

Music for Wellbeing

Week 4: Welcome to your weekly worksheet for pupils in years 3 - 6

You will need:

A device to listen to music.

Activity 2 - Paper and some colours - felts, pencil crayons, crayons, chalk etc

Before you start:

Find a quiet space where you can listen.

Activity 1



Listen to this track called *Underneath the Sun* composed by Faro

<https://www.youtube.com/watch?app=desktop&v=oUf01BQxJrI>



How does this music make you feel?

Have you heard music in this style before? Where and when did you hear it?

If you haven't heard music like this before, where do you think you might hear it, or what might it be used for?

Have you heard of Tai Chi before? Watch this video [here](#) about Qi Gong (Chee-gong), a part of Tai Chi.



Learn some of the Tai Chi sequences from this video [here](#), starting it at 4 minutes 10 seconds.

There are several different activities after the first warm up which can be chosen from:

- 8.22: Sway with willows
- 10.58: Serve tea to the phoenix
- 13.22: Blooming from within
- 15.30: Listen to the clouds
- 18.00: Shower of blessings
- 21.54: Ending/cool down

Choose your favourite movements and create your own routine and practise this with the first backing track you listened to - *Underneath the Sun* by Faro.

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Activity 2



Now listen to this piano music

<https://www.youtube.com/watch?t=1744&v=tZ1DiLT-MkA&feature=youtu.be>



How does this music make you feel?

Can you see any colours as you listen to this music? What colours can you see?

How would you express yourself through movement? How would you describe these movements E.g. short and staccato (jumpy) or long and legato (smooth). How else might you describe them? Do you feel different after you have moved to the music? Has it made you feel calm?



Take your sheet of paper and use it to draw what you see and feel.

You can use pens, pencils, paints, stamps. Make whatever shapes and patterns you feel like making. You might like to use your hands or feet.

Allow your art work to dry and talk to someone about why you created what you did.

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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 tracks that are all performed at 60BPM

Additional suggestions to listen to:

Elemental Healing Sounds - <https://www.youtube.com/watch?v=dadisjcjgk>

Momentum – Mindfulness Meditation Music - <https://www.youtube.com/watch?v=tZ1DiLT-MkA>

- Practise some Tai Chi with your child during the week

Activity 2

Ask your child to perform their piece to you, or ask them to talk to you about their artwork - or both if time allows.

Create piece of artwork together, name it and frame it.

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