

Music for Wellbeing

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

You will need:

A device to listen to music.

Activity 2 only: Some pencils, pens or paints and a piece of paper.

Before you start:

Find a quiet space where you can listen.

Activity 1



Choose one of these three pieces of film music to listen to. Choose a piece from a film that you don't know if possible.

Iron Man – 'Mongers Attack' by Ramin Djawadi

https://m.youtube.com/watch?v=Tg7xAGMOcr4&list=PLim3m5NnkYFedFospjjCVQ_vWuvwo27Ck&index=52

Mowgli: 'Kaa's Lair' by Nitin Sawhney

<https://m.youtube.com/watch?v=QeE5DcYTSBA&list=PLBKadB95sF44Ux7fw84U8Qo3aOHYH3VL2&index=18>

Captain Marvel: 'I'm all fired up' by Pinar Toprak

<https://m.youtube.com/watch?v=C7XFPB91J4Y>



What do you think might be happening in the film?

How does the music make you feel?

How do you think the characters in your film might be moving? Are they an animal or a superhero?



Act out part of a storyline that you are imagining, pretending to be a character in the film.

Can you add sounds to your performance, using your body as percussion?

Activity 2



Listening to one of the tracks from activity 1, draw a picture of a scene that you imagine. If you have an iPad, then you could use Garageband to create some music to go with the scene from the film. If you have another device you can connect to the internet with, you could use something like [Ableton Loops Grid](#).

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Diversity of Composers



Ramin Djawadi

Born in Germany to a German mother and Iranian father in 1974. He is a soundtrack composer who studied music at Berklee College of Music in Boston, Massachusetts, USA and plays the piano, keyboard, synthesiser and guitar.

He is known for his scores for the 2008 Marvel film [Iron Man](#) and the HBO series [Game of Thrones](#), which were nominated for [Grammy Awards](#) in 2009, 2018, and 2020.

He has scored films such as [Clash of the Titans](#), [Pacific Rim](#), [Warcraft](#) and [A Wrinkle in Time](#), as well as a number of television series including [Prison Break](#), [Person of Interest](#), [Jack Ryan](#), and [Westworld](#), and video games such as [Medal of Honor](#), [Gears of War 4](#), and [Gears 5](#). He won two consecutive [Emmy Awards](#) for [Game of Thrones](#), in 2018 for the episode "[The Dragon and the Wolf](#)" and in 2019 for "[The Long Night](#)".

(ref: Wikipedia)

Nitin Sawhney

Born in 1964 to Punjabi immigrant parents, he grew up in Rochester, Kent and learnt to play the piano, classical and flamenco guitar, sitar and tabla.

One of the most distinctive and versatile musical voices around today, he is established as a world-class producer, songwriter, DJ, multi-instrumentalist, orchestral composer and cultural pioneer.

In 2017 he was awarded the Ivor Novello Lifetime Achievement Award. His work combines [Asian](#) and other worldwide influences with elements of [jazz](#) and [electronica](#) and often explores themes such as multiculturalism, politics, and [spirituality](#). Sawhney is also active in the promotion of arts and [cultural matters](#), and is a patron of numerous film festivals, venues, and educational institutions

He has scored approximately 60 films, numerous TV series including BBC's the Human Planet, over 20 studio albums 0 11 in his own name – and extensive pieces for theatre, dance and video games.

He also had his own BBC Radio 2 programme for 4 years, amongst many other achievements.

(ref:Wikipedia & www.nitinsawhney.com). Find out more at: www.nitinsawhney.com



Pinar Toprak

A Turkish-American female composer for film, TV and video games, born in 1980 and raised in Istanbul, Turkey.

She began her classical musical education at the age of five and learnt to play the violin, piano and guitar. After studying composition and multiple instruments at the conservatory she moved to Chicago to study jazz, before continuing on to Boston for a degree in film scoring from [Berklee College of Music](#). She then moved to Los Angeles, earned a master's degree at CSUN in composition at age 22, and has quickly become an active and reinvigorating composer in Hollywood. She joined the music production company Media Ventures International (now known as [Remote Control](#)), home of film composer [Hans Zimmer](#).

Toprak most recently scored [Captain Marvel](#) (2019), the Superman prequel series [Krypton](#), the [Pixar](#) animated short [Purl](#), the [HBO](#) documentary series [McMillions](#), and the DC series [Stargirl](#). (ref: Wikipedia)
Find out more at www.pinartoprak.com