Music Maestro!

Wellbeing Warrior Award

Wisdom Quest

Music Maestro!

Music is one of the best things ever! There are so many different types and styles of music – a style to match every feeling in fact! Listening to music can help us calm down when we feel DYSREGULATED. It can help to cheer us up when we feel sad or low and help us to sleep or wake up as well. Magic music!

What is your favourite type of music?

Find one of your favourite songs and listen to it. How does it make you feel?

Does it have words or just music?

Is it a fast energetic dance song, a calm and relaxing song, a sad slow song or something else?

When you listen to your song, does the way you feel change?

If your song has words what is it about?

Do you dance to your song or just listen to it? Do you sing along?

Dancing is a great way to relax your body and mind.

Find your favourite tune to dance to and play it really loud.

Dance your best dance moves until the song finishes.

How do you feel now?

You can do this activity with as many songs as you like! We can't pick our favourite because we like so many songs!

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Use the box to "draw" your song. Put your pencil onto the paper and play your song. Shut your eyes and let your pencil "dance" to the music. When the song is over open your eyes and see what shapes your pencil has danced!

Name of this pencil dance song