



Leicester-Shire Schools
Music Service

Leics Make Music Challenge Badge



Introduction and Leader Information

The Leics Make Music challenge badge has been put together by Leicestershire Schools Music Service on behalf of Leicestershire Music Education Hub.

We wanted to provide a fun musical challenge badge that was possible for everyone to take part in and that could be done online, as a unit face to face or individually at home.

We hope that you will have fun exploring the range of musical activities on offer!

This challenge badge is suitable for Rainbows, Brownies, Guides & Rangers.

How to Earn The Badge

To earn your Leics Make Music challenge badge you need to complete three activities from three of the four sections. You may of course complete more if you would like!

Complete 3 activities to earn your badge. Choose from the following:

- 1) Making Music With Your Body
- 2) Desert Island Discs
- 3) Music For Wellbeing
- 4) Musical Performance



Activity 1: Making Music With Your Body

This section is to have fun exploring the different types of music you can make with your body. Everyone can do it and you don't need any special equipment, music or a musical instrument, you just need yourself!

We have created a series of online tutorials where you can learn one of the following musical skills: Visit one of our lessons online and join in.

Beatboxing

<http://bit.ly/LSMSBeatB>

Singing

<http://bit.ly/LSMSlocksing>

Body Percussion

<http://bit.ly/LSMSBodperc>

Homemade Percussion

<http://bit.ly/LSMSHomeperc>

Once you've completed lesson 1, you might like to move on the next lesson. Get your family involved so you can all learn a new skill!



Action: Record which activity you took part in on the table below. Tell your guiding leader which activity you took part in and show off your new skill!

Offline activity

If you don't have access to the internet, then you can still take part in our singing activity. Choose a song that you know and practise singing it. Now try singing it in different ways. Can you sing it loudly, quietly? Slowly and faster? How does this song make you feel?



Activity 2: Desert Island Discs

Desert Island Discs is a famous radio programme that has been on radio 4 since 1942.

A celebrity is asked to share eight pieces of music and what they mean to them, imagining that they are stranded on a desert island and they can only take this music with them, plus a book and a luxury item.

Over 2000 people have taken part in the programme over the years, including Tim Peake, Daniel Radcliffe, Joe Wicks, and Bruno Tonioli.



You can listen to some of the episodes here.

<https://www.bbc.co.uk/programmes/b006qnmr/episodes/player?page=16>

Why don't you see if there's a celebrity that you admire who has participated and listen to their episode?

Now create your own desert island discs.

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- Choose three pieces of music that mean something to you. Why have you chosen these pieces of music? What do they mean to you? How do they make you feel?
- As part of your desert island adventure you can also take a book and a luxury item. What would you choose?
- If you've enjoyed this activity then play it with your friends and family.



Action: Record your activity in the table below. Tell your guiding leader what pieces of music you chose and why. Which Desert Island discs did you enjoy listening to?



Activity 3: Music For Wellbeing

We all need time every day when we take care of our mental health and wellbeing. We also need time to be creative, to play and relax. Music is a fantastic way we can explore creative ideas, relax, and look after our wellbeing.

Take part in one or more of these activities to complete this section of the badge.

Music & Nature



Listen to some of Vivaldi's Four Seasons. Choose which track to listen to depending on what season of the year it is at the moment. Is it Spring, Summer, Autumn or Winter?

Winter:

<https://www.youtube.com/watch?v=IXOuabNg4Bk>

Spring:

<https://www.youtube.com/watch?v=6LAPFM3dgag>

Summer:

<https://www.youtube.com/watch?v=I3AluKhU8GY>

Autumn:

<https://www.youtube.com/watch?v=Q8AN0jWNRJA>



Sit quietly and listen to the music. Whilst you are listening, think about all the things that happen during this season. What ideas can you come up with? Think about nature, the weather and how you feel when you are outside during these times.



Go on a nature walk. Walk around your school grounds, your garden or the local park. If you can't go outside, then sit at the window and look outside.

Can you see anything that you heard in the music? Does the weather remind you of any parts of the music? Can you see birds or animals or trees?

