

Volume 1, Issue 1
February 2023



English
edition

a #littleflute magazine

WINTER



WINTER

a #littleflute magazine

English
edition



Volume 3, Issue 1
February 2023

	3	INTRO	
	4	COLOURING PAGE	
	5	THE FLUTE LAB	
	6	THE FLUTE CORNER	
	8	TOOL TIME	
	10	FLUTE CHALLENGE	
	12	HEADJOINT FUN	
		 Winter Summer	
	24	#FLUTEFRIENDS	
	23	#LITTLEFLUTE PRACTICE TIP	
	22	MINDFLUTENESS	
	20	FLUTEPLAY PLAYALONG	
	18	THE MUSIC FACTORY	
	16	#FLUTEDELICIOUS	
	15	FLUTE ICON	
	14	FLUTE GYM	

14

THE FLUTE GYM

#littleflute pre-practice warm-up

★ Start



Instructions:

Start on the 1st square

Place a coin or bingo chip on the pictures as you play each square!

Hold each position for 10 seconds or complete 10 repetitions!

If you can hold for 10 seconds, move forward one square. If you lasted less, go back one square!

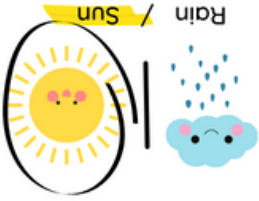
Dance party!

(Finish or play again!)

Flute Icon

FLUTIST: Scott Kemsley

This? or That?



Sun / Rain



Fairies / Unicorns



Sweet / Salty



Pizza | Pasta



STOOD SELECTION



Where are you from? Where is your favourite place in the world?

My greatest flute experience so far has been playing with the New York City Ballet Orchestra.

What do you like so much about playing the flute?

The ability to express myself is what I love about playing the flute. I love that no words are necessary and that music is a universal language.

What is your top tip for young aspiring flutists around the world?

Don't give up if this is your dream and what you love to do! Listen to recordings of excellent flute players and also record yourself. Be patient with yourself and where you are with your flute playing.



Hi little flutists!

Welcome back! We have so many new things to discover! In a year there are 4 seasons. Can you say them out loud? Winter, Spring, Summer and Autumn. Good job! What would you think about traveling in each issue through the different seasons and discover more about important flute pieces and famous orchestral flute solos? In each issue we will dive into two opposite seasons: this time it is all about Winter and Summer.

Did you know...

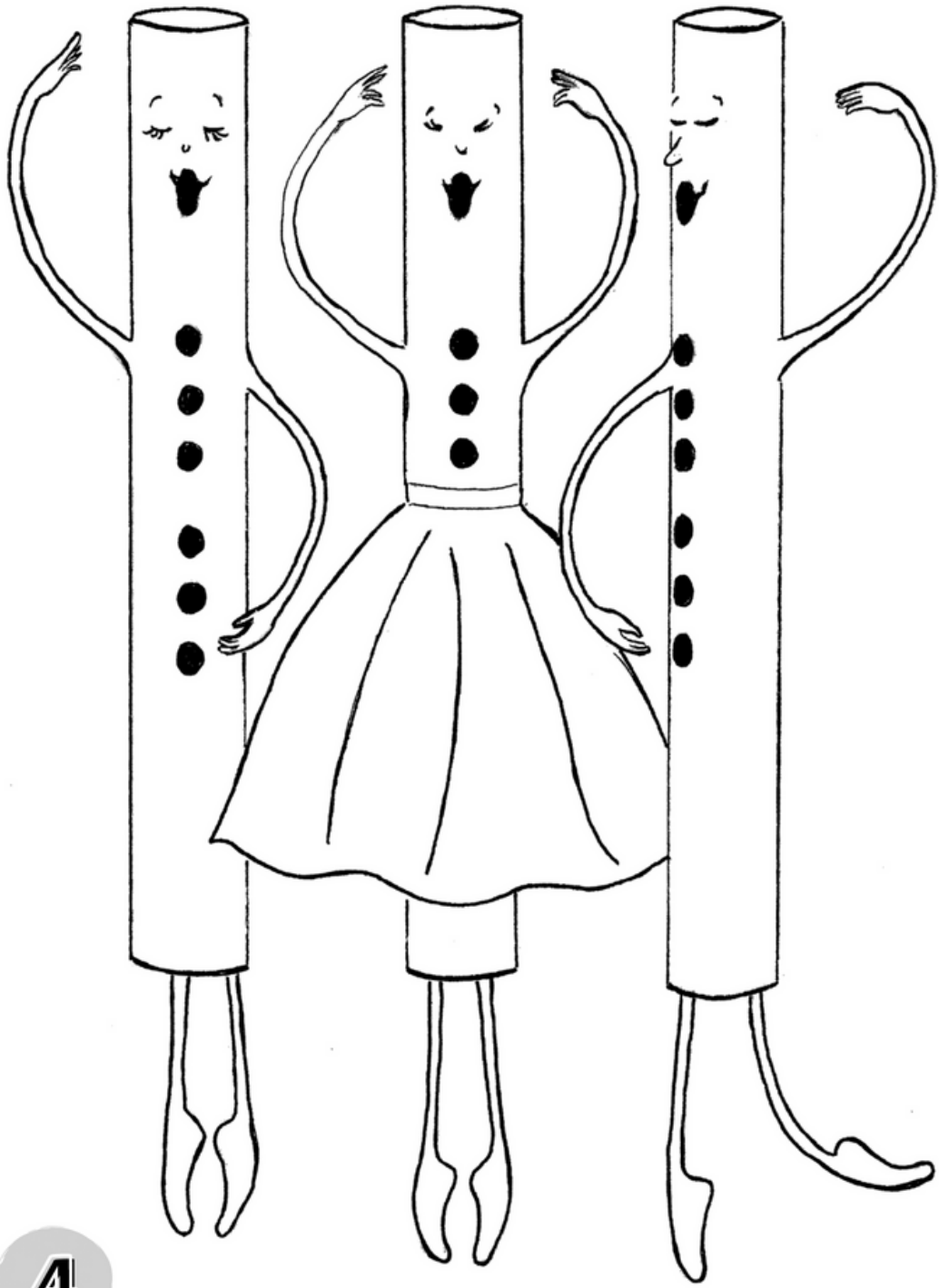
above the equator, on the northern half of the world, little flutists enjoy **wintertime from December through March**. It gets colder, we put on a coat, a scarf and gloves. In some countries it even snows. Are you ready to throw some snowballs?



Did you know? Under the equator, on the southern half of the world, little flutists enjoy **summertime from December through March**. It is the warmest time of the year. In some countries it gets so hot that little flutists go to the seaside to go swimming! Time to put on that bathing suit!

★ This year, we're celebrating the seasons on both sides of the equator **at the same time!** Get ready to flip your magazine halfway through as though you're on the other side of the world!

Mayo & The LFM Team!



illustrated by Elizabeth Brightbill © 2023

Raspberry & Chocolate Ice Cream Cake



#FLUTELICIOUS



Adapted from <https://www.bbcgoodfood.com/recipes/raspberry-dark-chocolate-cheats-ice-cream-terrine>

for step-by-step
photos, scan the
QR code!



Ingredients:

- 225g fresh or frozen raspberries
- 1 tablespoon sugar
- Juice of ½ lemon
- 275g can of condensed milk
- Opt. chocolate buttons
- 400ml double or heavy cream
- 150g melted dark chocolate (for an easier version you could use thin chocolate cookies here instead)
- Strawberry laces

Equipment:



- Loaf tin
- Parchment paper or loaf tin liner
- Bowl
- Small saucepan
- Hand blender or food processor

1. Line the loaf tin with the parchment paper or tin liner.
2. Melt the chocolate in a double boiler or in a bowl over boiling water. Alternatively, crush cookies in food processor to create a cookie crumble. Set aside.



1. Remove from the freezer & tip out onto a serving plate.
2. Decorate with strawberry laces to make a music staff, and use the remaining raspberries and laces to make your notes!
3. To serve, put your knife in a cup of hot water and slice!

To serve:

1. Whisk the cream and condensed milk until you can see soft peaks. Reserve 4+ raspberries for decoration and gently fold the remaining whole raspberries into the cream. Pour in the raspberry puree and stir gently so that you can see streaks of raspberry in the cream.
2. Pour a third of the mixture into the tin and spread it evenly across the base. Cover with a thin layer of half the melted chocolate (or cookie crumble).
3. Pour another third of the raspberry mixture into the tin, spread evenly and cover with the remaining melted chocolate (or cookie crumble).
4. Cover with a final layer of cream mixture and gently flatten the surface. Cover the top of the tin with a layer of baking parchment and freeze for 8 hours or overnight.

Ice cream prep:

3. Put 175g of the raspberries, sugar and lemon juice in the small saucepan over a gentle heat and simmer until softened (about 5 minutes). Blend until smooth in a food processor or with a hand blender.

Pre-prep cont'd:



The Flute Lab



Bell Shaker Craft

Materials

- ✓ Wooden dowels or chop sticks
- ✓ Pipe cleaner
- ✓ Beads
- ✓ Small bells
- ✓ Hot glue gun



Let's get started

- 1 Take a pipe cleaner and twist the end onto the tip of a dowel or chopstick, leaving the majority of the pipe cleaner unused.
- 2 Thread a few beads onto the pipe cleaner, about 5-8, either tight together or slightly spread out. Add a small bell. Repeat this pattern at least 3 times.
- 3 If you want more beads and bells on your shaker you can twist an additional pipe cleaner to the end of the first.
- 4 To finish, twist the pipe cleaner around the dowel and secure the top and bottom of the pipe cleaner with a little hot glue (adults only, please).
- 5 Have a family member shake your bell shaker to the beat while you play and sing your winter flute song!

The Flute Corner

Dance of the reed flutes

What is an orchestral excerpt?

It often happens that during an orchestral piece, opera or ballet, the orchestra suddenly starts to play a little softer so that a particular instrument has the chance to let its beautiful melodies sound through the hall. These melodies are often challenging for the musicians and are called **ORCHESTRAL EXCERPTS**.

The Nutcracker story

The Dance of the Reed Flutes is an orchestral excerpt that comes out of one of Tchaikovsky's most famous ballets: The Nutcracker, a magical Christmas/Winter story!

Crack the code and puzzle the story back together! Write the snowflake numbers in the correct order. Ask your fluteteacher or an adult for guidens!



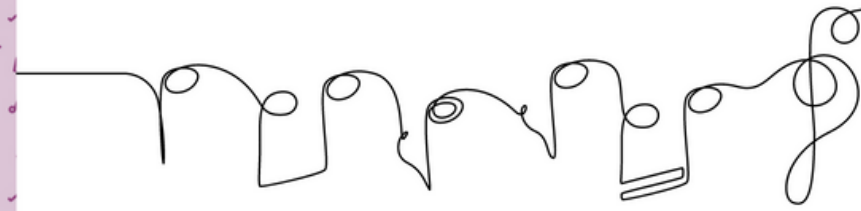
It is Christmastime when Clara, a little girl, receives a nutcracker doll as a gift from her godfather. Fritz, her jealous brother, didn't get such a special gift and mercilessly breaks Clara's nutcracker out of anger!



To honor Clara and the Nutcracker, the Sugar Plum Fairy prepares a grand and magnificent festival inside Candy Castle. Once treated like royalty, the dances begin. One of the most famous dances is the Dance of the Reed Flutes!



