

Derbyshire SMILERS Ways to Wellbeing

Theme: The Power of Music

SMILERS



What do you think about when I say the word 'music'?

Have you noticed how music can change your mood?

Music is a universal language that we can all enjoy.

Scientific research tells us that music can help to reduce stress, it can help us to feel relaxed, it can create memories, it can support connection and overall can play a part in supporting our health and wellbeing.

Below are some activities linked to the **SMILERS 7 Ways to Wellbeing** that children and adults can try to support their health and wellbeing.

These ideas have been developed in collaboration with **Derby & Derbyshire Music Partnership**.



Stay Connected

Listening, sharing, or making music with others creates memories. Can you think of any examples?

Activity

Play this game together: [Percussion Level 1](#)

Every time the conductor jumps on your egg can you clap?

Activity

Play this game together: [Percussion Level 2](#)

Choose a colour of egg from blue, yellow and red.

Every time the conductor jumps on your egg can you clap?

Activity

Clap a simple rhythm for the group to clap back. Pass the rhythm around the circle.

Can some of the group keep the beat while others clap the rhythm?



Move

Using movements like clapping, stamping or snapping fingers is a different way to respond to music.

Activity

[Clap & Stomp Rhythm & Pulse Game EYFS/KS1](#)

Activity

[Clap Along 1](#) | [Brain Breaks](#) | [Green Bean's Music](#) | [Interactive Songs](#).

Activity

See if you can manage to follow all the different actions for each beat of the song.

[Try Everything by Shakira \(Body Percussion\)](#)



Interest

Using your voice and everyday equipment to make music is fun to do.

Activity

Can you learn how to beat box?

[Smilers Beatboxing](#)

[Smilers Beatboxing 2](#)

Activity

[Pass the cup](#). See if you can follow the instructions. Can you teach this to a family member?

Activity

Would you like to try to learn how to play a musical instrument? Advice and guidance is available on [the Derbyshire Music Hub website](#).



Look

Taking notice of what is around us can help us to be in the moment and take our mind off any worries we have.

Activity

Look at this picture. What sounds would you expect to hear?



Watch and listen to some of the [Cozy Rain on Window video](#).

What sounds can you hear? Are they the sounds you predicted? How does the soundtrack make you feel? Is it calming and peaceful or harsh and irritating?

Activity

Can you learn the 54321 Grounding Techniques.

Activity

Listen to the sounds around you.

Which instruments would you choose to mimic that sound? For example, birds, crunching leaves, the wind in the trees. Can you build a soundscape?



Eatwell

Music can affect how you feel and how you behave.

Activity

What music would you choose to play in your dining hall at school or in your playground at lunchtime? Discuss together what would work and what wouldn't work.

Can you try introducing music over a week and be detectives and see what happens?



Rest

Listening to music and focusing on your breathing can help calm your mind and relax your body.

Activity

Sit up straight on your chair with hands apart resting on your desk then close your eyes. [Listen to the first 2 or 3 minutes of this music](#) try slowly breathing in and then out again. Close your mind to any other movement or sound in the room.

Activity

Does listening to music help you to relax before bedtime? What other techniques would you recommend and not recommend?



Support

Music can boost our mood and take our mind off things. It can make us feel uplifted and is a great way to express ourselves.

Activity

Watch the Sing auditions: [Sing Auditions](#). How could we support Meena the elephant to try again?

Activity

Watch the Diversity audition and how the power of dance and music is used to tell a story. [Diversity Semi Final Performance](#).

What is your Favourite song to dance/sing to?

Check out the Travel Smart Walk to School Week theme for May which is also linked to music.

Don't forget you can apply to be a Bronze, Silver or Gold SMILERS School.

Please see the ['Wall of Fame'](#) for Derbyshire school case studies examples.

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