

5 Step Music Activities

CALMING ACTIVITY

This listening activity works best at the end of the day. It calms them down, while developing vocabulary to describe their feelings.

01

Arrange pupils so they are lying down eyes closed, with plenty of space around them



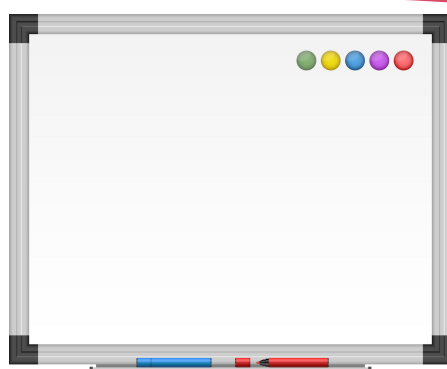
02



Choose a piece of music to play to them, ideally a song or genre they have never heard before

03

While the music is playing, **write some prompt questions** on the whiteboard, e.g. How does the music make you feel?



04



When the music is over **discuss** the questions with them. Try to ignite a conversation between the pupils

05

To challenge students, ask if they can identify any of the instruments in the piece of music.

