

Home Education - Summer 1 Weeks 5 and 6

Music for Well Being



We hope you've been having fun listening to and making music. Did you have a go at making your own shaker? Most of the following activities are available from the same **Nordoff-Robbins home learning website**. Anyone can join their inclusive **online choir!** **Why not join?** This community choir meets on Tuesdays at 4pm and it's free of charge to join. Liz our music teacher at The Russell Campus would love to see you there! Details at: <https://www.nordoff-robbins.org.uk/on-stage-at-home/>

A. Using our Voices

Begin your music session with a

Hello Song:

<https://www.youtube.com/watch?v=x23rTD14AMs>

Now warm up your voice:

Your voice can do amazing things! Go to <https://www.nordoff-robbins.org.uk/on-stage-at-home/> to find "Your voice can do amazing things". **Singalong** with Louise and Little Clanger. You could make a noise like a trumpet or an opera singer!



B. Using our Bodies

Warm up our bodies: Go to **The Music Machine** on the website and stamp, clap your hands, tap your chest.

Let's get Singing and Dancing!

Go to the **singalong section** of the website. What kind of music do you like? Pop, Musicals? **Twist and Shout** is a great one to get up and moving to. Find it in the Rock n Roll selection. Explore a new song from this section every day.



C. Making Music

Pick up your fork and spoon and tap away to **The Cutlery Song** on the Nordoff- Robbins site.

Use a wooden spoon and a small saucepan for a drum, your homemade shaker and your family band can enjoy **playing along to Waltz of the Flowers:**

<https://www.youtube.com/watch?v=bOXFrgB083A>

Remember that the  icon in the bottom right hand corner of your screen is a good way to slow down You Tube videos.



If you haven't had a chance already, check out the **English Touring Opera** who have great music workshops for children with SEN: <http://englishtouringopera.org.uk/news/online-workshops-for-children-with-send/> Their workshops run weekly online at 11am on Wednesdays but if this time isn't convenient, you can access recordings on their site later. **Enjoy your music making!**