

# Music for Wellbeing

## Week 1: Welcome to your weekly worksheet for pupils in years 3 - 6

### You will need:

A device to listen to music.

Activity 2 only: a piece of paper or card, some pens, pencils or paints

### Before you start:

Find a quiet space where you can listen.

### Activity 1



Listen to this piece of music called *Shimmer* by Polaris One

<https://www.youtube.com/watch?v=024l7sc1zSE>



- As you listen, think about how it makes you feel.
- Can you move to the music to show how you feel?

Think carefully about your moods/emotions and how you can show these with body sounds and movement e.g. loud claps and strong moves for anger; finger clicks and floating arms for calmer and thoughtful moods. Be creative and let yourself go! Have the music playing in the background while you move.



Tell someone in your home about the music and how it made you feel. You could tell a grown up, a sibling, your teddies or a pet.

### Activity 2



Listen to this piece of music called *Gymnopodie* by French composer Erik Satie.

<https://www.youtube.com/watch?v=2tLYNywkDgA>



Sit quietly and listen to the music. What do you imagine might be happening if the music was telling a story? What would it be about? Do you see a story or just shapes, patterns and colours?



Listen to the music again, this time start to draw, colour or paint the thoughts that were in your head. These are your thoughts about the music so there are no wrong answers!



Share your picture with someone in your home or class. You could ask them to listen to the music and draw a picture so you can compare what you saw and heard.

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

- Talk about how the music makes you feel. Expand on this to talk about the child's feelings today and since school has closed.
- Facial expressions: We pull faces without even realising we are doing it, which shows people how we feel, even if we don't want to talk about it. Have fun practising different facial expressions.
- Movement: How do you move differently according to your feelings? When you're happy you might jump around or you might stamp your feet when you're angry. Explore these emotions with actions
- Emotion charades: Act out a feeling for someone else in your home or class and see if they can guess how you are feeling without using any words.
- Explore the range of your voice and how you can express different feelings with your voice through big and small sounds, high and low sounds.
- Make up a short story about someone and act it out not using any words. Show this to someone in your house and see if they can understand how the character in your story is feeling from your facial expressions and movements.



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

Now you have listened to the music a few times, you could decide to create a different piece of artwork using different materials from around your house. What have you got in the recycling bin or if you go for a walk, what nature items can you collect to use in your art work?

You could make a collage on the carpet using household objects. Remember to take a photo before you put everything away!