
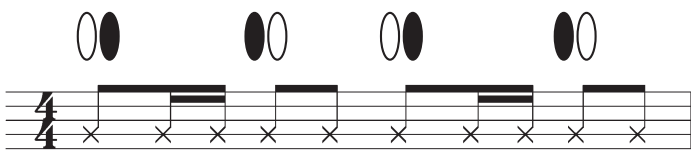
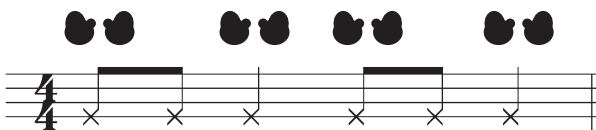


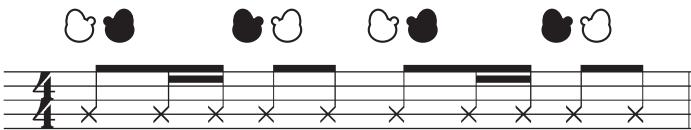
Part I. Mind and Body Warm-Up

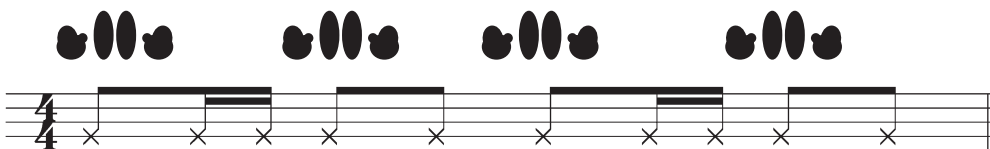
Marienwürmchen (Ladybug)

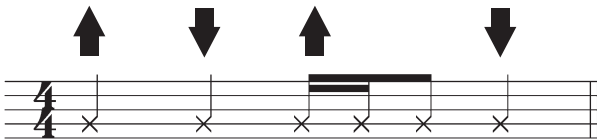
① 
Tap both heels. Tap both heels.

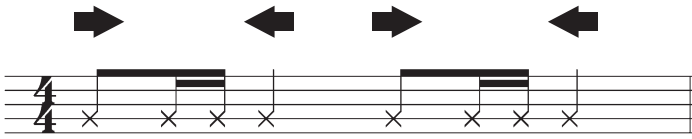
② 
One then the oth - er. One then the oth - er.


③ 
Patsch both hands. Patsch both hands.


④ 
One then the oth - er. One then the oth - er.


⑤ 
Tap heels and patsch hands. Tap heels and patsch hands.

⑥  Swing arms for-ward and back.

⑦  Sway side to side. Sway side to side.

⑧  Stand - ing up, shift weight heel to toe.

⑨  Shift as we patsch two in our hands.

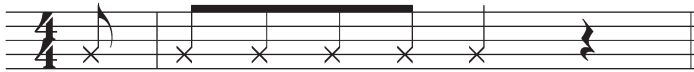
⑩  Sit down, patsch two, tap one.

11



The bo - dy sup-ports the breath.

12



The breath sup - ports the tone.

13



The tone sup - ports the dic - tion.

14



The dic - tion sup-ports the text.

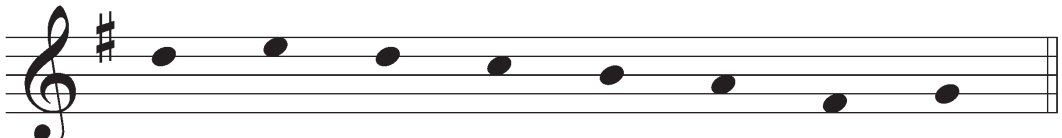
Literature Learning Schema - Phrase 1


15 
DU DE DU DU DE DU


16 
DU DU DE DU DU DE DU DE DU DU DE DU DU DE DU DU

17 
DE DU DE DU DE DU DE DU DE DU DE DU DE DU DE DU



18 
S L S F M R T D

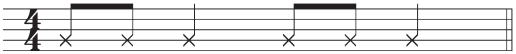
19 
D M S F R T D M S L D F S F T M D

20 
S D R M F M R M R D

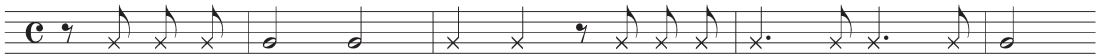

G: Bum Bum Bum Au - di - ate
Rea - dy sing

21 
S S S D D R R M M F M M R R M R R D

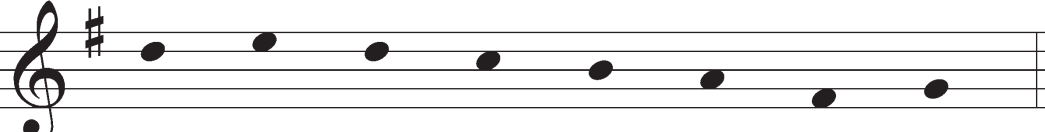
Literature Learning Schema - Phrase 2


22 
DU DE DU DU DE DU


23 
DU DU DE DU DU DE DU DE DU DU DE DU DU DE DU DU

24 
DE DU DE DU DU DU DE DU DE DU DE DU DE DU



25 
S L S F M R T D

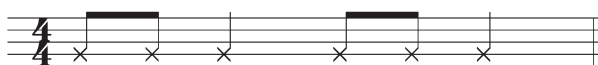
26 
D M S F R T D M S L D F S F T M D

27 
D R M F R T D M S M D


G: Bum Bum Bum Au - di - ate
Rea - dy sing

28 
D R M F R T D D D M S S S M D

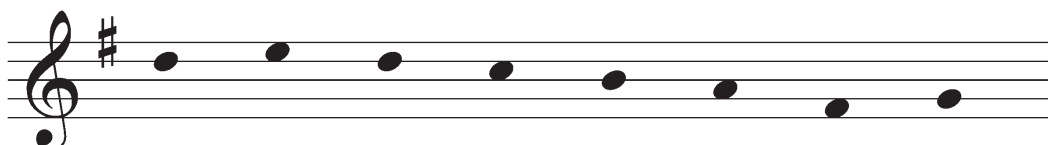
Literature Learning Schema - Phrase 3


29 
 DU DE DU DU DE DU

30 
 DU DU DE DU DU DE DU DE DU DU DE DU DU DE DU DU DE DU DU

31 
 (DE) DU DE DU DE DU DE DU DE DU DU DE DU DU DE DU DU DE DU DU



32 
 S L S F M R T D

33 
 D M S F R T D M S L D F S F T M D

34 
 D M F R T R F M D R M M D F R T D


 G: Bum Bum Bum Au - di - ate
 Rea - dy sing

35 
 (D) D M F F F R R T R F M D R F M D F R T D