

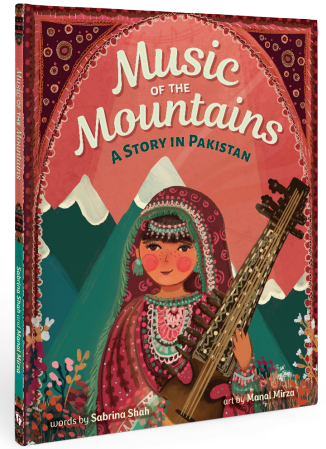


A Barefoot  
Discussion  
Guide

## Music of the Mountains Discussion Guide

### Expressing Emotions:

- 1) What did you think of *Music of the Mountains*?
- 2) What type of NEW things have you tried or experienced?
- 3) What kind of emotions did you feel?
- 4) Can you describe what Roohi may have been feeling? What made her feel like that?
- 5) Have you ever felt nervous about something? How did you handle it?
- 6) How would you feel if your family came to watch you perform or play a sport, like Roohi's mother and grandfather did?
- 7) Make a list of people you think can help and support you.
- 8) How can you support the friends around you with their feelings?
- 9) Try expressing an emotion without using words. You could draw a picture or play a song.
- 10) Describe or demonstrate how certain sounds, melodies, or rhythms could match an emotion.



### Music of the Mountains

Written by Sabrina Shah  
Illustrated by Manal Mirza



Illustration © Manal Mirza  
from *Music of the Mountains*



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## Music Of the Mountains Activity

### ROCK TO YOUR OWN RHYTHM

Do you enjoy the beat of a drum, or strumming the strings of a guitar? Every musical instrument has its own special sound or marvelous melody. Let's explore and investigate this together!

#### Musical Playtime:

- Pick a musical instrument that you know how to play or have seen before. Describe what it looks like or even draw it.
- Investigate how it can be played. Do you need anything extra to create the sound? A pick, a bow, or maybe some sticks?
- Explore the sounds it can make and what kind of rhythm you can create with it.
- What are your favorite instruments or types of music? Try to describe how it sounds.

#### Colorful Creations:

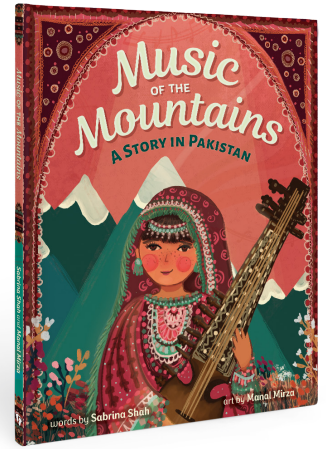
- Draw your favorite instrument and describe the shape and materials it is made of. What kind of sounds does it make and how is it played?

OR

- Create a brand-new instrument from your imagination. Give your new instrument a name. What could it be made of? Describe what kind of sounds it may make.

#### The World and Music:

- Where have you heard music being played around you?
- Music is used in celebrations and festivals around the world. What holidays or festivals do you celebrate that include music?
- Can you come up with a dance or rhythm, either by yourself or with your classmates? Does it have a special name or movement? Where could you perform this in your community?



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