

Music for Wellbeing

Week 6: Welcome to your weekly worksheet for pupils in years 1 & 2

You will need:

A device to listen to music.

Activity 2 only: Some pencils, pens or paints and a piece of paper.

Before you start:

Find a quiet space where you can listen.

Activity 1



Choose one of these three pieces of film music to listen to. Choose a piece from a film that you don't know if possible.

Iron Man – 'Mongers Attack' by Ramin Djawadi

https://m.youtube.com/watch?v=Tg7xAGMOcr4&list=PLim3m5NnkYFedFospjjCVQ_vWuvwo27Ck&index=52

Mowgli: 'Kaa's Lair' by Nitin Sawhney

<https://m.youtube.com/watch?v=QeE5DcYTSBA&list=PLBKadB95sF44Ux7fw84U8Qo3aOHYH3VL2&index=18>

Captain Marvel: 'I'm all fired up' by Pinar Toprak

<https://m.youtube.com/watch?v=C7XFPB91J4Y>



What do you think might be happening in the film?

How does the music make you feel?

How do you think the characters in your film might be moving? Are they an animal or a superhero?



Act out part of a storyline that you are imagining, pretending to be a character in the film.

Can you add sounds to your performance, using your body as percussion?

Activity 2



Listening to one of the tracks from activity 1, draw a picture of a scene that you imagine

If you have an iPad, then you could use Garageband to create some music to go with the scene from the film.

If you have another device you can connect to the internet with, you could use something like [Ableton Loops Grid](#).

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Development ideas for teachers, parents and carers

Listen to one, or both, of the other pieces of film music and do the same activities for each piece.