



How to Guide: Music is . . .

Well Being

CHOOSE ONE WELL BEING TASK - At the top of every piece of work write the following:

Name

Date

Music class (eg 7B1)

Title

Create an information leaflet to promote a new choir starting in the community, that identifies and explains the **health and well-being benefits** of singing.

1

Research and Think about:

- How is singing good for your health and well being?
- How do people feel after singing?
- Why do people sing as a community? (maybe include the Italian balcony singing from isolation)
Have a look online at all of the virtual choirs while people are in isolation including Gareth Malone Home Chorus, why do you think this all happened?

<https://decca.com/greatbritishhomechorus/>

<https://www.classicfm.com/artists/gareth-malone/choirmaster-gareth-malone-home-chorus-coronavirus/>

What You Do:

- Create a new choir – who is it for, what type of music would you sing, what will you call it, where will you rehearse and at what time?
- Do your research
- Using publisher or word (you can use a template if you wish) create your leaflet that advertises the new choir and tries to educate people about why singing is good for you.

Title: The name of your new choir

Music Home Learning Menu

Find 3 songs that either make you feel happy and positive in some way or that talk about being happy and positive attitudes. Copy the lyrics of each song onto a word document and write a paragraph to explain what the song is about. Choose two quotes from each song that have a positive message.

2

What You Do:

- Go through your playlists/look on music platform or Youtube and find 3 songs that either make you feel happy or talk about positive things and attitudes
- Find then copy and paste the lyrics onto a word doc
- Write a short paragraph (50-100 words) for each song to explain either why it makes you feel happy or the positive things and attitudes it talks about.
- Read through the lyrics and find 2 quotes from each that have a positive message or make you feel happy
- Present your work onto a word doc, take care with your presentation

Suggested title: Songs to Make You Feel Happy

Learn how to play (an instrument if you have one or virtual keyboard on a tablet) or sing a song using Youtube tutorials, a backing track and lyrics or music.

3

Research and Think about:

- What instrument do you have access to or could you sing?
- Find yourself a tutorial online to work with or learn a song using a Youtube backing track without the lyrics on

What You Do:

- Using the youtube tutorial learn a song or piece of music on an instrument or singing
- When you have learnt it, make an audio (eg voice memo) recording of yourself playing the song.
- Complete the following writing task on word after you have recorded:
 1. **Why did you choose this piece?**
 2. **What did you find challenging about learning this song?**
 3. **Explain how your recording was successful (in tune, in time, play/sing clearly and loudly, you sang with feeling)**

Suggested Title: Learning to Play/Sing a Piece of Music