

Music for Wellbeing Activity

Instructions

Sit down together and listen to the same piece of music. It could be someone's favourite song or a piece of classical music.

As you listen, encourage everyone to think about what they imagine whilst hearing the music, without telling anyone. It might help for listeners to close their eyes.

Once the piece of music has ended, ask each person to complete one of the sheets. It's a good idea to wait until the end of the piece to begin writing/drawing, as your thoughts might change as the music continues. Everyone can choose which sheet they would rather complete (or they can do both). Sheet 1 may be more accessible for younger children as they can draw their ideas and give a simple description.



Sheet 1 – Draw a picture to illustrate what you imagine then write about how the music makes you feel.

Sheet 2 – Write about what you imagine and how the music makes you feel, giving a reason for your answer. Rate the piece of music and give a reason for your score.

Once everyone has completed their work, take it in turns to share ideas with each other. Did anyone have any similar thoughts, or were they very different?

You might like to choose a different style of music for the second piece.



Name _____

Piece 1



Piece 2



Name _____

Piece 1



Rating: /10

Reason:

Piece 2



Rating: /10

Reason:
