

Music for Wellbeing

Week 5: Welcome to your weekly worksheet for pupils in years 3 - 6

You will need:

A device to listen to music.

Before you start:

Find a quiet space where you can listen.

Activity 1



What do you think funk or funky means?
What is funk music?



Listen to this track *Funky Chicken* (1972) by Rufus Thomas

<https://m.youtube.com/watch?v=8lCl63H1neY>

What is the song about?

What moves does the song ask you to do? What other moves can you spot?



Now have a go at the *Funky Chicken* dance tutorial

<https://m.youtube.com/watch?v=DoYUyXQ1Ho>

Do you have any new moves that you can add into the dance?



Perform the dance to someone in your home or classroom.

Activity 2



Now listen to music with your eyes closed.

<https://m.youtube.com/watch?v=neV3EPgyZ3g>



How does this music make you feel?

What images come into your mind as you listen to it? What instruments can you hear?



Do some meditation as you listen to the track.

Breathe deeply. Focus on your breathing in and out, making your breaths longer.

Breathe in for 1, 2, 3

Breathe out for 1, 2, 3

Breathe in for 1, 2, 3, 4

Breathe out for 1, 2, 3, 4

How many can you breathe in and out for?

Imagine a scene in your head, you are outside on a cold winter's day, walking through a frosty park, with icy puddles. Think carefully about the scene and all the different sounds and smells. How do you feel as you are on your walk?

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Activity 1 Development ideas for teachers, parents and carers

Additional suggestions to listen to:

Lyn Collins - *Think (about it)* - <https://www.youtube.com/watch?v=6fGVxw7ekYE>

Stevie Wonder – *Superstition* - <https://www.youtube.com/watch?v=tXsxvdF481I>

- What is funk music? - It's "a danceable form of music that is a mixture of soul music, jazz, and rhythm and blues (R&B)".

Activity 2

Meditation is a great way for children to find calm and peace. Try meditating at different times of day such as first thing in the morning or before bedtime.