

Mindful Musical moments-

This activity will help highlight the importance of music as a coping strategy- but will also encourage positive self-awareness. It will remind children that we are all different and all have different likes/ dislikes.

On Monday ask children to identify a song that makes them feel good, ask them to write it down on a piece of paper with a little bit of information about;

-Why they chose the song?

-How it makes them feel?

-Do they like the lyrics? The beat? The tempo?

-When might it be good to listen to their feel good song.

Ask children to hand in their information

Tuesday, Wednesday, Thursday- Select one of the songs at random and play it to the class each day. Encourage children to listen to the music quietly and think about how they were feeling before and how they're feeling during the activity. Have a group discussion about how the song made everyone feel;

Discussion prompts- were there any differences? Has it helped anybody to come back into learning feeling calmer? Did people dance? Did they know the song? Can they guess who picked it?

Friday- Ask children to spend today's mindful moment reflecting on how the musical activity has made them feel? Have they learnt anything new about music/ themselves or others?

End by writing or drawing a little reflection on the activity. The children can keep these as a reminder.