



Musical Resource Pack (wellbeing)





Why music?

Music is essential

Music is already all around us and part of the fabric of our lives.

Creativity is a fundamental part of being human.

Musical experiences can be permissive, creating experiences where there is no right or wrong and where we can simply 'be'.



Music helps us connect with others through shared experiences.

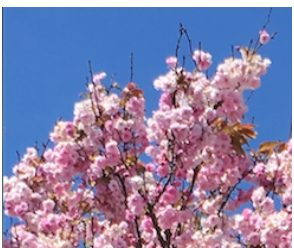
Music motivates us, draws us in. We cannot not be moved by music.

Music fuels imagination, rekindles memories and can create hope.

Music can attune and help us feel, music can challenge and change how we feel.

Music helps us express our emotions; music can express where words cannot.

Music is fun, music is playful. We need playful and fun experiences.





Music and Listening

You will need:

- A favourite piece of music or song (you can choose from the accompanying list 'Suggestions for music listening') and a way of playing the suggested music
- Comfortable chair or space on the floor

Take a moment to be still and listen to you chosen piece of music or song.

You might want to do some free drawing, move, dance or join in musically (either playing an instrument or using your voice) as you listen to the music.

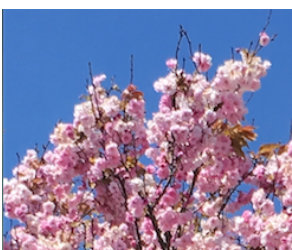


You might want to engage in one of the following as you listen to the music:

Give yourself a gentle hand massage

Move some soft material (e.g. velvet, silk) slowly over your hands and forearms

Move your hands gently through a tray of sand or uncooked rice





Music and Relaxation

You will need:

- The accompanying list 'Suggestions for music listening' and a way of playing the suggested music
- Comfortable chair or space on the floor
- Another person (guide) to engage in this activity with you

Method:

- Find a comfortable position (seated or lying on the floor).
- Choose one of the 'Suggestions for music listening'.
- Listen as your guide reads the following text in a quiet and slow voice, playing your choice of music when directed to do so.



Find a comfortable place in the chair/on a mat on the floor. Find the place that is most comfortable for you. [...] If you want to open your eyes at any time, that's OK - you might try closing them again. I will count down from five to one, and with each number you will feel more relaxed. [...] As soon as you feel comfortable, you can close your eyes. This helps block out distracting light, and it helps focus your attention on your breathing and this helps you to relax. [...]

Beginning now with the count-down:

Five - be aware of your breathing...notice the breath flowing in and out of your body.

Four - beginning to slow down the breathing now...taking slightly bigger and deeper breaths...feeling your body begin to relax.





Three - as you take deeper breaths, begin to notice how your chest fills out with the breath, and as you breathe out how the chest and shoulders fall.

Two - As you breathe out again be aware of releasing any tension in your body and allow the tension to flow out of the body.

One - feeling more deeply relaxed...letting go of any tension...allowing the breath to flow through the body easily, bringing a sense of comfort and relaxation to your whole body...(At this point start to play the music.)

[Play the choice of music from the accompanying list and listen in silence.]

The music has come to an end...begin to stretch your legs and arms...take a deep breath and exhale...begin to move your arms and legs and have a big stretch.



Taken from: *Receptive Methods in Music Therapy*, Grocke D. And Wigram T., 2007, Jessica Kingsley Publishers: London, pp. 97-98.

Helpful tips:

- You may want to swap roles and repeat this activity





Music and Visualisation

You will need:

- The accompanying list 'Suggestions for music listening' and a way of playing the suggested music
- Comfortable chair or space on the floor
- Another person (guide) to engage in this activity with you

Method:

- Find a comfortable position (seated or lying on the floor).
- Choose one of the 'Suggestions for music listening'.
- Listen as your guide reads either of the following texts in a quiet and slow voice, playing your choice of music when directed to do so.



Think about all the places that you like to go to, and choose your favourite place...it might be outside...or inside...it might be a secret place...I don't know where it is, but you do!...Think about that nice place and how happy you are to be there...maybe there are other people with you...[...]...feel how nice it is to be in your special place. (At this point start to play the music.)

[Play the choice of music from the accompanying list and listen in silence together.]

