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Book Review- January  
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I came across this book at a book fair and fell in love with it! It's a book full of ways to make your voice be heard in a positive way and being yourself! This book is a great catalyst for starting great conversations with students too. I like having students brainstorm ways they "say something" and then we create a word chain out of those ideas. We then transfer those ideas onto barred instruments. Each student plays or improvises their way of saying something on their instrument while the others play a bordun or broken bordun as accompaniment. Boom! Improvising! You could also transfer those ideas on unpitched percussion instruments.