

Music for Wellbeing

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

You will need:

A device to listen to music.

Activity 1



Listen to this backing track

<https://www.youtube.com/watch?v=AGfrna58u18>



As you listen, tap along with your hands on your knees or with your toes.

Try tapping along in different ways, using different parts of your body e.g. Stamping your feet, tapping your shoulders, clicking your fingers.

This music is in the blues style. Blues music is a sad style.

- How does this track make you feel?
- Move to the music, thinking about how it is making you feel. What are your movements like?
- What does this music make you think of?
- Listen to the music again and try to improvise (make up) a melody (tune) over the top of the backing track. You could add words if you like.

Activity 2



Now listen to this track:

<https://www.youtube.com/watch?app=desktop&v=x-2m0Gj3wmM>



How does song and animation make you feel?

Can you name the different instruments being played in the song?

What is the pattern of the song? Listen carefully to the words (lyrics).

Have a go at writing your own Blues song lyrics. Think of something that makes you a little bit sad. Maybe you're missing seeing your friends or playing out with them after school.

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Development ideas for teachers, parents and carers

Activity 1

- 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 Blues songs that are all performed at 60BPM and see what similarities or differences there are. What are the lyrics of the songs about?
- Billie Holiday – Stormy Blues - <https://www.youtube.com/watch?v=YwGeL46yHH4>
- Muddy Waters – Hoochie Coochie Man - <https://www.youtube.com/watch?v=HgAcDLZr6Gs>
- Clarence 'Gatemouth' Brown – *After the Band is Gone* - <https://www.youtube.com/watch?v=aw2y6Gu9otU>

Activity 2

The 12-bars Blues music and lyrics tended to follow the pattern of AAB, where the first two lines are the same and the third is different. Here's one example of what AAB lyrics could be like:

We miss all our friends
We miss all our friends
We'll scream and we'll shout, we're not allowed out, we sulk and we pout

When writing their own lyrics, encourage the writing of their own feelings into their song lyrics.

Put the lyrics with the backing track – try saying them first and then experiment with creating a tune for them. There may be lots of changes to make to the words and melody before they're happy with it!