

Music for Wellbeing

Week 3: Welcome to your weekly worksheet for pupils in years 1 & 2

You will need:

A device to listen to music.

Before you start:

Find a quiet space where you can listen.

Activity 1



Listen to this backing track

<https://www.youtube.com/watch?v=AGfrna58u18>



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.

This music is in the Blues style. Blues music is a sad style.

- How does this track make you feel? Why do you think it makes you feel like that?
- How might you move to the music if you were dancing to it? Have a go while you listen to the music again
- Try and hum along to the music, making up your own tune.

Activity 2



Now listen to this track:

<https://www.youtube.com/watch?app=desktop&v=x-2m0Gj3wmM>



How does song and animation make you feel?

What do you think to Larry singing the Blues? Is he good at singing the Blues or not? Why?

What instruments does the Lincoln Lemon play?

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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

What are the similarities and differences in these songs?

- Billie Holiday – Stormy Blues - <https://www.youtube.com/watch?v=YwGeL46yHH4>
- Muddy Waters – Hoochie Coochie Man - <https://www.youtube.com/watch?v=HgAcDLZr6Gs>
- Clarence ‘Gatemouth’ Brown – *After the Band is Gone* - <https://www.youtube.com/watch?v=aw2y6Gu9otU>

Activity 2

- Lincoln Lemon plays the guitar and the harmonica or mouth organ.
- Listening to the song again, can the children pretend to play these instruments? What other instruments can they hear (e.g. drum kit)
- Why is Larry not good at singing the Blues? He’s too happy!
- Think about what your Blues song would be about if you were writing a song of your own. Talk about feelings and emotions at the moment.
- Try learning the song and sing along with Larry or make up some own lyrics to sing along to the first backing track. The first 2 lines are the same, and the last is different (AAB pattern).