

Flowering Intelligence Beginner/Intermediate

Guide for Teachers and Parents

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Flowering Intelligence program series is designed for little kids to explore various aspects of Indian language, music, percussion, dance and yoga in a free environment. Beginner class is very playful, and designed for 2-4 year old kids (younger ones are encouraged to attend). Intermediate class has portions of focused time, and designed for 4-6 year old kids.

1 Material

Six categories:

1. **Indian Melodies:** Celestial musical notes and rhythmic melodic mantra chanting. Reference: *Indian Melodies* Level 1.
2. **Naada Kriya Yoga:** Combination of yoga postures and sounds, deity mantras and laughter techniques. Reference: *Naada Kriya Yoga* Level 1.
3. **Sanskrit Sounds:** Vowel and consonant projection techniques, recitation of simple slokas. Reference: *Sanskrit Sounds* Level 1.
4. **Indian Rhythms:** Simple rhythmic patterns and rhythmic structures (talas). Reference: *Indian Rhythms* Level 1.
5. **Indian Dance:** Simple foot movements.
6. **Indian Songs:** Simple songs such as geetams/bhajans and rhythmic compositions such as svarapallavis and svarajatis.

2 Class Structure and Presentation

Keywords: Playfulness, visual effects, expression of feelings, stories, variety, parent participation.

Organize a 45-min class into 10-15 parts, 3-5 min each. Here are some ideas:

1. Rhythmic melodic mantra chanting
2. Celestial musical notes
3. Yoga postures with sounds
4. Laughter techniques (e.g. heavy, spooky, cave, buzzing, booming, silly, loud, shrill, silent)
5. Deity mantras (e.g. *Ong gng gaNapatayE namaha, Ong aing sarasvatyE namaha, Ong sng su brang maN yam, Om Sreem kleem lakshmi nArAyaNa, Sivayanama, Om A hm AnjanEya hm*)
6. Vowel and consonant projection techniques (e.g. *kA-kI-kU-kE-kO, rA-rI-rU-rE-rO*)
7. Recitation of simple slokas
8. Rhythmic patterns (e.g. *takiTa takiTa tAm, dhinnA- dhinnA- taka*)
9. Rhythmic structures (e.g. *Eka tALa, Adi tALa*)
10. Dance movements
11. Geetams
12. Bhajans
13. Rhythmic compositions
14. Nursery rhymes with feelings (e.g. heavy, light, sad, mad, sweet, command, silly, strict, sleepy, calm)
15. Musical story with songs in different Indian languages

3 Qualification for the Advanced Program (applies to 5-6 year old kids)

Demonstration of discipline, focus and musical intelligence through the following material:

- Recitation of simple (memorized) slokas with clear pronunciation (vowel and consonant projection). Reference: *Sanskrit Sounds* Level 1.
- Simple rhythmic patterns in two speeds (2/4 per beat) with Adi tALa. Ref: *Indian Rhythms* Level 1.