Bring to your mind an image of a flower...it might be a favourite flower...take a moment to allow the image to come to your mind...notice the shape of the flower...trace the outline of the petals in your mind...notice the colour of the flower and





how the colours might change at different places...be aware of the scent of the flower if it is there...and now focus on the centre of the flower...take your attention to the very centre, and enjoy the colour and beauty of the flower. (At this point start to play the music.)

[Play the choice of music from the accompanying list and listen in silence together.]

Bring to your mind a favourite place by the sea...take a moment to allow this image to come to your mind...notice the colour of the sea, and the shapes of the waves...notice the warm sand under your feet...feel the warm sun on your body...you might like to lie down on the warm sand listening to the gentle sound of the waves on the shore...notice how it feels in your body... (At this point start to play the music.)



[Play the choice of music from the accompanying list and listen in silence together.]

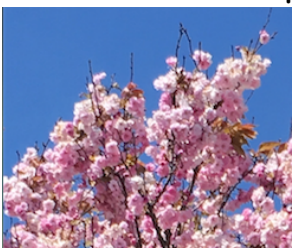
Imagine you are watching a bird in flight...take a moment to allow the image of the bird to come to your mind...notice its shape and form, and watch its wings as it moves through the air...notice the freedom of the bird in flight...and feel that freedom for yourself...(At this point start to play the music.)

[Play the choice of music from the accompanying list and listen in silence together.]

Taken from: *Receptive Methods in Music Therapy*, Grocke D. And Wigram T., 2007, Jessica Kingsley Publishers: London, pp. 66, 130.

Helpful tips:

- You may want to swap roles and repeat this activity





Music, Circles and Artwork

You will need:

- A selection of your favourite music or songs (each of approximately 3-6 minutes in length) and a way of playing the music or songs
- Paper
- Black marker or pen
- Coloured pencils or pastels

Method:

- Find a comfortable position (seated at a table, lying on the floor, sitting on the floor).
- Choose one of your favourite pieces of music or songs.
- Listen to this favourite music or song from beginning to end, with no interruptions and with your eyes closed (if you feel this is ok)
- On your paper, draw a large circle using your black marker or pen (see first picture).
- Listen to your favourite piece of music or song again. As you listen, use your coloured pencils or pastels to create free artwork inside your circle (see second picture). Let the music guide you. Repeat the music or song as many times as is necessary.



Helpful tips:

- Your artwork can be abstract (e.g. a mix of lines, shapes, colours) or drawings of familiar objects.
- There is no right or wrong way to complete your artwork. It is your expression, it simply 'is'.
- You may find this activity a little strange at first. This is ok. It will become more comfortable the more you engage with it.

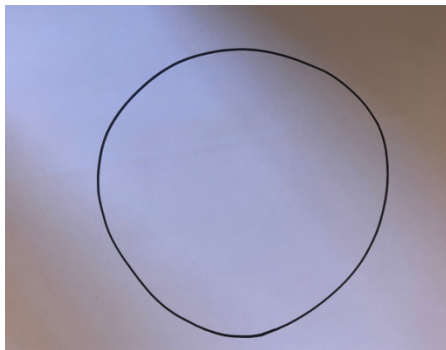




- You may want to create artwork in this way to the same piece of music or song for several consecutive days and see how your artwork changes.

The artwork created here is a response to 'Into the West' from the album 'The Lord of the Rings: The Return of the King', sung by Annie Lennox.

First picture:



Second picture:





Nature's music

Take a moment on your daily walk, or open the window, to be still and listen to the world around you. Nature and life is full of music. What sounds can you hear?

You might want to record what you can hear and share it with a friend. Here are some soundscapes. You may want to use headphones to listen. You may like to imagine a picture as you listen and then draw your picture after the music has finished.

♣ Soundscape 1:

<https://www.youtube.com/watch?v=Uyi9S7k4ENY>



♣ Soundscape 2:

<https://www.youtube.com/watch?v=wASpCxUTMfc>

♣ Soundscape 3:

<https://www.youtube.com/watch?v=S-Xe99u5yFA&t=24s>





Reflections

List 3-5 things you are struggling with:

- 1.
- 2.
- 3.
- 4.
- 5.

Can you choose a song or piece of music reflective of these ideas?

List 3-5 things you find enjoyable:



- 1.
- 2.
- 3.
- 4.
- 5.

Can you choose a song or piece of music reflective of these ideas?