If you have a device you might like to record the sounds you hear or video what you see on your walk.

Music & Movement



Listen to this track called *Underneath the Sun* composed by Faro
<https://www.youtube.com/watch?app=desktop&v=oUf01BQxJrI>



How does this music make you feel? Have you heard music in this style before? Where and when did you hear it? If you haven't heard music like this before, where do you think you might hear it, or what might it be used for?

Have you heard of Tai Chi before? Watch this video [here](#) about Qi Gong (Chee-gong), a part of Tai Chi.



Learn some of the Tai Chi sequences from this video [here](#), starting it at 4 minutes 10 seconds. There are several different activities after the first warm up which can be chosen from:

- 8.22: Sway with willows
- 10.58: Serve tea to the phoenix
- 13.22: Blooming from within
- 15.30: Listen to the clouds
- 18.00: Shower of blessings
- 21.54: Ending/cool down

Music & Art

You will need, some coloured pencils, paints, pens or chalks and a sheet of paper.



Listen to this piece of music called *Gymnopodie* by French composer Erik Satie.
<https://www.youtube.com/watch?v=2tLYNywkDqA>



Sit quietly and listen to the music. What do you imagine might be happening if the music was telling a story? What would it be about? Do you see a story or just shapes, patterns and colours? There is no right or wrong answer!



Listen to the music again, this time start to draw, colour or paint the thoughts that were in your head.

Music & Meditation



Our resting heart beat is 60 beats per minute or 60bpm. Listening to music performed at our resting heart rate helps to create a sense of calm, as the brain making links to the nervous system.

Here is a selection of different styles of music, all performed at 60bpm.

Lie down in a quiet space and listen to each track. Close your eyes. Focus on your breathing. Breathe deeply and slowly. Breathe in for three counts and out for three counts and then in for four counts and out for four counts. See how many counts you can breathe in and out for.

Think about the rise and fall of your tummy as you breathe.

As you listen to a different track, think about colours. What colours do you see as you listen to the music? How do you feel?

If you have someone at home with you to join in then you can discuss this together. There is no right or wrong answer!



Piano music

<https://www.youtube.com/watch?t=1744&v=tZ1DiLT-MkA&feature=youtu.be>



Will.I.am <https://youtu.be/Lf028BddJZM>



Cee-Roo: *Feel the Sounds of Kenya* -

<https://www.youtube.com/watch?v=yvrxmpDh4>



Action: Record which activity you took part in in the table below. Tell your guiding leader which activity you took part in and how it made you feel.



Activity 4: Musical Performance



Do you play a musical instrument?

Put on a concert for your family and friends. This could be in person for the people you live with, for your brownie / guide / scout unit or at school, or it could be on Zoom.

Here are some things to think about before you perform

- Can you perform more than one piece of music?
- Think carefully about your programme and if you can perform two or three pieces in different styles?
- Can you introduce each piece and tell you audience why you enjoy playing your instrument?
- You could make a programme for your concert.



Action: Record your activity in the table below. Tell your guiding leader what you performed and to who. If you made a programme you can show them that. If you are meeting with your unit face to face then you could perform for them.

Challenge Badge Record Form

Activity 1 (write name of activity below)	Activity 2	Activity 3
Date completed:		
Witnessed by:		
Notes What did you enjoy about this activity? Would you do it again? Did you learn anything new?		



Next Musical Steps

Have you enjoyed doing the Leics Make Music challenge badge?

Would you like to be involved in other musical activities?

Leicester-Shire Schools Music Service has lots of activities that you can get involved in, whether you play an instrument or not. Our groups meet online and in person (Covid-permitting) and are available to everyone from complete beginners to more experienced musicians.

To find out more visit our website:

<https://leicestershiremusicshub.org/ensembles> or email lsms@leics.gov.uk

How To Apply For Your Badges: For Guiding Leaders

The Leics Make Music Challenge Badge has limited availability. Please email your unit request to participate so that your badges can be set aside.

Badges are free of charge!

Email sarah.sharman@leics.gov.uk with the subject Challenge Badge.

www.leicestershiremusicshub.org



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