



# INDIAN CLASSICAL MUSIC WITH FALU

*CMOM partner Lincoln Center presents Concerts for Kids featuring Falu! Falu shares different ragas—melodies found in Indian classical music played at different times of the day. Be inspired by her evening raga to create your own sleep mobile!*

IDEAL AGE: 3+

## LEARN TOGETHER

Sleep is as important to children's health as nutrition and physical activity. Sleep helps boost our immune system to help fight sickness and increase the brain's ability to focus, learn, and think clearly.

## MATERIALS

- Cardboard or clothes hanger
- Paper
- Scissors
- Paint, markers, and/or crayons
- Yarn or string

## MAKE TOGETHER

Ragas are melodies found in Indian classical music played at different times of the day. In her [Concert for Kids](#) performance, Grammy-nominated and internationally recognized artist [Falu](#) shares two different ragas. She plays an evening raga, "Raga Yaman," and a morning raga, "Raga Ahir Bhairav."

Falu also shares a family lullaby. When do you hear lullabies? Listening to calming and relaxing music like lullabies can help you fall asleep.

Sleep is just as important to your health as eating and exercise. Create a sleep mobile to help get a good night's sleep.

- 1 Find a clothes hanger or cut a piece of cardboard into a triangle.
- 2 Decide what shapes you would like to look at as you fall asleep. Think about the music in the performance. How did it make you feel? What images or shapes came to mind?
- 3 Create these shapes and pictures by cutting them out of paper. You can color these shapes using paint, markers, crayons, or all three!
- 4 Cut yarn or string into different lengths; one for each of your mobile shapes.
- 5 Poke a hole in each shape and tie one end of your yarn or string to each.
- 6 If using a cardboard triangle, poke holes along the longest side. Tie the other end of your yarn or string from each of your shapes into each hole in your cardboard triangle.
- 7 If using a clothes hanger, tie the other end of the string from each of your shapes to the hanger.

Enjoy watching your mobile shapes sway as you drift off to sleep!

For more fun activities, please go to  
[cmom.org/resources](http://cmom.org/resources)

