optional)

Procedure

1. The Okee Dokee Brothers have written songs that are inspired by a particular place or experience. Have students think about an adventure they have experienced. Some suggestions might be a hike in the mountains, a boat ride, or a trip somewhere interesting/fun/exotic. Other suggestions can be closer to home: an experience at a park, a walk through the neighborhood, etc.

2. When students have decided on an adventure, tell them that they will be writing lyrics to a song about their adventure. If students

have not yet seen the Okee Dokee Brothers or need some inspiration, you can show some of their videos to the class:

- a. **“Can You Canoe?”**
- b. **“Walking with Spring”**
- c. **“Through the Woods”**

3. Have students think about the details of their adventures and brainstorm ideas for details that could be turned into a song. Have students share their ideas with a partner or small group to get feedback.

4. Give students 1-3 class periods to work on their songs. Songs can be set to familiar tunes, original tunes, or can be written with no tune in mind. The focus should be on using a song format to describe an adventure.

5. Have students share their songs with their partners or groups and give them time to make any revisions they would like.

6. Set aside time in class for students to share their adventure songs with everyone.

Extensions/Modifications

- K-1 students: Think of an adventure the whole class has gone on (field trips or walks around the school can be awfully big adventures!). As a class, decide what aspects of your adventure you'd like to write about and create a class song together about that adventure.
- Record all students' songs and make either an audio or video class album.
- Take your class on an adventure where they can interact with nature. While in the natural area, each student should compose a short poem about one aspect of that area. Share the poems back in the classroom. Can these poems be combined to create a song about the class's adventure?

Assessment/Modifications

- Students recall details from an experience in the past.
- Students use details to compose original song lyrics.
- Students work collaboratively to help each other develop their ideas.

Grades: K - 5

NMCCSS:

English Language Arts: Speaking and Listening (CCSS.ELA-Literacy.SL):

- Comprehension and Collaboration

New Mexico Content Standards:

Fine Arts/Music: Content Standards 1, 2, 4 & 7

Instrument Improvisation

Lesson 2 The Okee Dokee Brothers Educational Supplement and Jeannette Zion

In this lesson, students create instruments out of common objects found around the classroom. They are encouraged to find as many different ways to make as many different sounds with their new instruments as possible. Finally, they will combine their different instruments together and create a musical improvisation.

Objectives

Students will:

- Recognize the connection between found-object-instruments and early Folk, Bluegrass, and Old-Time music.
- Create instruments out of common objects found in the classroom or at home.
- Work together to discover different ways that an instrument can be played and the different sounds that can be created.

Materials

- Classroom objects that can be turned into instruments: Wooden blocks, rubber bands, plastic spoons, popsicle sticks, pieces of paper, garbage can, desktops, etc.

Procedure

1. Explain to students: The Okee Dokee Brothers' music can be described as a combination of Folk music, Bluegrass, and Old-Time music. The people who played this kind of music often made musical instruments themselves out of ordinary objects they found around them: kitchen utensils, machine parts, paper bags, scraps of wood, metal cans, bottles, and even animal bones.

2. Give students time to look around the classroom. What kinds of objects are in the room that could be used to make music?

3. Brainstorm all of the ways you could make sounds with different objects found around the room. For example: blowing, plucking, tapping, hitting, shaking, scraping, or banging together.

4. Sit in a circle with the objects you have found. The first participant takes an object and improvises a way to play it. This should be brief—just a couple of seconds.

5. The object then gets passed to the next person, who repeats that movement, then performs their own idea. The next person repeats

the two preceding movements (in order), and then adds on, etc. How many different ways can you find to play one instrument?

6. After all of the objects have been tried, students will select the instrument they would like to play. As a whole class (or in smaller groups) students will use their instruments to improvise music. Students can play along with music from a CD, or explore making soundscapes without music.

7. If possible, share your music with another class.

Extensions/Modifications

- **Make familiar instruments** out of found objects. Pinterest has many links that contain instructions for making instruments out of common household and classroom objects.
- Use instruments to provide musical accompaniment to an adventure song created in Activity #1.
- Record student “jam sessions” and create a class album of improvised music.

Assessment/Modifications

- Quality of participation

Bonus Explorations

Lessons & Activities

Listen to the songs “Echo,” “Can You Canoe?” and “Jamboree.”

What instruments can you identify?

Choose either the Mississippi River or the Appalachian Trail. Create a class book about the wildlife that can be found there. Begin by dividing into teams of two or three people. Have the teams count off by four. Assign each group to research one plant or animal from the group that corresponds to their number:

1. Fish
2. Birds
3. Plants
4. Mammals

From the research, each group should write and illustrate a brief (one page) report. Include information like diet, habitat, life cycle, predator/prey relationships, etc. Put all the reports together to create an Adventure Journal for your class.