After the dances, the handsome Cavalier appears and leads the Sugar Plum Fairy to the center of the room, where they dance gracefully and end the festival. Clara and the Nutcracker Prince say goodbye to everyone.



When Tchaikovsky was just five years old, he began taking piano lessons. He was very close with his mother who loved to sing and play the piano. Although he displayed an early passion for music, his parents hoped that he would grow up to work in the civil service. At the age of 10, Tchaikovsky began attending a boarding school in St. Petersburg. In 1859, Tchaikovsky honored his parents' wishes by taking up a bureau clerk post with the Justice Department. However, he never forgot his love of music.

Composer Pyotr Ilyich Tchaikovsky is most celebrated for his ballets. His most famous ballets are: **Swan Lake**, **The Sleeping Beauty** and **The Nutcracker**. Tchaikovsky was born in 1840, in Kamskovotkinsk, Vyatka, Russia.



Pyotr Ilyich Tchaikovsky

THE MUSIC FACTORY



Scan the QR code and discover how much you know about Tchaikovsky!



COMPOSERS QUIZ!

When Tchaikovsky was 21 years old, he decided to take music lessons at the Russian Musical Society. A few months later, he enrolled at the newly founded St. Petersburg Conservatory, becoming one of the school's first composition students under Anton Rubinstein. He became a professor of harmony at the Moscow Conservatory and it was there that he met other composers such as Franz Liszt and Hector Berlioz and wrote some of his most loved works, including the ballet **Swan Lake**, four of his symphonies and his first piano concerto.

Tchaikovsky unfortunately had a hard life. When he was 14 his mother died of cholera. This was deeply traumatizing to him and was the first in a long list of hardships. He had an unsuccessful marriage and struggled with depression. He was ordered to leave Russia at one point for his emotional health. He went to tour Europe and eventually settled with his brother in Clarens, Switzerland. It is there that he was able to write more music and became supported by a wealthy widow named Nadezhda von Meck. This helped him to write more symphonies, his famous **Nutcracker** ballet, and many other works.



Clara's godfather manages to repair the Nutcracker. He puts it under the Christmas tree where Clara fell asleep while waiting for her doll to be repaired.



Clara falls asleep in Nutcracker's bed, exhausted. During her sleep, the bed becomes a sleigh, and Nutcracker, now a prince, travels to the Land of Sweets. Upon their arrival, they are greeted by the Sugar Plum Fairy, who is extremely impressed with their courage and charisma.



Clara doesn't want this adventure to end. The Nutcracker Prince assures her it won't, as long as she keeps believing. The next morning, Clara wakes up to find the Nutcracker doll still in her arms.



In the middle of the night, Clara wakes up to face an army of mice, led by the Mouse King and the toys who are now alive, led by the Nutcracker. When the toys are about to be defeated, Clara hits the Mouse King with her slipper giving the Nutcracker an opportunity to surprise the villain and declare victory!

The Celesta – a magical instrument

The premiere of Tchaikovsky's Nutcracker ballet was a failure, and generated much criticism. But on one of his travels through Paris, Tchaikovsky came across an instrument called a **celesta**. The celesta stands out and shines with its sonorous sound, making the music extremely upbeat. He also uses the orchestra's highest voices and incredible woodwinds moments, like the flutes in the Dance of the Reeds. In the **Dance of the Reed Flutes**, three flutes play together to create this beautiful and magical solo.

Listen to the Dance of the Reed Flutes. Scan the QR code!



Listen to the sound of the Celesta. Scan the QR code!





TOOL TIME

Nutcracker Cards



In the **Dance of the Reed Flutes** by Tchaikovsky, to help the dancers on stage be light and free in their movement, the orchestra plays short and buoyant staccato notes and lyrical when playing longer notes (tenuto). Let's play with cards to get our flute playing both light & bouncy and long & lyrical like delicate dancers!

Scan the QR Code to print the FlutePlay Nutcracker cards OR use the Jack, Queen, King, and Ace cards from a deck at home.



