

DREAMCATCHERS

POPEJOY SCHOOLTIME SERIES TEACHING GUIDE GRADES 1 - 6



**Sonia De Los Santos presents
La Golondrina - Music of the Americas**

Dreamcatchers Teaching Guides align with the Common Core Standards.

Standards Addressed By Attending the Performance

NMCCSS

ELA-Literacy.SL.2

NCAS

TH:Re9.1

“

Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

- PLATO

Synopsis

Join Sonia and her band with a collection of songs in both English and Spanish that reflect her growing up in Mexico, moving to another country, learning about other cultures, and respecting one's heritage. This unique concert courses with Latin American party tunes, bilingual versions of American classics, and original songs about birds, making chocolate, finding new friends, sunny skies, liberty, freedom, and tolerance! Students will enjoy a personal, yet universal, musical story from a soulful and important new voice in family music. Messages of joyful community music-making and cultural bridge building will inspire and excite audiences of all backgrounds.





Vocabulary

arrangement / arreglo - an adaptation of a musical composition

bilingual / bilingüe - a person who speaks two languages fluently

chocolate / el chocolate - a food that is made from cacao beans and eaten as candy or used as a flavoring ingredient in other sweet foods

culture / la cultura - the set of shared attitudes, values, goals and practices that characterizes an institution, organization, or group

footsteps / pasos - movement made by your foot as you walk, dance, or run

freedom / la libertad - the power to do what you want to do: the ability to move or act freely

highway / la carretera - main road that connects cities, towns, etc.

Independence / la independencia - freedom from the control, influence,

support, aid, or the like, of others

land / la tierra - any part of the earth's surface not covered by a body of water

liberty / la libertad - freedom from external or foreign rule; independence

no trespassing / prohibida la entrada - do not enter a place or property without permission

music / la música - sounds that are sung by voices or played on musical instruments

swallow / la golondrina - a small, long-winged, perching bird

Fun Facts for Students

Did you know that even though the United States of America is commonly called "America", that word really refers to the whole North American continent? That includes: Canada, USA, Mexico, and Central America! When you say "The

Americas," you are referring to both the North American and South American continents.

American traditional music is also called roots music. Roots music is a broad category of music including bluegrass, country music, gospel, old time music, jug bands, Appalachian folk, blues, Cajun and Native American music.

The music history of the United States includes many styles of folk, popular and classical music. Some of the best-known genres of American music are blues, rock and roll, and country. The history began with the Native Americans, the first people to populate North America.

Music is a very important part of Mexican culture and is always part of a celebration, whether big or small. The music of Mexico sings of love, country, passion, history, legend and oppression, among other things. Three vibrant genres of traditional Mexican music include: Mariachi, Ranchera, and Gruperio. Folk music falls into the Ranchera category.

Interesting Facts Contributing to the Show

La Golondrina - The Swallow

In English, the swallow is known as “the bird of freedom” and it is also referred to as a “migrant bird”. One of its characteristics is that it cannot stay captive, so it flies from one country to another to be at a nice temperature, moving north as the spring turns into summer, and south as autumn gets closer to winter. By instinct, the swallow traces its way over long distances, and yet at the next season returning to the spot where it came from. How do they do this? It is thought that its body uses the earth’s magnetic field to guide it! Swallows have been observed leaving one country on their migration, and returning the following year to the identical nest from where they started. This inspired Sonia to write a song about them.

“I wrote this song thinking about the afternoons I spent as a child sitting on my grandmother’s porch. We would watch these birds called golondrinas as they



would make their nests and stay for a while, and then fly away only to make their nests again in new places. Some people like to call them migrant birds. Their pilgrimage sounds very familiar to me...”

