

WELL-BEING WEDNESDAY AFTERNOON

Music!



For Well-being Wednesday, we would like you to complete one (or more) of the following challenge activities:

1. **Have a go at making a musical instrument.** You could use empty crisp tubes, empty drink cans or cardboard boxes. Think about how you could make it into an instrument - maybe you can fill a tub with pasta or lentils to make a shaker!
2. **Think about and use the sounds of daily life**

For example:

- What does the journey to the park sound like - what may we hear on the way?
- A journey around a supermarket will involve a range of different sounds.
- A journey to school, whether by foot, by bus or in a car will also involve a range of sounds.

You could make a piece of music together that represents different types of journeys that you make.

Are there any surprises on your journey and what may this sound like?

Why not draw a journey and then play this journey by using body percussion, vocals and sound makers in your house?

3. **Drawing to sounds and music** can be a lovely listening activity Try to 'dance with your hands' whilst using crayons, pencils, felt tips, paint brushes. Have a Listen to the music and see which pictures you can come up with. How does the music make you feel?

Try these pieces of Music to get you started, but any genre of music will work!

<https://www.youtube.com/watch?v=MW8asBxO4oI> (Flight of The Bumble Bee by Nikolai Rimsky-Korsakov)

<https://www.youtube.com/watch?v=8Qx2lMaMsl8> (Flower Duet by Lakme)

4. Have a go at learning this Spring song. Complete some of the activities below to go with it.

https://www.youtube.com/watch?v=om5LSsc49TZY&feature=emb_logo

IT'S A SPRING THING!
By Mark and Helen Johnson

CHALLENGE
When you are next outdoors, look around and see how many of the signs of spring you find. In the song you can see or hear eg. birds, bees and flowers. Can you find more? Draw or write about what you see or hear. You might like to draw a picture of a bee, a butterfly, a flower, a bird or a tree. You could also draw a picture of a family of children or a family of animals. You could also draw a picture of a family of children or a family of animals.

TALK ABOUT
Choose your favourite spring thing and make it into a game of twenty questions.

SHARE IT
Share your spring album in a school for religious and parents by video.

DID YOU KNOW?
Hundreds of years ago, spring was called 'springing time'. In the 13th century it was shortened to 'spring time', and then in the 16th century it was shortened again to just 'spring'.

"SPRING IS NATURE'S WAY OF SAYING, 'LET'S PARTY!'"
Rehbe WILLIAMS

Bring your own Spring Assembly Song by Mark and Helen Johnson

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No Bullies