EVERY BREATH WE TAKE

MUSIC LESSON

BOOK CONCEPT
“CLEAN AIR HELPS US STAY ACTIVE AND HEALTHY.”

OBJECTIVE
REINFORCE WHAT KIDS NEED TO STAY HEALTHY — CLEAN AIR.

MATERIALS
• CHALKBOARD/WHITEBOARD/EASEL
• RAFFI’S SONG “ALL I REALLY NEED” (HTTP://WWW.RAFFINNEWS.COM/FILES/MUSIC_ARRANGEMENTS/CHILDRENS_FAVORITES/ALL_I_REALLY_NEED.PDF)

ACTIVITY
Listen, sing, discuss, play — Raffi’s song, “All I Really Need”

1. DISPLAY
the lyrics to Raffi’s song “All I Really Need”

All I really need is a song in my heart, food in my belly and love in my family
All I really need is a song in my heart and love in my family

And I need the rain to fall
And I need the sun to shine

To give life to the seeds we sow
To give the food we need to grow

All I really need is a song in my heart and love in my family
All I really need is a song in my heart, food in my belly and love in my family
All I really need is a song in my heart and love in my family

And I need some clean water for drinkin’
And I need some clean air for breathin’
So that I can grow up strong, take my place where I belong

All I really need is a song in my heart and love in my family
All I really need is a song in my heart, food in my belly and love in my family
All I really need is a song in my heart and love in my family

2. REFER
Listen to the song and invite the children to sing along.

3. PLAY
freeze dance, musical chairs, etc. using the song.

4. DISCUSS
Prompt the children to notice how their breathing becomes faster when they’re active. Explain that this is good for our health because it brings more air and oxygen into our bodies when we need it. It is important that every breath we take be full of clean, fresh air. Clean air helps us stay active and healthy!

FOR MORE INFO ON CLEAN AIR:
www.momscleanairforce.org

SAY HELLO AND SEND US PICS:
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