

LOVE PEACE HARMONY
FOUNDATION



**EMBRACING
LOVE PEACE HARMONY
THROUGH MUSIC**

*Classroom Activities with
Love Peace Harmony by Subject*

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Cultivating Meditation, Listening, and Music Appreciation in Young Minds

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INTRODUCTION

*Listen to the **Love Peace and Harmony song** every morning and afternoon before teaching, to focus on the students' well-being.*



Focus on breathing in and out. Breathe in. Visualize light going into the belly. Then breathe out. Release all the stress, thoughts, sadness, fears, anxieties, worries, anger.

Relaxing Piano Music with the Love Peace Harmony Calligraphy Field:
[CLICK HERE](#)

Together, we CAN create a world of Love,
Peace and Harmony:
[CLICK HERE](#)

*At 11:11, you could make a wish!
Send love to each other.
Send peace to your friends and families.
Picture harmony in the world,
Mother Nature, everything, and everyone!*



MATH



Ask students to fill out the Wellness Form Survey to gather data for your Data Management unit:

[CLICK HERE](#)

Make an original copy for yourself.
Then, make a copy for each day to gather data.

Look below in the Dance section
for patterning exercise (see p.12)



READING

Ask students to do the following:

Read stories that talk about love, peace and harmony.

These books could include:

- "The Peace Book" by Todd Parr
- "Peace Week in Ms. Fox's Class" by Eileen Spinelli and Anne Kennedy
- "Can You Say Peace?" by Karen Katz
- "What does Peace Feel Like?" by Vladamir Radunsky
- "Peace is an Offering" by Annette Lebox
- "I am Peace: A Book of Mindfulness" by Susan Verde
- "The Happiness Tree" by Danny English
- "The Happiness Tree: Celebrating the Gifts of Trees We Treasure" by Andrea Alban Gosline
- "Wherever You Are My Love Will Find You" by Nancy Tillman
- "Love" by Matt de la Pena
- "And Tango Makes Three" by Justin Richardson
- "You Belong Here" by M.H. Clark
- "The Runaway Bunny" by Margaret Wise
- "A Family is a Family is a Family" by Sara O'Leary
- "A Lovely Love Story" by Edward Monkton
- "Julian is a Mermaid" by Jessica Love
- "The Giving Tree" by Shel Silverstein



READING

Here are some YouTube videos that you may read aloud that focus on harmony, peace and love:

“Now” by Antoinette Portis: [CLICK HERE](#)

“Here and Now” by Julia Denos : [CLICK HERE](#)

“Salam Alaikum” by Harris J. (this book is based on the song):
[CLICK HERE](#)

- Compare text from the book to text from the song.
- Do an analysis of the lyrics of how the song and the book can relate to the students and the world right now.
- Look at the lyrics of the song “Love Peace and Harmony”
- What inferences do the students see? Are there any similar inferences in the books?
- Analyze the lyrics of the song and analyze the main idea in the story.
- Explore with different forms of texts that show love, peace and harmony.



READING

PROJECT:

Create a book report then do a presentation on the book report. This is great for assessment on reading, writing, oral communication, visual arts, music, drama and media literacy.



WRITING

Ask students to do the following:

- Write a recount of the story, after reading the book that demonstrated love or peace and/or harmony.
- Write a narrative about how much of an impact love, peace, and harmony can have on the characters' lives.
- Respond to the following statement: "In your opinion, is finding peace and harmony important to you, to the character, and to the world?"
- Write a persuasive letter to a character expressing the importance of love in their life.
- Reflect on a time when you experienced peace.
- Write a biography of another person who has demonstrated or created love, peace, and/or harmony in society.
- Create a poem with the emphasis on love.
- Find other books that talk about love, peace, and/or harmony. Do summaries for them.



MEDIA LITERACY AND ORAL COMMUNICATION

Ask students to do the following:

Create an advertisement of how important it is to think that love can impact everything and everyone around you. How can peace be significant in creating love?

Find posters or images that show harmony and love and write about how they are demonstrated.



DRAMA

Ask students to do the following:

- Write out a scene that exhibits peace.
- Act out scenes that demonstrate love.
- Analyze movies/shows that show harmony and peace.
- Mime out actions that exemplify love.
- Examine facial expressions and gestures from each other that demonstrate peace and love.



DANCE

Ask students to do dance to the “Love, Peace and Harmony” renditions below:

Reggae version:

- [CLICK HERE](#)

Pop versions:

- [CLICK HERE](#)
- [CLICK HERE](#)
- [CLICK HERE](#)

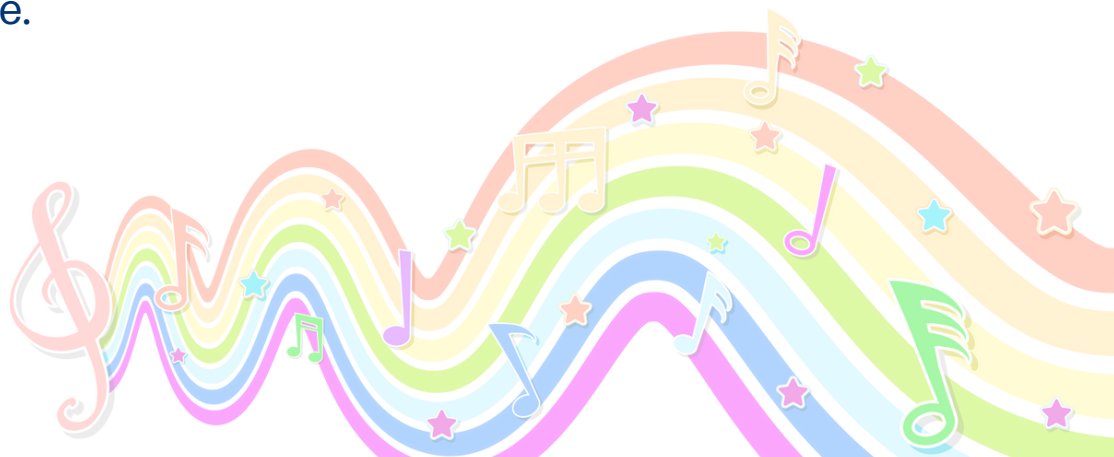
Piano versions:

- [CLICK HERE](#)
- [CLICK HERE](#)
- [CLICK HERE](#)

Jazz version:

- [CLICK HERE](#)

Create moves that would show what harmony and peace would look like.



DANCE

Using scarves, dance to the song, “Love, Peace and Harmony”, using one of these videos:

- [CLICK HERE](#)
- [CLICK HERE](#)
- [CLICK HERE](#)

Find dance moves from TikTok or YouTube that demonstrate love.

Find dance moves from TikTok or YouTube that demonstrate love.

Do the following body isolation exercises:

- Only moving your head, dance to the song.
- After moving your head, now add your shoulders.
- After dancing to the song with your head and shoulders, add arms and hands.
- Now, you can add your torso to the movement while moving your head, shoulders, arms and hands. Finally, add your legs and feet to the movement. By now your whole body should be dancing to the song!

Create a dance that shows form or pattern (integrate with Math section*)





MUSIC

Ask students to do the following:

- Refer to this video of “Love, Peace and Harmony” : [CLICK HERE](#)
- Ask students to sing from their heart to the song and post it on Flipgrid.
- On this linked sheet, you can find Love Peace Harmony in 30 languages. Encourage students to sing in their language. They can also teach other students how to sing in their language. If you know it in your language, sing the song. If you want to learn it in
- Ask students to sing from their heart to the song and post it on Flipgrid.
- On this linked sheet, you can find the lyrics to the Love Peace and Harmony song in 30 languages. Encourage students to sing in their language. They can also teach other students how to sing in their language. If you know it in your language, sing the song.
- If you want to learn it in your language, [download the lyrics here](#).



MUSIC

- Play the song on your instrument. If you don't have an instrument, you can use a found instrument (items around you, such as, tapping on your desk or instruments that you own or create instruments to accompany the song). Here is an example of what playing a found instrument is like: [CLICK HERE](#)
- Create an ostinato to accompany the song (Ostinato: a pattern or phrase that repeats throughout the song). You can use this exercise to create a crossover exercise with the math patterning section* above.
- Do a round singing the song. (Round: A musical composition in which there are three voices that sing the same melody and lyrics, but with each voice beginning at different times, creating a harmony).
- Using a melodic instrument, create a new melody to the song. Use the same rhythm of the words while using the pentatonic scale. (Pentatonic Scale: There are five notes in this scale. "Do", "Re", "Mi", "So", "La". Using any of these notes, you will be able to create a new melody if you end on "Do".

MUSIC



- Listen to the different versions of the song:
 - [CLICK HERE](#)
 - [CLICK HERE](#)
 - [CLICK HERE](#)
 - [CLICK HERE](#)
 - [CLICK HERE](#)
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 - [CLICK HERE](#)
 - [CLICK HERE](#)
- Ask the students to answer: How are they different? How are they the same?
- Do a written or drawing response after listening to this song.
- Ask students to answer these questions:
 - What do you picture?
 - What instruments do you hear?
 - How do you feel?
- Identify the pitch of the notes. Do you hear high or low notes? Where are these notes on the staff or three lines?
- Explore your hearing and tone matching. Can you identify the notes of the melody using your melodic instrument?

VISUAL ARTS

- Ask students to do the following:
- Listen to the song, "Love, Peace and Harmony": [CLICK HERE](#)
- After listening to the song, what do you picture? What colours do you see? Using coloured pencils and markers, draw a picture of what you visualize. Explore with lines. Explore with shading.
- Paint a picture of what you see.
- Sculpt or use playdough to create a peace object.
- With eyes closed and listening to the music, draw or paint what you feel on the paper or the artist board.
- Draw or paint with your non-dominant hand, showing love.
- Using a pencil and listening to the song three times, draw a continuous line.
- Utilize the different coloured crayons, draw dots to represent peace and harmony.
- Draw with your foot while listening to the song.
- Using finger paint, explore on the paper while listening to the song.

HEALTH

- Ask students to do the following:
- Listen to the song, “Love Peace and Harmony”
- After listening to the song, ask them:
- How do you feel?
- How does your body feel?
- Has it helped with your emotional and physical well-being?
- If so, how?



FRENCH

Analyze the lyrics from this website: [CLICK HERE](#)

Create a play demonstrating love. How can peace be demonstrated in the play?

Write an accompaniment/an ostinato to accompany the song/poem (This activity is great for Music, French and Math patterning*)

Read books that demonstrate peace and love in French

Please refer to this link for ideas: [CLICK HERE](#)

Research songs from Kids United on YouTube and compare the words from those songs to this song. How are they the same? How are they different?



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TOGETHER
WE CAN CREATE A WORLD
OF LOVE, PEACE & HARMONY!

Connect with us!

<https://lovepeaceharmony.org>



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