“Esta es tu Tierra”

- “This Land is Your Land”

“This Land Is Your Land” is one the most famous folk songs and some people

consider it an alternative national anthem for the United States of America! It was written by singer-songwriter and musician Woody Guthrie in 1940. When Guthrie scribbled down the lyrics, he didn’t even have a tune for the song. It took another four years for him to complete it. His music legacy includes hundreds of political, traditional, and children’s songs. Many of them are about his experiences during the Great Depression when he traveled with displaced farmers from Oklahoma to California and learned their traditional folk and blues songs, earning him the nickname of “Dust Bowl Troubadour.” “Esta Es Tu Tierra” is Sonia’s Spanish version of “This Land is Your Land,” including lyrics that she wrote. It has the same amount of verses as the original version, except they are in another language! Many other versions have been made in reference to other countries and it has been sung in different languages over the years.



The Instruments in the show...

Jarana: A traditional Mexican guitar with 8 strings and the main instrument in the Son Jarocho style from the state of Veracruz in Mexico. Jaranas come in different shapes and sizes. The one Sonia plays is a "jarana primera", it was custom made and Sonia has been playing it for 9 years.



Guitar: It's a stringed instrument originating in Spain, usually having six strings, a flat sounding board with a round sound hole in the center, a flat back, and a fretted fingerboard. The one Sonia plays is called the Gibson Hummingbird, and on its pick board, it has a beautiful drawing of a Hummingbird surrounded by flowers.

Leona: A fretless acoustic bass from the same family as the Jarana. The Leona or "Lioness" in English, has 4 strings just like a traditional bass, but it's much smaller. Fun fact: Sinuhé, who's playing the Leona, built that instrument himself made out of different pieces of wood!

Violin: It belongs to the orchestral string family but in this case, it's played in Folk music! It has 4 strings and it can be played with a bow or plucked.



Accordion: This one is a diatonic button accordion and it is mainly used for playing popular music and traditional folk music.

Trumpet: The one with the highest register in the brass family. Trumpets are used in different music styles: like orchestras, concert bands, and jazz ensembles, as well as in popular music.



Trombone: Another one from the brass family with a slide mechanism that changes the length of the instrument to change the pitch. The word trombone comes from Italian *tromba* (trumpet) and *-one* (meaning "large") meaning "large trumpet".

Drum Set: A set of drums and other percussion instruments, set up on stands played by a single player with drumsticks held in both hands and feet operating pedals that control the hi-hat cymbal and the bass drum.





About Sonia De Los Santos In Her Own Words

Hola amigos and hello friends! I grew up in Monterrey, Mexico and have been singing my whole life! I moved to New York City over 10 years ago and since 2007 I've been touring the world, singing in English and Spanish, playing guitar, mandolin, and jarana, with the Grammy Award-winning group Dan Zanes and Friends. I recently released my first family music album titled *Mi Viaje: De Nuevo León to the New York Island*. "Mi Viaje" means my journey, and in this case it started in my home state Nuevo León in Mexico and traveled all the way to New York City! My band and I are so excited to play these songs for you while we explore together many different countries, rhythms and sounds. My band and I play music from different countries, but mainly from the American continent. Each one of us has a different journey and I hope to inspire you by learning about mine! Also, you might want to know that I like everything that's made out of corn! It's especially interesting to me that you can find corn in many other cultures and cuisines around the world. I'm on a quest to try different versions of corn-based foods from all over the world! Second favorite food: avocados. And yes, they go great with corn!

La Golondrina's Dance Lesson 1

Grades: 1 – 6

NMCCSS

ELA-Literacy.SL.2

NCAS

MU:Re7.1

DA:Pr4.1

NCSS Standards

Strand 1.a

Objectives

Students will:

- learn about golondrinas (swallows) and their journey;
- be introduced to the instruments and folk music style Son Jarocho;
- learn a dance pattern to go with the music.