How to play:

- 1** Print and keep your cards with your music so you're ready to play every time you practice. Cards can be used as a fun way to mix up your practice routine so you're learning AND having fun!
- 2** Shuffle your deck of cards and then draw a card to see what activity to play first. Continue to draw a new card once you've completed a card.
- 3** Play through the deck once in a practice session or re-shuffle the deck and play as many times as you like! If the activities we've suggested get repetitive, give each card a new task!

The following page includes activities for Clara and the Sugar Plum Fairy. Scan the QR code above for the Nutcracker and Mouse King cards & activities!

The musical notation consists of ten staves of music. The first staff begins with a fermata over a whole note, followed by a series of eighth notes. The subsequent staves continue with various rhythmic patterns, including eighth notes, quarter notes, and half notes, some with slurs and accents. The music is written in treble clef with a key signature of one sharp (F#).

FLUTEPLAY ALONG:



LAZY AFTERNOON VS. WATER BALLOON FIGHT

by #littleflutecreator Erin Spencer

This music is inspired by a song from a book I had as a young flute student and that I enjoy teaching with now. The music might look like a solo but it's played as a duet! Here's how:

FLUTE 1
Lazy Afternoon: Start at the beginning and play as written. Stop on the

fermata at measure 17.

FLUTE 2
Water Balloon Fight: Start at the beginning but play **DOUBLE** the speed! Play to the end holding the fermata at measure 33

Example:

Looking for a greater challenge? Play around with different articulations for each part:



Lazy Afternoon = legato | Water Balloon Fight = staccato



THEORY: Clara/Ace Card

Grab a pencil and circle the following musical items in the pieces you are practicing this week (when you can find them):

- staccato
- eighth notes
- tenuto
- sixteenth notes

Once you've found the musical items above, pick new ones! Musical terms like **andante** and **dolce** are important to learn because they are in lots of music! Already know the terms and note types in your music? Look up the composer to learn more about who they are and where the music came from. And you can always ask your teacher for new ideas!

TECHNIQUE: Sugar Plum Fairy/Queen Card

Let's learn how to play **staccato**!

1

Grab a cotton pad and cut it in four (4) equal pieces, like a pizza. Place one piece underneath your tongue. While keeping the cotton under your tongue, place the headjoint on your chin. Now, look at your piece and make all the notes - in every other bar - staccato (short)



2

Now remove the cotton and do this exercise again. Can you feel your tongue is quicker and lighter like a dancer?



Flute Challenge

Compose your own summer or winter song

Instructions:

- 1 Download the wheel of fortune that suits your season by scanning the QR code.
- 2 Copy and cut out the wheel of fortune. Secure the arrow with a paper clip.
- 3 Spin the wheel of fortune and draw the picture the arrow lands on in the chart on the next page.
- 4 Find sounds or make pieces with melodies that fit the drawings and finally put them together to create your own melody.
- 5 If you'd like, we'd love to see your tune. Send pictures and/or videos to: letsplay@fluteplay.ca



