MINDFULNESS AND CALM (MUSIC)

SOME CALMING ACTIVITIES TO DO AS A FAMILY

MUSIC MINDFULNESS

- https://www.youtube.com/watch?v=qss4IRPee0o

1. Listen to this piece of music together. Close your eyes and use your imagination to think about what the music might be describing. What kind of pictures did you see in your head?

2. Talk about your ideas together. What was the music making you think of? Why? Were your thoughts the same or different? How did the music make you feel?

3. Draw a picture of what you saw in your head while listening to the music on repeat.

4. Once you have completed your picture, talk about it. Describe the characters, setting and actions. Can you create a story around the music?

5. Act out your story while the music is playing in the background.

Extra music pieces that you could use.

(Please be internet safe and remember our e safety rules)

https://www.youtube.com/watch?v=60Upg8Hz0rI

https://www.youtube.com/watch?v=1PetRVcM2sk

https://www.youtube.com/watch?v=C7Yjy5vASas

https://www.youtube.com/watch?v=YV4bEuFWp9U

https://www.youtube.com/watch?v=Urfjyj4FnUc

https://www.youtube.com/watch?v=GRAHup7aubQ

https://www.youtube.com/watch?v=iCEDfZgDPS8

https://www.youtube.com/watch?v=F8ZKUEkogro

https://www.youtube.com/watch?v=QQTZ7GTnoKU

CARNIVAL OF THE ANIMALS

https://www.youtube.com/watch?v=O9P1LOBepcY

https://www.ducksters.com/musicforkids/music_terms_glossary.php

(Please be internet safe and remember our e safety rules)
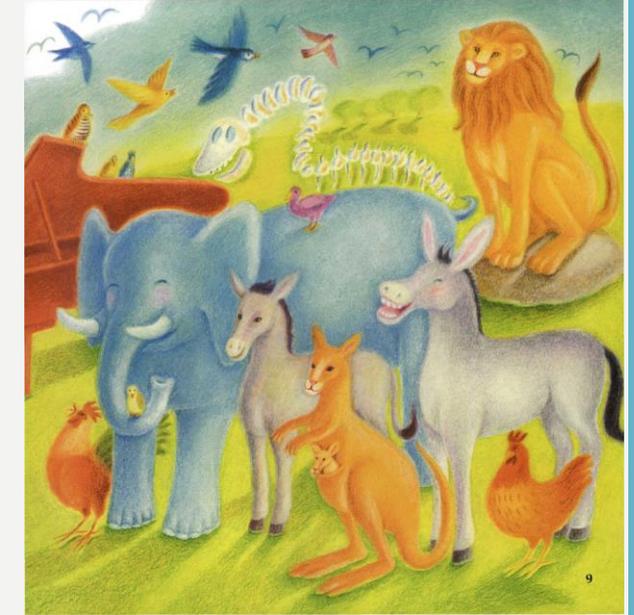
1. The music is set into sections, each section for a different type of animal.

2. Listen to the sections and talk about how the music uses different effects to paint a picture of that animal in your imagination. (Use the music glossary for some help and clues!)

3. Can you create your own piece of music or sound effects about an animal? Can you keep the animal a secret and get your partner to guess? Can you create a zoo soundscape where everyone in your family creates the noise of a different creature? You could use things around the house, your voices and bodies or instruments to create the sounds.

4. Draw and label your own imaginary zoo or farm. Can you think of a sound for each animal?

DISNEY MUSIC

- https://www.youtube.com/watch?v=5DiMoehAeOU (classical)
- https://www.youtube.com/watch?v=gIOyB9ZXn8s&list=PLxhnpe8pN3TkenzFLTIz2hUd6_BZu-5Zv (collection of Disney songs)

(Please be internet safe and remember our e safety rules)

1. Listening to the classical music, how many different pieces of music can they recognise? Can they name the film and the main character?

2. Listening to the collection of Disney songs, which ones are their favourite and why?

3. Can you create and draw a new Disney style character and make up a song or poem about them?

4. Can you make your own story board with pictures and writing of a new film for your character?

ICE SKATING AND MUSIC (RIVERDANCE AND IRISH DANCE)

- https://www.youtube.com/watch?v=sbK9AleFM_k
- https://www.youtube.com/watch?v=k7Ee3onj1QE

(Please be internet safe and remember our e safety rules)

1. Watch both dances. They are both inspired by Irish Dancing and the music is taken from the show 'Riverdance'.

2. What was different about the dances?

3. What was the same about them?

4. Which one did you like the best and why?

5 Can you create your own dance move inspired by what you have seen?

ANCIENT EGYPT

- https://www.youtube.com/watch?v=uTAaKAVpOOM
- https://www.youtube.com/watch?v=VAQ5tHu-uEI
- https://www.youtube.com/watch?v=y3IBu4bYGOo
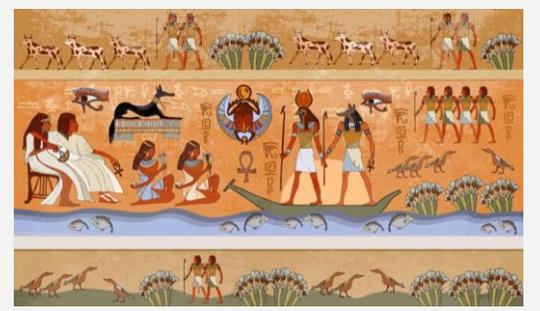
(Please be internet safe and remember our e safety rules)
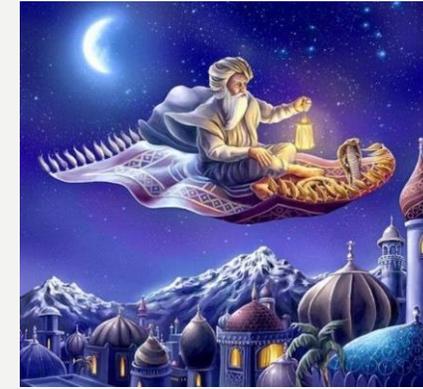
1. Listen to all three of these pieces of music.

2. Choose your favourite piece.

3. Imagine that you are on a flying carpet. What kind of things would you see? Think about the sky, the land, buildings, oceans, rivers, trees and flowers, animals and people.