

Music for Wellbeing

Week 7: Welcome to your weekly worksheet for pupils in years 1 & 2

You will need:

A device to listen to music.

Activity 2 only: Paper, chalks, empty toilet/kitchen rolls, dried rice/pasta, glue.

Before you start:

Find a quiet space where you can listen.

Activity 1



Watch and listen to this piece of music: https://www.youtube.com/watch?v=_yvrxmpDh4



What did you see?

What sounds were made? Did the people in the film have instruments?



What sounds can you make and use to create a piece of music?

Look around your home or classroom and go outside and explore what sounds you can find. You could use your water bottle, pens, pencils, stamp your feet. Can you make different sounds with your voice as well?

Try making different rhythms.

You could record the sounds you make on a device.

Activity 2



Listen to one of these pieces of music

Fatoumata Diawara – *Nterini* - <https://www.youtube.com/watch?v=2sBqMBEehIs>

Cee-Roo: *Feel the Sounds of Kenya* - https://www.youtube.com/watch?v=_yvrxmpDh4

African Voices: *Obiero* - <https://www.youtube.com/watch?v=MMTpxc-2Q5A&list=PL941A7EA0EFD5CBCE&index=5>

Choose from the following activities:



1) Create a piece of artwork using chalks, in response to the music. This could be as colourful as you wish, it could be abstract, or it could be of a picture of your own creation e.g. a sunset.

2) Make a rainstick:

Instructions: Using an empty tube cover one end securely with paper. Put a couple of handfuls of rice/pasta inside the tube and cover the open end securely. Decorate the outside of the roll. You may choose to decorate before filling the tube.

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Development ideas for teachers, parents and carers

Activity 2

Listen to another of the pieces of music and complete the other activity not done for the first piece listened to.