

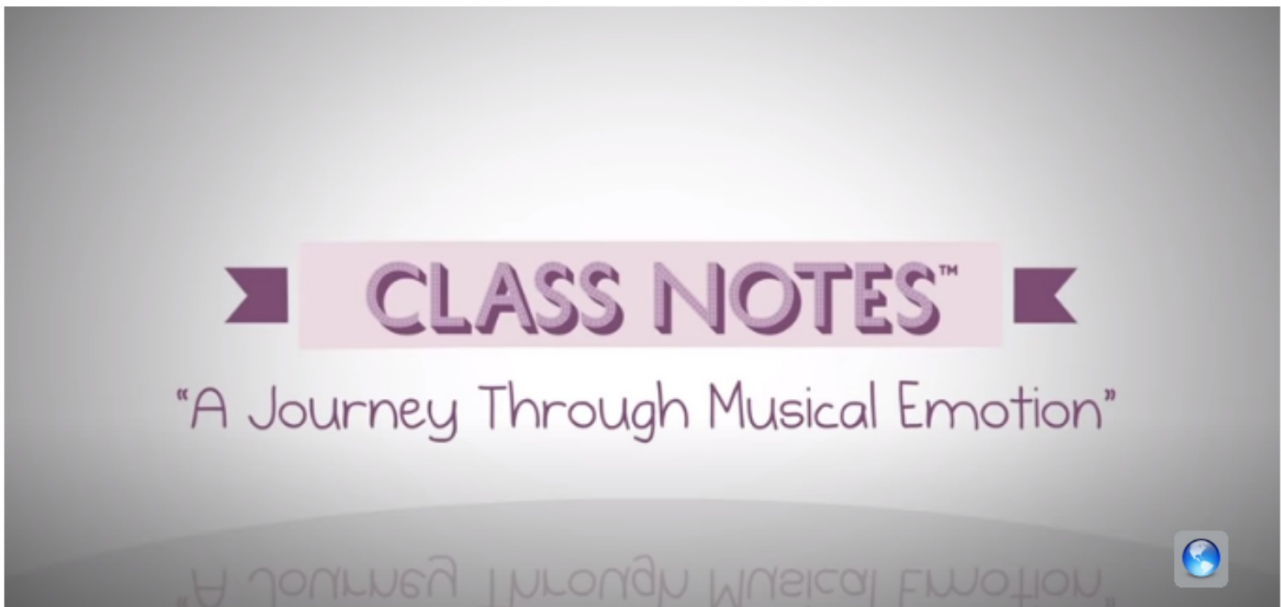


'Expressing yourself'

Today we will be looking at how music helps us to express our feelings, ideas and creativity.



Music and sounds are a great way of expressing how we feel and even changes the way we might feel.



Watch the following video and follow the journey through musical emotion. Isn't it amazing how music and sounds make us feel!

I would like you to take time to listen to the sounds around you.



If you can, with your adult, go on a nature walk. Stop a few times on your walk, close your eyes and just listen.

What can you hear?

How do the different sounds make you feel?



This walk doesn't have to be long, it could be to your local park, around your block or even just in your garden.

cars whizzing by

car horns beeping

wind blowing

birds chirping

people talking

dogs barking

How did you feel on your walk?

Did you hear the music of nature and life all around us?

**Did you hear any different sounds than the ones I heard
above?**

Research shows that people feel more positive after singing to music rather than just listening to it.

I would like you to express yourself musically!

I have chosen a selection of songs that you should know. Choose one from the next page and perform it.

Perform it loud.

Perform it quiet.

Perform it by miming.

Perform it with actions.

Perform it by clicking and clapping along.



PERFORM IT HOWEVER YOU WANT TO!

Express yourself, be happy, be creative!

Songs to choose from:

Frozen- Let it go

Zootopia- Try everything

Trolls- Can't stop this feeling

Garry Barlow- Sing

The Greatest Showman- This is me

**All of these links are on the virtual
school for you to click on!**

**Express yourself, be happy, be positive, be
creative!**