**Musical Activities**

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| **ACTIVITY** | **ADVICE** | **ACTIVATE** |
| Compose a piece of music on an instrument of your choice or with your voice. | Make up your own song on your instrument. This could be your recorder, violin, keyboard, cornet, ukulele or clarinet. If singing, try making up your own lyrics to a song. | Play your finished song to someone who stays with you like a brother/sister, mum, dad or grandparents/carer. |
| Listen to different styles of music on the radio, television, electronic devices or speakers. | These styles could include  Pop, hip-hop, classical, opera, rock or rap. | Choose a style that makes you feel relaxed. Choose a style that makes you feel happy or energetic. |
| Learn how to Beat Box. Beatboxing is a form of vocal percussion only using the mouth, throat and nose. | To get started try repeating the phrase ***Boots and Cats*** or ***Bouncing Pizza*** or a combination of both. | Ask someone to sing a well -known song while you provide the accompaniment via beatboxing. This takes some practise. |
| Make your own musical instrument. | This could be from objects around the house or from junk- modelling. You could create drums, shakers and simple strumming instruments with elastic bands. | Create a band with all your household members. |