List 3-5 things you would like to do now:

- 1.
- 2.
- 3.
- 4.
- 5.

Can you choose a song or piece of music reflective of these ideas?





List 3-5 things you would like to do in the future:

- 1.
- 2.
- 3.
- 4.
- 5.

Can you choose a song or piece of music reflective of these ideas?

If you would like, spend some time creating some artwork reflective of your current mood (in the left box) and of your mood when considering the future (in the right box). You may want to listen to one, or a selection, of your identified songs or pieces of music as you create your artwork.



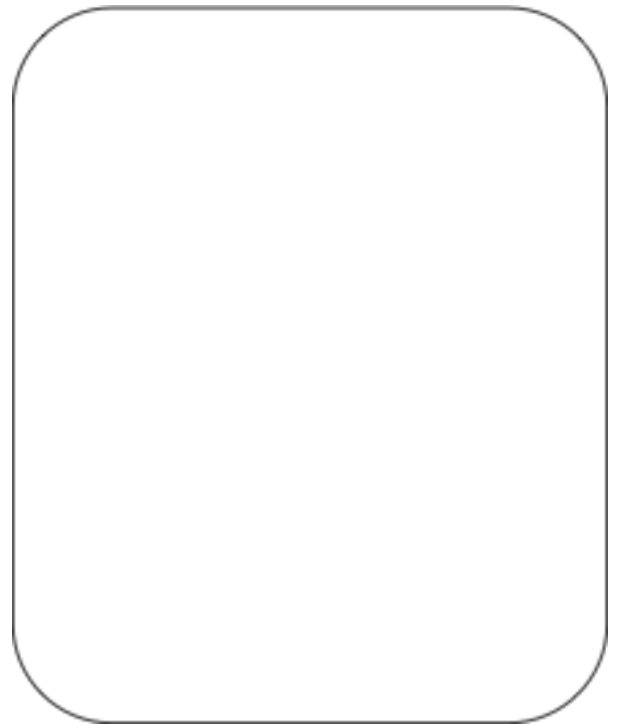


Thoughts, feelings, expressions

Life is full of thoughts and feelings. Take a moment to write down some of your thoughts and feelings. Remember there is no right or wrong in this. Allow your mind and writing to simply 'be'.

Thoughts

Feelings



Now read your thoughts and feelings (either aloud or in your head) as you listen to the following pieces of music:

♣ Thoughts, feelings, expressions 1:

<https://www.youtube.com/watch?v=X8oAVERrbBA>

♣ Thoughts, feelings, expressions 2:

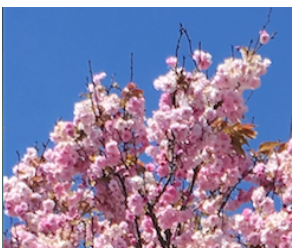
<https://www.youtube.com/watch?v=cROFq6XNWB4>





Suggestions for Music Listening

- ♣ Clair de Lune by Claude Debussy
- ♣ War song by Phamie Gow
- ♣ Carousel by Phamie Gow
- ♣ Gymnopedie No 1 by Erik Satie
- ♣ Coppelia Waltz by Leo Delibes
- ♣ Wiegenlied by Johannes Brahms
- ♣ Falling Water by Will McNicol
- ♣ The Swan (from Carnival of the Animals) by Camille Saint-Saens
- ♣ Air on the G String (Suite No 3, BWV 1068) by Johan Sebastian Bach
- ♣ Moonlight Sonata (Movement 1) by Ludwig van Beethoven
- ♣ Liebestraum No 3 by Franz Liszt
- ♣ Nocturne Op 9 No 2 by Frederick Chopin
- ♣ The Swan of Tuonela by Jean Sibelius
- ♣ The Enchanted Lake by Anatoly Lyadov
- ♣ Concierto de Aranjuez (Movement 2) by Joaquin Rodrigo





Suggestions for Music-making apps

Please supervise your child or young person accessing these apps if necessary as many apps that are free have pop-up adverts that can be quick to incur costs.

♣ GarageBand

♣ Soundprism

♣ iKaossilator

♣ SoundForest

♣ Sansula

♣ Bongos!

♣ Conga drums

♣ FingertipMaestro

♣ Cove

♣ Singing Fingers (cost)

♣ Bloom (cost)

♣ Thumbjam (cost)

