

Music for Wellbeing

Week 2: Welcome to your weekly worksheet for pupils in years 3 - 6

You will need:

A device to listen to music.

Activity 1: a ball and space to bounce the ball.

Activity 2 only: a piece of paper and a pencil. A ball.

Activity 1



Go outside and try creating a rhythm using your ball. Bounce in on the ground, against a wall, hear the sound it makes when you throw it in the air and catch it. Concentrate on making a rhythm using the ball.



Now listen to this backing track

<https://youtu.be/klsLED6NVjs?t=3>



Now use your ball to bounce a regular pulse or rhythm with the ball

Play the track and walk or move in time with the beat.

Now try to create a rhythm with your ball that you can play along with the backing track.

If you are unable to use balls for this activity, the children can use their feet and hands to create the sounds.



Share your favourite rhythmic pattern with someone.

Activity 2



Listen to some of Vivaldi's Four Seasons. Choose which track to listen to depending on what season of the year it is at the moment. Is it Spring, Summer, Autumn or Winter?

Winter: <https://www.youtube.com/watch?v=IXOuabNg4Bk>

Spring: <https://www.youtube.com/watch?v=6LAPFM3dgag>

Summer: <https://www.youtube.com/watch?v=l3AluKhU8GY>

Autumn: <https://www.youtube.com/watch?v=Q8AN0jWNRJA>



Sit quietly and listen to the music. Whilst you are listening, think about all the things that happen during this season. What ideas can you come up with? Think about nature, the weather and how you feel when you are outside during these times. There are no right or wrong answers!



Go on a nature walk. Walk around your school grounds, your garden or to the local park. If you can't go outside, then sit at the window and look outside.

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Can you see anything that you heard in the music? Does the weather remind you of any parts of the music? Can you see birds or animals or trees?

If you have a device you might like to record the sounds you hear or video what you see on your walk.

Listen to your recordings.



On your walk you might like to take a pencil and sheet of paper to do some bark rubbings and collect some natural objects such as leaves, sticks, twigs. Create a collage relating to the season.



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

Faith – J Moss <https://www.youtube.com/watch?v=p2vSqWK5GCE>

Good Morning – Will.I.Am <https://youtu.be/Lf028BddJZM>

Justify Me – Nate James <https://www.youtube.com/watch?v=Cm1lfCBoAqk>



Activity 2 Development ideas for teachers, parents and carers

- Going for a walk and looking at our natural environment is a great way for us to connect with the natural world and our local area.
- On your nature walk you could collect leaves, acorns, sticks and use these to make a collage of the season
- You could explore different Italian musical terms with your rhythms:
 - Largo – slowly (2 taps – lar-go)
 - Andante – walking pace (3 taps – an-dan-te (an-dan-tay)
 - Allegro – Fast (3 taps – a-lle-gro)
 - Presto – really fast (2 taps – pre-sto)