

**WOLF TRAP FOUNDATION FOR THE PERFORMING ARTS
PRESENTS
*FIELD TRIP FRIDAYS***

How We Grow!

Maria Tripodi, Wolf Trap Master Teaching Artist

Let's see what's growing in the garden! Join Maria to learn about how different vegetables grow through a guided movement experience.



To Prepare for This Performance

- **Have everybody join!** This performance is highly interactive and will include something for everyone! We encourage you to share this experience with friends, family, and educators of all ages.
- **Find an open space.** You will experience opportunities for movement like stretching, moving your arms and jumping in place -- so if possible, join from a space that allows everyone to move freely.
- **Join at your own pace.** Don't worry if your child chooses not to participate in the whole experience, or is shy at first. They will likely be encouraged to join in if they see others participating.

Images

Corn / Maíz

English: Corn grows up, up, up.

Spanish: El maíz crece arriba, arriba, arriba.



Carrots / Zanahorias

English: Carrots grow down, down, down.

Spanish: Las zanahorias crecen abajo, abajo, abajo.



Pumpkins / Calabazas

English: Pumpkins grow around, around, around.

Spanish: Las calabazas crecen alrededor, alrededor, alrededor.



Song

“Samba Lele” by Cecilia Esquivel

Download for free at the link below:

<https://education.wolftrap.org/content/stages-learning-performing-arts-experiences-early-childhood-education-full-pdf-and-cd>

Books

- Ayres, Katherine. *Up, Down, and Around*. (Nadine Bernard Westcott, Illus.). Candlewick, 2008.
- Ayres, Katherine. *Arriba, Abajo y Alrededor*. (Nadine Bernard Westcott, Illus.). Candlewick, 2014.
- Ehlert, Lois. *Planting a Rainbow*. HMH Books for Young Readers, 2003.
- Lappano, Jon-Erik. *Tokyo Digs a Garden*. (Kellen Hatanaka, Illus.). Groundwood Books, 2016.
- McQuinn, Anna. *Lola Plants a Garden*. (Rosalind Beardshaw, Illus.). Charlesbridge, 2017.

Artist Biography

Maria Tripodi, Wolf Trap Master Teaching Artist, has been with the Institute since 2004. She is a graduate from the Teaching Artist Institute, a program established by the Maryland Arts Counsel, Arts Education in Md. Schools (AEMS), and Young Audiences of Maryland. Maria began working with children while living in San Francisco where she earned her Montessori Teaching Certificate. She holds a BA in Performance and Language Arts and a Masters in Teaching from Bennington College.

Having grown up both in Washington DC and Argentina, Maria conducts classes in both English and Spanish. Because she began dancing as an adult, Maria pays close attention to creating an enriching movement experience for both the experienced and novice dancer. As an arts education curriculum writer, Marie Tripodi's goal is to support learning for a wide group of people. As an artist, Maria continues to expand her knowledge through different disciplines such as yoga, dance improvisation and music.

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GENERAL DYNAMICS

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EARLY LEARNING
THROUGH THE ARTS