Materials

- An open space in which to move freely
- **La Golondrina Song** (3:46)
- A map of the Americas
- **La Bamba Video** (6:39)
- The instrument information in this guide
- Café con pan - **Dance Lesson Video** (8:29)
- Café con pan (with flying arms) **Dance Lesson** (9:59)

Procedure

1. Read the information in this guide about golondrinas and their journey. Older students can do additional research and share with the class.
2. Explain that Sonia wrote this song inspired by “son jarocho” a regional folk musical style from Veracruz, Mexico. Here, Spanish, indigenous, and African cultures came together more than 500 years ago. The verses of these songs are called “sones” and are often improvised, including humorous verses and subjects such as nature, sailors, love, and community life.
3. Ask the students if they are familiar with “La Bamba.” Show the video. Explain that this was one of the first songs that made it across the US border from Mexico and became known world-wide.
4. Listen to the song “La Golondrina.” Play it again and have the students identify the instruments. The first is a requinto and it introduces the melody. Ask what other instruments they hear. (jarana, leona, violin, percussion, etc.)
5. Can they tell if dance is also used as a musical instrument? Yes! There is a dancer on a raised wooden platform, or tarima, making a drumming or percussive sound.
6. Explain that they are going to dance in a style called the Zapateado to this song. The rhythm follows a “café con pan” or “coffee with bread” pattern to help them move their feet with the music. “Café” has two syllable so they stomp their foot twice. “Con” and “pan” each have one syllable, so that means stomp once.
7. Write this pattern on the board with “L” being Left Foot and “R” for the Right:

Café	con	pan	Café	con	pan
LL	R	L	RR*		

Extensions/Modifications

- There is a lot of music this style of dance can accompany. Try several.

Assessment

- Quality of participation

“This Land Is My Land”

Lesson 2

Grades 1 - 6 NMCCSS

ELA-Literacy.RL.7

ELA-Literacy.SL.2

Objectives

Students will:

- be introduced to singer-songwriter Woody Guthrie;
- sing “This Land is Your Land” in English and Spanish;
- identify the countries mentioned in the songs.

Materials

- Map of the Americas
- Information on Woody Guthrie in this guide
- “This Land Is Your Land” performed by Woodie Guthrie Sound only (2:46)
- “Esta Es Tu Tierra” (4:27)

English original lyrics:

This land is your land, this land is my land
From California to the New York island
From the redwood forests to the gulf stream waters
This land was made to you and me

Sonia’s lyrics in Spanish:

Esta es tu tierra, esta es mi tierra
Desde California hasta Nueva York
Desde las montañas a todos los mares
Esta tierra es para ti y para mí

Procedure

1. Introduce the materials on Woody Guthrie. Older students may do more research and share it with the class.
2. Explain that “This Land Is Your Land” was first written in English by Woody Guthrie and “Esta Es Tu Tierra” is Sonia De Los Santos’ version in Spanish. It has the same amount of verses as the original except the language is different and she has made references to other countries.
3. Have the students listen to the English version and then sing along. Use the translation above to help.
4. Repeat using the Spanish version. Point out the countries mentioned on the map.
5. Combine the two languages by singing the first verse in one language and the second verse in the other.
6. This process will happen at the show. You can either prepare your students in advance or reinforce what they experienced by recreating the lesson.

Extensions/Modifications

- Discuss with the students why they think the original song has been popular since the 1920s. What do they think it means? Does the passage of time since it was written change anything?
- Why does this song have meaning for Sonia and the journey she has undergone? Are there other languages this could be translated into? Does changing the language change the meaning or lesson of the song? Discuss.

Assessment

- Quality of participation

Questions to Engage & Connect

How many languages did you hear during the show?

Did you understand everything you heard?

Which was your favorite song? Why?

Are you curious about visiting any of the countries where the songs come from?

If you were a bird and could fly anywhere, where would you go?

What language(s) do you speak? Are you curious about learning another language?

Can you remember the chorus to any of the songs at the show?

Did you learn any of the hand motions or dances?

Do you have friends who speak a language you don't speak? Which language? Ask them to teach you a few words!

Bonus Explorations

EXTENSION ACTIVITIES

Sonia encourages you to...Write a song!

Writing a song doesn't have to be too complicated. You can start with a simple idea for a theme. It can be a song about nature, something you like, somebody you like to spend time with, your favorite time of year, favorite animal or even food! It's always good to write songs by ourselves, but it's even more fun to get help from a friend or relative! If there's someone around you, ask them to help you and do it together! When you're done and have something to share, don't forget to sing it to your family and friends. Tip: If you have a friend who speaks another language come up with a version of it that has more than one language in the song.

