

# Music for Wellbeing

## Week 2: Welcome to your weekly worksheet for pupils in years 1 & 2

### You will need:

A device to listen to music.

Activity 2 only: A pencil and paper (optional)

### Before you start:

Find a quiet space where you can listen.

### Activity 1



Listen to this backing track

<https://youtu.be/klsLED6NVjs?t=3>



As you listen, tap along with your hands on your knees or with your toes.

Try tapping along in different ways, using different parts of your body e.g. Stamping your feet, tapping your shoulders, clicking your fingers.

Pause the track. Now try tapping some different patterns using fast and slow taps.

Play the track again and tap your patterns along with it.



Ask someone in your home to make up a pattern with you and do it together.

### Activity 2



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=l3AluKhU8GY>

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.



On your walk you might like to take a pencil and sheet of paper to do some bark rubbings

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## Activity 1 Development ideas for teachers, parents and carers

- This backing track is performed at 60BPM (Beats per minute). Our resting heart rate is 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.
- Listen to these other tracks that are all performed at 60BPM

*Faith* – J Moss <https://www.youtube.com/watch?v=p2vSqWK5GCE>

*Good Morning* – Will.I.Am <https://youtu.be/Lf028BddJZM>

*Justify Me* – Nate James <https://www.youtube.com/watch?v=Cm1lfCBoAqk>



## Activity 2 Development ideas for teachers, parents and carers

- Going for a walk and looking at our natural environment is a great way for us to connect with the natural world and our local area.
- On your nature walk you could collect leaves, acorns, sticks and use these to make a collage of the season.