

Music for Wellbeing

Week 7: 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, and a piece of paper. An old magazine or pieces of coloured paper, empty toilet/kitchen rolls, dried rice/pasta, glue.

Before you start:

Find a quiet space where you can listen.

Activity 1



Watch and listen to *Les Percussions de Kouroussa*

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



What did you see?

Did you notice a pattern in the performance?

Did you notice the rhythms they play are reflected in the rhythm of the words as well?



Can you think of patterns of words to say and then clap back?

For example: "Today I went for a walk". Say the sentence straight and then 'jazz up' the rhythm of the words.

Now try using a chair or table to tap out the rhythm of your words or chant. Can you use different parts of the chair or table to make different sounds?

Perform your composition to someone in your home or class.

Activity 2

Listen to one of these pieces of music:

Fatoumata Diawara – *Nterini* - <https://www.youtube.com/watch?v=2sBqMBEehIs>

Cee-Roo: *Feel the Sounds of Kenya* - <https://www.youtube.com/watch?v=yvrxmpDh4>

African Voices: *Obiero* - <https://www.youtube.com/watch?v=MMTpxc-2Q5A&list=PL941A7EA0EFD5CBCE&index=5>

Choose from the following activities:



- 1) Create a piece of mosaic artwork from roughly torn pieces of paper. The pieces could be abstract or depict a certain image of their choosing.

- 2) Make a rainstick.

Instructions: Using an empty tube cover one end securely with paper. Put a couple of handfuls of rice/pasta inside the tube and cover the open end securely. Decorate the outside of the roll. You may choose to decorate before filling the tube.

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Leicester-Shire Schools
Music Service



Development ideas for teachers, parents and carers

Activity 2

Our resting heart rate is 60BPM and so 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. The three pieces of music in activity two are all recorded at 60BPM.

Write a story or poem in response to your feelings and thoughts about the music. You could decorate a border to your piece of writing.