Please check my website for fun music games and videos! https://mslhow.weebly.com/games-and-videos.html

Listening to music can be a great way to help us relax and be calm. There are two listening activities for you to do:

## Listening activity #1:

- Get a piece of paper and a pencil.
- Find a spot outside where you can sit comfortably for about a minute (or longer if you like)
- Close your eyes and simply listen to the sounds around you.
- When you open your eyes, start drawing pictures of what you heard.

## Listening activity #2:

- Go to this YouTube link <u>https://www.youtube.com/watch?v=VzrHvwWjXEs</u>
- This video is very long. Just listen to the first minute or two (unless you want to listen to the whole thing!)
- While you are listening, you can draw the pictures that come into your mind.

## Make your own music:

Use instruments that you have at home to make your own nature music. If you would like to try an online composing tool, here are two options-

https://onlinesequencer.net/ or https://musiclab.chromeexperiments.com/Song-Maker/

If you are able to record your music, I'd love to hear it! You can send it to lesley.how@sd72.bc.ca