SONIA'S FAVORITE

HOT CHOCOLATE RECIPE

There's nothing I want more on cold winter days than a cup of my mom's Mexican hot chocolate! Even though we are far away now, the memories of making it with her as a child bring me so much joy... Here's the way I remember making a big pot of chocolate.... and here's a song to help you make it! [Chocolate Video Link](#) (2:34)

Ingredients: 4 servings

- 4 cups of Milk (there's different kinds, your choice!)

- 1 tablet of Mexican chocolate (I prefer Abuelita or Ibarra)

- Cinnamon (optional)

- Sugar (optional)

Directions: Heat 4 cups milk and 1 tablet of chocolate in a medium saucepan over medium-high heat.

Mix constantly until it is frothy and starts to boil (don't forget to sing!) Remove from

heat; add sugar and cinnamon to taste. Serve immediately. Tip: Stir with a wooden spoon and froth with a "molinillo:

Resources

BOOKS

Anderson, William M. and Joy E. Lawrence. *Integrating Music into the Elementary Classroom*. 8th ed. Boston: Schirmer Cengage Learning, 2007.

Ciocchi, Catherine. *This Land is Your Land*. South Carolina: Arbordale Publishing, 2015.

Kalman, Bobbie. *Music Instruments from A to Z*. New York: Cragtree Publishing, 1998.

Sharmat, Marjorie W., Craig Sharmat and Marc Simont. *Nate the Great and the Musical Note*. New York: Coward-McCann Inc, 1990.

WEBSITES

Sonia De Los Santos Music

Sonia De Los Santos' website full of her songs, videos and more!

Songs For Teaching

Music Activities for the classroom

The Benefits of Using Music with Young Children

The benefits of music in the classroom.

MEDIA

Sonia De Los Santos

Playlist of Sonia De Los Santos's videos.

Woody Guthrie - "This Land Is Your Land"

The original version of "This Land Is Your Land"

"This Land Is Your Land"

Performed by children's group The Little Singers

Families of Musical Instruments

Information on the different instrument families

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About the SchooltIME Series

The Popejoy SchooltIME Series brings national and international touring companies and performers to Albuquerque. Each company is selected with youth and family audiences in mind, and our repertoire reflects the cultural diversity of our global community. The SchooltIME Series includes new plays, familiar stories, literary works, biographies, mythologies, folktales, science shows, music, dance, and puppetry. These professional performing artists create entertaining educational experiences designed to encourage literacy, creativity, communication, and imagination.

The Dreamcatchers Teaching Guides

By their nature, the arts engage students in learning through observing, listening, and moving, offering learners various ways to acquire information and act on it to build understanding. They also offer a natural way to differentiate instruction as the arts offer multiple modes of representation, expression, and engagement. Additionally, the arts provide an authentic context in which students solve problems. By engaging in learning in one subject, learning in another subject is reinforced and extended, and vice versa. These guides introduce students to what they will see, a basic vocabulary associated with the show, fun facts, vetted resources, and activities providing a connection between the arts and classroom curriculum.

Popejoy Hall

Popejoy Hall is New Mexico's premiere nonprofit venue for the performing arts and entertainment. Our mission is to provide access to the performing arts for all New Mexicans.

House Policies & Etiquette

The inside of a theatre where the audience sits is called a "house" and to get along, have fun, and enjoy the shows, there are rules to follow. SchooltIME is a wonderful opportunity to learn how good behavior in a live theater is different from watching television. For guidelines to practice with your class and chaperones, including safety, special needs, food and drink, backpacks, cell phones, photography, recordings, and more, go to schooltimeseries.com/house-policies.

Dreamcatcher Credits

Dreamcatchers are Teaching Guides produced by the Education Department of Popejoy Hall. Selected materials provided by Sonia De Los Santos, schmoop.com, [Dandelion Artists](#), [Sonia De Los Santos Music](#), [The Story of Woody Guthrie's 'This Land is your Land'](#), [Folk Music in the USA](#), [Traditional Mexican Music](#), and other resourced noted in this guide.