

## Home Education – Summer 1 Weeks 3 and 4

### Music

Listening to and making music can be so much fun! Music helps us to connect to each other and it can help to lift our spirits. It helps us to communicate and can be especially helpful when we want to express our feelings. Please enjoy the following musical activities around our themes of wellbeing and “**Healthy Living**”.

You can slow down songs by clicking on the  icon in the bottom right hand corner of your screen.

*Making music at home is as easy as A, B, C!*



#### A. Singing

Begin your music session with a **Hello**

**Song:**

<https://www.youtube.com/watch?v=x23rTDI4AMs>

How are you feeling today?



Finish your music session with this fun **goodbye song** from The Learning Station. What's your favourite way to say goodbye?

<https://www.youtube.com/watch?v=pP9AujV8N1>

[A](#)

#### B. Listening

Have a listen to these 3 songs about Healthy Eating. **The Healthy Eating Song:**

<https://www.youtube.com/watch?v=-JldSBUQB34>

**From BBC Bitesize Five-a-day:**

<https://www.bbc.co.uk/bitesize/clips/zbbgd2p>

or have a listen to this short **rap** and join in with “**5 a day**”. Use your fingers when you count

<https://www.youtube.com/watch?v=38ZwXuAJPY>

[E](#)

#### C. Making Music

Make a homemade shaker to accompany the 3 healthy eating songs.

You will need 2 plastic cups, some rice and some strong tape. Watch this clip and then make your shaker!

<https://www.youtube.com/watch?v=yXPMCID3RAo>



or try using a tin can, elastic band, some rice and a homemade lid!

<http://englishtouringopera.org.uk/news/online-workshops-for-children-with-send/>