

## Home Learning Music Activities KS2 Years 3 & 4 - Spring Term – Week 7

*NOTE FOR PARENTS/CARERS We hope you and your children enjoy these activities. Dip in and out, try things out, pick and choose what works for you and your children. You don't have to attempt them all! Most of all, have fun together.*

*We recommend that YouTube videos are reviewed before children access them as, occasionally, inappropriate comments may be posted after we've viewed them.*

### HELLO MUSIC MAESTROS!

We all know how fantastically hard you've been working and how tricky things can get at times. For those of you doing home-school, we know how much you're missing your friends and for those of you in school, we know how things just aren't the same. We miss you too – we would love to be in school having musical fun with you all. The good news is we'll be back together very soon! But until then, we thought it would be nice to make some resources to help you feel better. From singing happy songs to being able to express your feelings, we hope that this week's music activities are helpful. We're super proud of you all. 😊

### Singing

There are loads of benefits to singing. Singing releases chemicals in the brain called endorphins which make us feel happy – which is why singing cheers us up! This week, we thought it would be great for you to just enjoy singing. Try some of the extra activities if you want to – you decide. The main thing is – SING!

Here's our warm-up song. It's one we're sure you know called '**Three Little Birds**' by Bob Marley and the Wailers. It's about not worrying and is an excellent, sunny pick-me-up when you are feeling blue.

[Bob Marley - Three Little Birds - Lyrics!! - \(HD\) - YouTube](#)

This song is a style of music called reggae. It comes from a very sunny part of the world, so sing it as if you are on the beach! Sing the song until you have learnt it off-by-heart. Why not perform it with whoever looks after you – see if you can put a smile on their faces! They may join in, you never know!

- What's your favourite part of the song? Why?

There are only 'three little chords' for 'Three Little Birds'! They are A, D and E. If you play an instrument that plays chords, if you want to, see if you can work out when to play each chord as you listen to the video.

If you wrote your own 'Don't Worry' song, what would you want to say? If you like, have a go at writing your own lyrics to fit the tune of 'Three Little Birds.'

Well done and remember, 'Don't Worry About a Thing' - Be Happy!

Enjoy singing this song called '**Drive!**'. It's great! [\(2\) Drive | Singalong Thursday's Episode 19 - YouTube](#)

We think this must be just about the happiest song we've ever heard – and alongside a Minions video, well, it couldn't be better! Listen to '**Happy**' by Pharrell Williams: [Pharrell Williams-Happy \(Lyrics Official Version Minions\) - YouTube](#)

Learn to sing the song. It's about being happy so sing it like you mean it! As Pharrell says, clap along and you'll soon feel happy. Remember to keep in time. Ask the people at home to join in with you. Sing, dance and clap along – we all know this song.

If you were writing a 'Happy Song' what words would it contain? You might like to have a go at writing some lyrics.

- Which Minion is your favourite? Why? Why not draw your favourite Minion, or make up a new character?

We're sure that's lifted everyone's spirits. BE HAPPY!

## **Listening and Appraising**

Have you ever noticed how music can stir up different emotions, different feelings in us, as we listen? Let's try an experiment. I'm sure you know the story of 'Jack and the Beanstalk'. (If you've forgotten, you'll find an outline of the story at the end of these notes.) Watch and listen to this video.

[Explorings Emotions in Music - YouTube](#)

You'll hear four pieces of music. Think about how the music makes you feel? Then think about which part of the story best matches the mood of the music. You'll see some ideas to help you.

**ACTIVITY** – If you'd like to, for each piece of music, identify two features of the music that helps stir up those emotions or feelings. Use the Elements of Music to help you.

After all that, let's listen to some music that's perfect for helping us to feel calm if ever we feel anxious or worried.

[Beautiful Relaxing Music • Peaceful Piano Music & Guitar Music | Sunny Mornings by @Peder B. Helland - YouTube](#)



**Listening tips:** lie down on a bed or a sofa or lean forward on your table and rest your head on your arms and just listen. You might find you're not listening all the time and your thoughts drift off – that's totally fine. Let them drift to something happy, they'll come back!

- What is it about this music that makes it so relaxing? Think about the musical elements.
- What can you hear that you wouldn't normally expect to hear in a piece of music?

### **Something extra**

Do you know why playing a musical instrument can make us feel so much better and 'alive'? Take a look at this video to find out why. There's some amazing science to understand and you might want to ask an adult to explain some of it to you. (Sorry grown-ups!)

[How playing an instrument benefits your brain - Anita Collins - YouTube \(youtube-nocookie.com\)](https://www.youtube.com/watch?v=nocookie.com)

## **Composing**

Being creative is great for wellbeing, which is why so many people turn to art or music for some relaxing 'down time'. Anything that you create is an achievement and that in turn makes you feel good about yourself. Enjoying nature is known to have a calming effect on our minds and bodies, so we are going to combine nature and music to create something beautiful!

**ACTIVITY 1: Go for a walk (*Make sure you have an adult with you, especially if you are walking near water. Never go for a walk on your own.*)**

Try to get away from the hustle and bustle of the city. Walk to a park, a woodland or a field. If you can't go for a walk, sit in your garden or open a window and listen to the sounds outside.

Take time to listen to the sounds around you, stop occasionally to tune in to your surroundings and really listen.

- What do you hear?
- Wind blowing in the trees, bird song, flowing water, footsteps, rain pattering.
- What sounds make you feel calm, relaxed, happy?

If you have a phone or iPad, record some of the sounds (this will come in useful later), if you can't record then jot down what you hear.

