

Lullabies – Worksheet 1

A. Preparation

- a) Use the questions found in the following link: <https://forms.gle/vvKtqjDtVxxd5PDp9> to interview your parents. Then copy their answers to the questionnaire.

B. Lesson 1

Activity 1

Go to <https://padlet.com/mepr4/27lz5wxsf8kr>. Your teacher is going to post the results of the questionnaire to your parents. What do you observe?

Activity 2

Based on your previous knowledge, discuss the following questions with your partner. Then write down the questions and report back to the class:

- Who do we sing a lullaby to?

- Why do we sing it?

- Who usually sings a lullaby?

- In which category of songs do lullabies belong to?

- Which of their characteristics prove that?

Activity 3

- a) Describe the two paintings. What do they have in common? What are the differences between them? What are these women trying to do? Why?



Hoog Bernard de Rock a Bye Baby



Lullaby by François-Nicholas Riss

Activity 4

Go to: <http://users.sch.gr/eirmbo/wordpress/2020/07/15/all-the-pretty-horses/>

- 🕒 Look at the picture! What will the song be about?
- 🕒 Listen to a song called "[All the pretty little horses](#)" and fill in the blanks on your worksheets. Then we will transfer the answers to the interactive whiteboard.

horses grays butterflies little cry wake
cake mama

Hush-a-bye, don't you _____ ,
Go to sleepy little baby.
When you _____ you shall have
All the pretty little _____ .
Rest your head _____ said,
Go to sleepy little baby
When you wake, you'll have _____
Coach and six-a-little horses.
Blacks and bays, dapples and _____ ,
All the pretty little horses.

Way down yonder, in the meadow,
Lies a poor _____ lamby
Bees and _____ flutter 'round his eyes
Poor little thing a cryin' mommy
Black and bays, dapples, grays,
All the pretty little horses.

- Ⓢ Watch the video (<https://www.youtube.com/watch?v=QK49YM05zhQ>) and confirm your choices. The glossary will help you!
- Ⓢ Answer the following questions:
 - Which phrase is repeated in the lullaby that you have heard?
 - Which is the topic of the lullaby?
 - What offers does it make to the child?
 - How did it make you feel?
 - Would you sing it to a child to soothe it or to put it to sleep?

Activity 5

Read the following text and answer the questions in full sentences:

INFANT CRADLING AND LULLABIES IN THE ANTIQUITY

Many ancient philosophers and poets have researched or tried to explain baby sleep. The habit of "rocking" newborns was a basic process for a quick and calm sleep.

Usually, the rocking took place in the mother's or the nanny's arms and later in the cradles, i.e. in round wooden basins. The rocking was accompanied by sweet improvised melodies, the well-known lullabies, which in texts of ancient writers are called "baptisms or bavarians". The oldest lullaby in the world comes from Ancient Babylonia and is 4000 years old. (<https://www.bbc.co.uk/teach/bring-the-noise/how-children-are-sung-to-sleep-by-lullabies/zmw8cqt>).

The ancient poet Theokritos (3rd century BC) preserved the lullaby which Alkmeni, sang to her twin children Hercules and Ifikleas. According to tradition the mother cradled her babies in her husband's shield which was acquired as loots of war. It is claimed that the poet Sappho, from Lesbos, used to sing a lyrical lullaby to her daughter.

The ancient Greek writers knew the indirect effect that rocking and singing lullabies had on the child. They also knew that this process affected the child's nervous system. Plato recommends that the mother rock and at the same time lull the newborn. Galen, a doctor who lived in the 2nd century AD, gives his own explanation concerning the effects of lulling and rocking on infants, arguing that a small movement and a sweet improvised melody not only calm the infant, but also familiarise it with exercise and music, the basic arts that train the body and soul.

Adapted from the Greek article: https://www.iatrikionline.gr/Deltio_53a/6_tsoukalas.pdf

1. Who was responsible for the upbringing of the children in Ancient Greece?

2. When was the first lullaby sang and by whom?

3. In which ways did the mother or the nanny help the infant fall asleep?

4. Which examples from ancient Greek lullabies are given in the text?

5. What recommendations to mothers does Plato make?

6. What are the benefits of lulling children, according to Galen?

HOMEWORK

a) Study the following text about the advantages of singing lullabies to infants:

<https://www.parent.com/lullabies-work-according-experts/>

Write a text in response to the article you have just read. Choose one of the following options:

- Write an **essay** titled “*The benefits of singing lullabies to children*”. You can use arguments from the text or your own. Do not forget to use examples to support your arguments.
- Write a **story** ending in the phrase: “*It was a long day, but finally everybody slept peacefully until the following morning*”. The story should include: a nightmare, a lullaby and a toy.
- Listen to the four different lullabies presented at the end of the article and study their lyrics. Then write a **blog entry** to be posted on our school’s blog, presenting the lullaby you liked most. The table below will help you locate everything and the questions in Activity 4 will help you write your presentation.

COUNTRY	LULLABY	VIDEO	LYRICS
Ireland	Too-ra-loo-ra-loora	https://www.youtube.com/watch?v=aw9B49epS_M	
Germany	Brahms - Lullaby	https://www.youtube.com/watch?v=t894eGoymio	https://www.mamalisa.com/?t=es&p=382
Mexico	Arrorró mi	https://www.youtube.com/watch?v=08	https://www.

	niño	MGTBoiOdM	mamalisa.com /?t=es&p=336 2
Japan	Edo Komoriuta	https://www.youtube.com/watch?v=8DrsS70Punc	https://www.youtube.com/watch?v=8DrsS70Punc