FOR PARENTS and GUARDIANS

Welcome to the online version of The Great Circle Artist-in-Residence program, a unique collaboration between The Rockwell Museum and the Elmira City School District. We believe in teaching character education as an integral part of everything we teach. Respect is at the cornerstone of character. You can encourage your child to be respectful to themselves, to others in the family and to those in the wider world. You can help us teach them to respect living and growing things and our interconnected web of life on Earth.

This week contains a fun link to a video from Sesame Street about respect. The film was created before the social distancing rules. You can explain to your children that shaking hands is not a form of respect at the current time, but was for a very long time and may be again. In the video, people are not near other people. They are only close to puppets, and puppets close to each other.

You can help your child with conversations, reading, printing and how to use links. Words in bold purple have links to an icon that speaks the word. In this lesson your child will be learning about their own bodies and about the human’s place in the Great Circle.

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Do you remember Black Elk’s idea about the Great Circle? He said: “The power of the world always works in circles, and everything tries to be round.

What about YOU? Are you round too? Yes! Some of you is round like a **sphere** (like a ball) or part of a sphere, and some of you is round like a **cylinder**.

- You started out round.
- Your legs are round.
- Your arms are round.
- You think with a brain that is round, inside your round head.
Your eyes are round. You’re not the only one!

You can spin around, run around and dance around. You can twiddle your thumbs around and curl your fingers around. How many other ways can you move all or part of your body in a round way?
Your body has an organ inside that is a little bit round: your heart. It pumps blood everywhere. In the blood is oxygen. We need oxygen to breathe, to run and to think. We need oxygen to live. We breathe oxygen from trees and put it in our blood. Our heart pumps blood. Our heart makes a sound like a drum. Black Elk and his tribe made drumbeats.

Drumbeats sound like heartbeats.
- Put your hand on your heart. Can you feel it or hear it?
- When is your heartbeat slow and quiet? Even slower and even quieter?
- When is your heartbeat fast and loud? Even faster and louder?
- Stand up and get moving. Run or jump in place and move your hands up and down over your head. Move faster! Faster! Now super fast!!!
- Stop moving. Put your hand on your heart again. Now can you feel it? How is it beating now?

Animals have hearts too. Humans and animals are all part of the Great Circle, living and growing on the Earth.

You can try to make the sound of animal heartbeats.
- As you make the heartbeat sounds, think, “Will they will be loud or soft, fast or slow?”
- With your hands on legs, make the heartbeat of a sleeping rabbit.
- Make the heartbeat of a running bear...a walking turtle...a jumping frog.
- Make the heartbeat of a howling coyote...a leaping deer...a bird sitting on eggs.
- You name the forest animal and what they are doing. You make the heartbeat.
STORY AS SONG AND DANCE

Do you remember the Great Circle story last time? It was a Coyote game. This time our story is a song and dance about Coyote. It will get your heart beating!

The Story:

One night Coyote was in a meadow looking up at the twinkling stars. He said, “I think those stars are dancing. I want to dance in the sky with the stars.” The stars dance forever. They said Coyote could only join him if he could dance forever too. Coyote cannot dance forever, but he tricked the stars and they let him into the sky. Soon Coyote became tired. He tried to trick the stars, asking for a snack and a drink. However, the stars could not be tricked. Then Coyote asked to rest. “No,” the stars said. Coyote held onto a star. He tried to hold on, but he could not. He turned into a star and fell back down to Earth. He was the first shooting star.

The Song:

HERE is how the song sounds. You may know this tune to other words. In the Coyote dance, it is fun to start slowly, then sing and move faster and faster!

- When Coyote is singing (in green), put up your hands like paws.
- When the stars are singing (in orange), put your hands out wide and wiggle them.
- When the stars dance, you dance too! You can spin or move any way you want.
- At the end of the song, when it says, “There he goes!” Coyote falls down to earth. You fall down too.

Most of the words in the song repeat. Ask a grown-up to help. Try it once for learning and do it again for fun.
Stars are dancing, stars are dancing
In the sky, in the sky.
Please may I dance with you? Please may I dance with you?
Please, please, please. Please, please, please.

Stars are dancing, stars are dancing
In the sky, in the sky.
Can you dance forever? Can you dance forever?
Yes, I can. Yes I can.

Stars are dancing, stars are dancing
In the sky, in the sky.
Coyote climbs the ladder. Coyote climbs the ladder.
To the sky, to the sky.

Stars are dancing, stars are dancing
In the sky, in the sky.
I’m getting very thirsty, May I have some water?
No, you can’t. No you can’t.

Stars are dancing, stars are dancing
In the sky, in the sky.
I’m getting very hungry. May I have a snack now?
No, you can’t. No, you can’t.

Stars are dancing, stars are dancing
In the sky, in the sky.
I can’t hold on much longer! I can’t hold on much longer!
There he goes, there he goes!
MUSEUM ACTIVITY: RESPECT

Here is a fun video about respect by Sesame Street. Respect is when you treat other people with kindness and let them know you care about them. Respect is also when you take care of everything living and growing on Earth. When you are part of the Great Circle, you show respect.

Look at art from The Rockwell Museum. If someone in the picture is showing respect, give it thumbs up! If someone is not showing respect, give it thumbs down.

Everyone is sharing a drum.

Rockwell Foundation. 78.61F

This boy is helping make a pot.

Eanger Irving Couse, The Apprentice, circa 1915, oil on canvas, 35 ¼ x 46 in.
Gift of Robert F. Rockwell, Jr. 78.1F.
This man will play a song to make someone smile.


This mother keeps her baby safe and warm.

The artist made a picture of someone he loves.


This man is pulling very hard on the horse. The horse does not like it.

George Catlin, *Breaking Down the Wild Horse*, circa 1820, oil on canvas, 26 x 32 in. Bequest of Clara S. Peck. 83.46.25F
These men are fighting.

William de la Montagne, *Indians Jousting*, circa 1875, oil on canvas, 6 x 11 in. Gift of Sandra Rockwell Herron. 78.21F

These people are giving animals food and water.

MAKE ART:

Artist Aleta Wynn Yarrow made these cheerful pictures for hospital workers. Make art to show someone you are thinking of them. Art of living and growing things can make people feel happy. When you care for others, you show respect.
> You can mail art to a grandparent.
> You can draw on your sidewalk to cheer anyone who walks by.
> You can make happy art in your window for people to see.
> HERE are other art ideas from Minnesota Children’s Museum.

A first grade student in Elmira makes happy art about the Great Circle.
BE THE CIRCLE

Every time you protect living and growing things on Earth, you are part of the Great Circle. People live and grow. Every time you help people, you are part of the Great Circle. Thinking of others and helping them is also a way to make you feel good. Here are things you can do to help. Can you think of more?

- Do your family chore. Do more. Do someone else’s job today too.
- Smile at your family. Tell them a story or sing them a song.

You live and grow too. When you take care of your own body, you are part of the Great Circle. Are you doing these good things for you?

- Washing your hands.
- Eating five fruits or veggies a day.
- Getting outdoors to run, jump and move.

Thank you for being a Great Circle helper!