



## Activate with Music, Movement, and Colors!

### About the Band

123 Andrés, the GRAMMY and Latin GRAMMY-winning duo of Andrés and Christina, create high-energy, bilingual music that gets audiences dancing, singing, and learning. Their joyful performances celebrate the Latinx experience and incorporate Spanish and English, making them a favorite for family concerts and school shows. With award-winning albums like *We Grow Together: Preschool Songs* (2024 GRAMMY winner) and *Arriba Abajo* (Latin GRAMMY winner), their music introduces children to diverse Latin American rhythms, instruments, and cultures. Their educational shows, adaptable for PreK through 6th grade, integrate geography, social studies, and language learning, including Spanish and ASL. They've also published bilingual books with Scholastic, such as *Hello, Friend* (Hola, Amigo) and *Ten Little Birds* (Diez Pajaritos), connecting music to early literacy. Featured by *The New York Times*, NPR, and *The Washington Post*, their YouTube channel boasts over 50 million views, and their PBS KIDS podcast *Jamming on the Job* launched in 2023.



### About this Study Guide

Welcome to an exciting bilingual music concert that celebrates dance, movement, and colors! This study guide is designed to help you engage your students in fun activities that encourage both physical movement and cognitive development. Through three interactive challenges, students will reinforce action words in English and Spanish, build confidence by creating their own empowering chants, and explore how their bodies function like a well-oiled machine. The **Verb Challenge** will have them jumping, stretching, and running as they practice action words in two languages, while the **Chant Challenge** inspires creativity and self-expression through movement-based affirmations. The **Engine Challenge** introduces basic body science, allowing students to discover how their heart, lungs, bones, muscles, and brain work together to keep them active. As students complete each challenge, they will earn stars as a fun way to track their progress. Encourage them to complete all activities and become **Activate Champions**, reinforcing learning through movement and play while preparing for the concert experience!

## The Verb Challenge | El reto de los verbos

A verb is a word that shows an action – like JUMP, CROUCH, STRETCH, CLIMB, and RUN! Let's prove how well we know our action words by getting up and moving!

### Try these movements:

- **¡SALTA! (Jump!)** – Jump up in the air 5 times. Bend your knees when you push off and land.
- **AGÁCHATE (Crouch!)** – Crouch down to touch the floor and stand up five times.
- **ESTIRA (Stretch!)** – Stretch your arms high to the sky and count to 15.
- **ESCALA una montaña (Climb a mountain!)** – Pretend to climb with your arms and legs as you count to 20.
- **¡CORRE! (Run!)** – Run in place while counting to 25.

Give yourself 1 star for each activity you complete!

**Total Verb Stars:** \_\_\_\_\_

## The Chant Challenge | El reto de las afirmaciones

123 Andrés loves to chant for motivation: “I am smart, I am strong, and I work hard!” Can you come up with your own chant and matching movements?

### Fill in the blanks:

I am \_\_\_\_\_  
(adjective, e.g., brave, kind, strong)

I am \_\_\_\_\_  
(adjective, e.g., silly, happy, bold)

And I \_\_\_\_\_  
(verb or activity, e.g., sing loud, dance, jump high)

Practice your chant out loud 5 times!

Give yourself 5 stars if you completed your chant and practice!

**Total Chant Stars:** \_\_\_\_\_

## The Engine Challenge | El reto del motor

Our body is like a machine, and our heart is the engine that keeps us moving. Let's explore how our body works!

- **HEART (Corazón):** Feel your heartbeat by touching your neck below your jaw. Now, run in place for 25 counts and feel it again. Did it get faster?
- **LUNGS (Pulmones):** Place your hands on your ribs, take a deep breath in through your nose, and exhale through your mouth. Repeat 3 times.
- **BONES (Huesos):** Exercise your joints by bending your elbows and touching your shoulders, then raise your arms to the sky. Repeat 3 times.
- **MUSCLES (Músculos):** Strengthen your thigh muscles by pretending to sit in an imaginary chair (squat). Count to 5 and stand up.
- **BRAIN (Cerebro):** Close your eyes, picture a flower, take a deep breath in through your nose, and gently blow on the petals as you breathe out. Repeat 5 times.

Give yourself 1 star for each activity completed!

**Total Engine Stars:** \_\_\_\_\_

Final Challenge: Become an Activate Champion!  
Add up all your stars from each challenge:

- Verb Stars: \_\_\_\_\_
- Chant Stars: \_\_\_\_\_
- Engine Stars: \_\_\_\_\_
- TOTAL STARS: \_\_\_\_\_

If you scored 15 stars,  
congratulations! You are an  
Activate Champion! Get ready  
to enjoy the concert and have  
fun with music, movement,  
and colors!

**PRINT  
ME!**