

**Level of difficulty**

-  No musical background
-  Basic musical background
-  Advanced musical background



## Family Activity



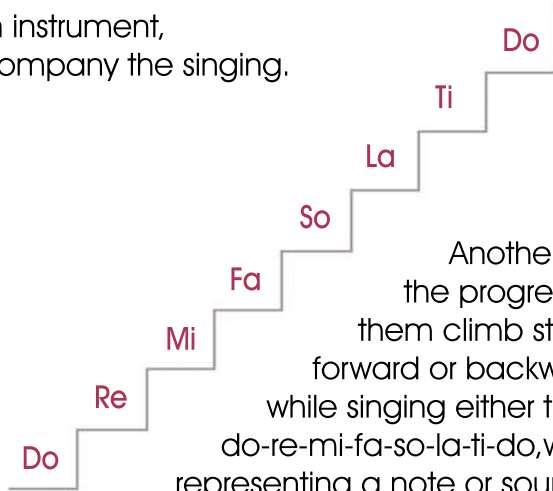
### Do-Re-Mi Refresher

Musical notes are named after the first seven letters of the alphabet, A-B-C-D-E-F-G. Each note (letter) sounds a little higher than the one before it. The letters continue to be repeated on an instrument, going higher and lower in pitch.

To help people learn and remember the notes, a technique called solfege attaches a sound to a note. So, for example, the pitch C is vocalized as "Do" and becomes the sound "Do," D is vocalized as and becomes "Re," and E becomes "Mi." The Do-Re-Mi song helps children remember words as they relate to the sounds of the notes.

Have a sing-a-long to the Do-Re-Mi song from The Sound of Music. You can find the lyrics at <http://kids.niehs.nih.gov/lyrics/doremi.htm>

If you play an instrument, you can accompany the singing.



Another way to help children understand the progression of the notes is to have them climb stairs one at a time or move forward or backward one step at a time while singing either the letters A-B-C-D-E-F-G or do-re-mi-fa-so-la-ti-do, with each step representing a note or sound.



#### Info Box

These activities are designed to be played by families with a minimum of two participants for each activity or game. They are easily adapted for use with children, friends, extended family, neighbors or community groups.

Activities marked with an asterisk  are especially good to engage in with large groups.