

Music for Wellbeing

Week 4: Welcome to your weekly worksheet for pupils in years 1 & 2

You will need:

A device to listen to music.

Activity 2: pens, pencils or paints and a large sheet of paper

Before you start:

Find a quiet space where you can listen.

Activity 1



Listen to this track called *Underneath the Sun* composed (written) by Faro

<https://www.youtube.com/watch?app=desktop&v=oUf01BQxJrl>



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 a look at these Yoga poses (Cosmic Kids Yoga compilation) <https://youtu.be/ho9uttOZdOQ?t=16>

Listen to the music again and practise some of the poses as you listen.

Can you make up a routine of your own from the different poses?

Activity 2



Now listen to this piano music

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



How does this music make you feel?

Can you see any colours as you listen to this music? What colours can you see?



Take your sheet of paper and use it to draw what you see and hear.

You can use pens, pencils, paints, stamps etc. Make whatever shapes and patterns you feel like making. You might like to use your hands or feet!

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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

Additional suggestions to listen to:

Elemental Healing Sounds - <https://www.youtube.com/watch?v=dadisjicgtk>

Momentum – Mindfulness Meditation Music - <https://www.youtube.com/watch?v=tZ1DiLT-MkA>

- Practise some yoga with your child during the week

Activity 2

Use this activity to support your child's emotions through the week. Use one the above pieces of music for them to create another piece of artwork, or write a story, or words on a piece of paper. Ask them to talk to you after they have finished the work and see if they found it useful.

If time allows, create piece of artwork together, name it and frame it.