For more lessons, we recommend:

<http://www.folkways.si.edu/bluegrass-toe-tapping-exploration-american-art-form/music/tools-for-teaching/smithsonian>

http://artsedge.kennedy-center.org/educators/lessons/grade-5/Explorers_Experience,

http://artsedge.kennedy-center.org/educators/lessons/grade-5/Lewis_And_Clark_Prized_Possessions

http://artsedge.kennedy-center.org/educators/lessons/grade-3-4/Pioneer_Journey_West,

http://artsedge.kennedy-center.org/educators/lessons/grade-3-4/Pioneer_Life

Outreach Activities

City of Albuquerque Open Spaces

The Open Space Alliance is a nonprofit organization whose purpose is to promote public awareness and conservation of Open Space lands.

Rio Grande Nature Center

Located in the Bosque, the park offers opportunities to experience 270 acres of woods, meadows, and farmland, as well as diverse wildlife, through many educational tours and programs.

Shady Lakes

Nestled among the tall, cool cottonwoods of the Bosque, this unique, beautiful wildlife refuge features many fish species; the ambience is enhanced by thousands of blooming water lilies, great-horned owls, beavers, raccoons, turtles, ducks, and a multitude of other birds and animals.

WEBSITE

For excellent overviews of the Appalachian Trail and its history, visit:

https://en.wikipedia.org/wiki/Appalachian_Trail

<http://www.smithsonianmag.com/history/tales-from-the-appalachian-trail-34902244/?no-ist>

<http://www.appalachiantrail.org/about-the-trail/history>

For more Fun Facts about the Appalachian Trail, visit:

<http://www.appalachiantrail.org/about-the-trail>

<http://www.history.com/news/10-things-you-should-know-about-the-appalachian-trail>

http://www.trails.com/list_1369_facts-appalachian-trail.html

For more Fun Facts about the Mississippi River, visit:

<http://www.sciencekids.co.nz/science-facts/earth/mississippiriver.html>

<http://experiencemississippiriver.com/interactive-tools/fun-facts/>

<http://www.socialstudiesforkids.com/articles/geography/mississippiriver.htm>

Questions to Engage & Connect

After seeing the show, ask your students to answer these questions:

Before seeing this show, I didn't know that...

What instruments did you see? Which was your favorite? Why?

Which song did you like the most? Why?

Did any of the songs make you feel like you were on an adventure? Which ones?

If you wrote an adventure song, what would it be about? Where would you go? What are some of the people, places, and things you might see?

What ways do you explore nature?

Do you have a friend who likes to take adventures? What kinds of things do you like to do together? Have you ever gone on an adventure with your friend? What was it like?

What are some of the songs that have passed down from your culture? Where did you hear them? Does your family still sing these songs?

Overall, the show made me feel...

Something I want to share with my family about the experience is...

VIDEOS

The Okee Dokee Brothers Official YouTube Channel

Concert Highlights

“Can You Canoe?” The Okee Dokee Brothers

The Making of Through the Woods

POPEJOY SCHOOLTIME SERIES

The Los Alamos
National Bank

The Schooltime Series
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Dreamcatchers are teaching guides produced by the Education Department of Popejoy Hall, New Mexico's premier nonprofit venue for the performing arts and entertainment located in Albuquerque, New Mexico.

Popejoy Hall's Mission: To provide access to the performing arts for all New Mexicans.

The Popejoy Schooltime Series is a program
of The University of New Mexico.



Popejoy Hall, New Mexico's premier nonprofit venue for the performing arts and entertainment.

About the Schooltime Series

The Schooltime Series presents national and international touring companies and performers that you will not see anywhere else in or around Albuquerque.

These companies are selected with youth and family audiences in mind, from titles and materials that reflect the cultural diversity of our global community. These professional performing artists create educational experiences designed to encourage **literacy, creativity, communication** and **imagination**.

Join our community and sign up for our monthly newsletter at: facebook.com/schooltimeseries. Click on "Join My List," or send an e-mail with your name and e-mail address to schooltime@popejoypresents.com requesting to be added to the newsletter list.

You can contact us at schooltime@popejoypresents.com or visit us at www.schooltimeseries.com.

Etiquette

The performing arts— theater, music and dance—are all collaborative endeavors. They require the cooperation of many skilled people: playwrights, directors, performers, designers, technicians, lyricists, choreographers, musicians, and the audience. Live performances can transport you to other times and places but to do so, they require you, the audience, to listen, observe, discover, and imagine.

The inside of a theatre is called a "house." There are rules inside the house to make the experience smooth and enjoyable for everyone. A summary poster of **Theatre Etiquette** is available on our website. Please post it and discuss it with your students and chaperones before attending this show.

House Policies

Please visit our website for detailed information about **House Policies**. This includes our guidelines on safety, special needs, food and drink, backpacks, cell phones, photography, recordings, and more.

Credits

Selected Dreamcatchers Teaching Guide materials provided by **The Okee Dokee Brothers**, **Wikipedia**, and other resources noted within this guide.