**ACTIVITY 2: Create a 'nature soundscape' using a graphic score**

Listen to the sounds that you have recorded or remind yourself of the sounds you heard that you wrote down. You are going to create a graphic score using the sounds you have collected.

Graphic scores are a way of 'writing down' sounds using shapes or pictures. Different sounds can be given different **shapes, colours, or lines**. You could draw and colour your graphic score, but we thought it might be fun to use natural materials to keep with our nature theme. Vegetables, sticks and stones, leaves, flowers, pasta shapes, shells, rice are just some of the natural materials you could use. ***Before you use anything please make sure your parent/carer or teacher are happy for you to use it. You don't want to be using the carrots you were going to have for tea!***

Create a shape or picture for each sound.



Pitch – This represents high and low sounds

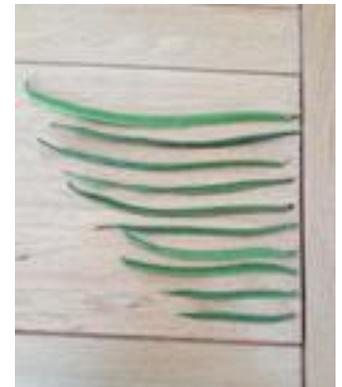
Here the sounds get gradually louder and then quieter. Musicians call this

crescendo and diminuendo.



Pumpkin pulse! 3 beats in a bar represented in pumpkin form.

Runner beans are very useful vegetables! Different lengths represent different lengths or durations of sound.



Now get creative! Compose your nature 'soundscape' and when it's finished, use natural materials to make or draw your graphic score. Maybe take some photos. We would love to see your finished music maestro masterpieces!



## Performing and Wellbeing

Have you ever thought about the amazing power music has on our wellbeing? Music can calm us down when we feel angry and increase our happiness.

Watch this video clip performed by Naomi Wilkinson.

<https://www.bbc.co.uk/teach/super-movers/pshe-super-mood-movers-wellbeing/zpxc3j6>



Click on 'video transcript' to view the lyrics so you can sing and dance along with the video.



**ACTIVITIES** - There are lots of activities you can have a go at to help improve your well-being. You might have done some of these before. If so, is there one you haven't done that you'd like to try?

**Create a wellbeing poster** - Can you remember any ways the song suggested we deal with stressful feelings? Make a list. Do you have any more suggestions for ways to tackle sad thoughts or low feelings? What do you do to cheer yourself up? Make a wellbeing poster with your ideas. Here are some suggestions: listening to music, talking to your friends or playing in the garden.

**Happy place** - The song mentions 'going to your happy place' in your head. Paint or draw your happy place. This can be somewhere you love, or somewhere you feel safe, or a place that holds happy memories for you.

**Kindness** - The song suggests helping others and being kind can make us feel happier too. Who would you like to send a kind thought to? Make a thank you card for someone in your life to surprise them with. It could be for a parent, friend, teacher, or classroom helper.

**Talking to others** - Make a list of up to five people you feel you can talk to if you are feeling down. You might include family, friends or another grown-up you trust.

## Ways Music Can Help You

- ☺ **Concentration:** Do you sometimes find it hard to concentrate? Did you know music can help with that? Classical music is a winner at helping you focus. Music that has a tempo of 60 bpm (beats per minute) increases the efficiency of the brain in processing information. The best way to use it is to have it playing softly in the background as you get on with your tasks. You can just search “music with 60bpm” on Google or Spotify.
- ☺ **Feeling Happy:** Sometimes a good old sing is a wonderful way to feel better about things. Put your favourite songs on and sing along. Or learn a new song. Singing releases endorphins which are nature’s way of making us feel happy.
- ☺ **Expressing Your Emotions:** Have you ever found yourself feeling like your emotions are full but it’s really hard to talk about them or express yourself? Music can be a way to help with this. Creating your own music – whether simply strumming a guitar or composing lyrics to a song – can help you express and process your emotions. It’s more about how it makes you feel, than how it sounds. Remember that no one ever has to hear your music if you don’t want them to.
- ☺ **Relaxation:** There are times when we all need to just stop and relax for a bit. Put on some comfy clothes, put your feet up, and put on some calm music. Close your eyes, sit quietly and just relax and listen. It can really help.
- ☺ **Motivation:** We all have times when we need to do things we just don’t feel inspired to do. It might be tidying our room, helping with chores or doing some exercise. Use your favourite music as a motivational force. Crank up the volume on an awesome tune and chances are you’ll find it much easier to get going.

*All of us at Encore Music Service would love to see video clips of you taking part in any of this week’s activities and share them on our social media channels. Remember, you must get permission from whoever looks after you first! Send to [info@encore-enterprises.com](mailto:info@encore-enterprises.com)*

## **Jack and the Beanstalk**

Jack, a poor country boy, trades the family cow for a handful of magic beans, which grow into an enormous beanstalk reaching up into the clouds. Jack climbs the beanstalk and finds himself in the castle of an unfriendly giant. The giant senses Jack's presence and cries,

Fee-fi-fo-fum!

I smell the blood of an English man.

Be he alive, or be he dead,

I'll grind his bones to make my bread.

Outwitting the giant, Jack is able to retrieve many goods once stolen from his family, including a bag of gold, an enchanted goose that lays golden eggs and a magic golden harp that plays and sings by itself. Jack then escapes by chopping down the beanstalk. The giant, who is pursuing him, he trips, Jack manages to run home and his family prosper.