

5 Step Music Activities

MUSIC FOR WELLBEING

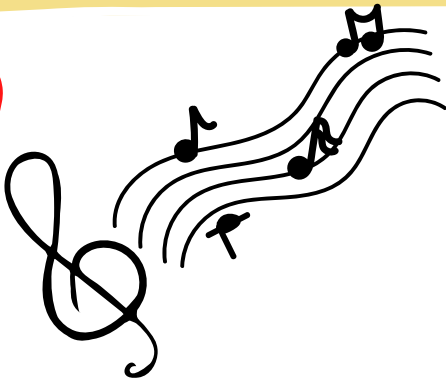
This lesson or activity would work at the end of the day, or at any point you would need to allow your class to calmly reflect.

01

Arrange the classroom so each student has an A3 piece of paper, and enough space to draw or write



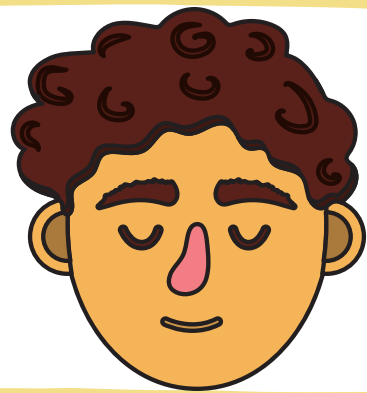
02



Play a piece of descriptive instrumental music. Suggestions:
Chopin - Raindrop Suite
Saint Saens - Aquarium
Brian Eno - An Ending

03

Ask students to have their eyes closed throughout this process. Wait until the end of the piece of music (limit to 7-8 minutes for the longer pieces)



04

Students should **reflect** on how the music makes them feel. Fill in either
Sheet 1 - Draw a picture and describe
Sheet 2 - Describe and rate the music



05

Share feelings on the pieces of music. Remember, there is no right or wrong answer. Where you can, encourage students to use musical vocabulary (High pitch, slow tempo etc.)