Summer

Winter

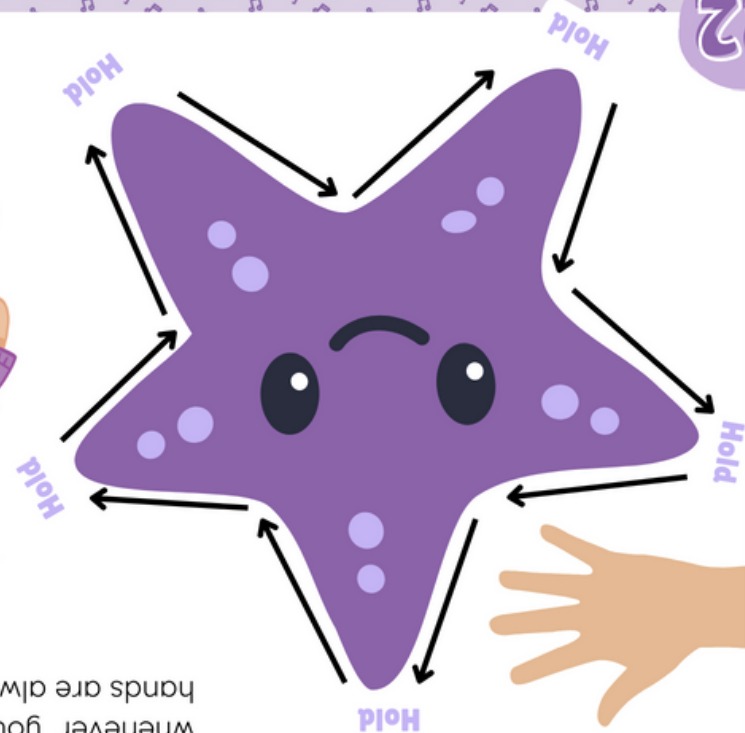


Starting at the thumb, gently follow the fingers of the hand that is spread out like a starfish with the index finger of the other hand.

Whether you need a quick brain break or a moment to calm yourself, you can do this breathing exercise whenever you want. Your hands are always with you!

Starfish Breathing

MINDFLUTENESS



Spread the fingers of one hand. Well done! You just made a starfish.



Inhale as you go up each stretched finger, pause at each finger tip and exhale as you go down. Switch hands.



Whether you need a quick brain break or a moment to calm yourself, you can do this breathing exercise whenever you want. Your hands are always with you!

Proper posture is very important when practicing any musical instrument. When we have a great posture, our breathing and phrasing benefits and we lower the risk of any injuries that may come up in our practicing.

Let's pretend that your feet are like the roots of a big, strong tree. Our body can be relaxed, like the tree's branches. Here is a quick checklist we need to be aware of before playing:

Stand at a 45 degree angle to your music stand with your right foot slightly back, feet shoulder width apart

The flute should not be pressed too hard against your chin

Balance the flute in your hands, checking for any tension that you might have

Keys should be facing the ceiling, like the leaves on a tree reaching up to the sun.

Scan this QR code for a tune to play with our checklist



For a sunny day, play the notes as written, swinging the rhythm like skipping in a field of flowers.



For a rainy day, let's lower the third (from B to B-flat), to help our branches grow!



Tree Posture

PRACTICE TIP



Here you can draw or write your melody. Draw your pictures in the boxes below and, if you want, write your melody on the musical lines below the pictures. Play around with notes that you know until you've come up with a summer or winter song you love!

1	2	3
---	---	---

4	5	6
---	---	---

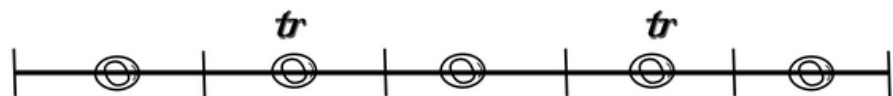
tr

Headjoint Fun

Trilling with the Reed Flute



In music, **trills** are fun to play because you get to play two notes very quickly - usually by wiggling a single finger. In Tchaikovsky's **Dance of the Reed Flute**, there are a lot of trills both fast and *slow*! It's your turn to create some fun trills that your flute can dance to as well!



1

Start by playing your headjoint with the end uncovered. This is your A note. Hold a nice long A with your best sound!

2

Once you've played your best A, start moving your pointer finger slowly in and out of the headjoint. You want to barely touch the inside of the headjoint—the goal is to create little half step sounds. Wiggle your finger back and forth, in and out of the headjoint to create your trills.

3

Play the above pattern creating your own flute dancing trills!



Looking for more trilling fun?
Scan the QR code to make
your own sparkle trills!



Do you have fun pictures playing the flute on your own or with your #flutefriends? Send them to: letsplay@fluteplay.ca



#FLUTEFRIENDS