

Art – Settle Your Thoughts

Watch the demo: <https://bit.ly/3iJCoMv> Share your drawing on Teams.

Read this story 'Charlotte And The Quiet Place' by Deborah Sosin. It is on YouTube to read or watch: <https://bit.ly/3fBSRBz> **OR** Listen to the Calm Project Playlist on Spotify: <https://spoti.fi/3j11tDP>



Activity: Settle your thoughts

You will need:

paper or card

pencil

small household objects you can draw around

colouring pencils or pens

Creative Activity: To use drawing, colouring and pattern making to help you settle

Collect some small objects from around your house such as coasters, lids, coins, cups and jigsaw pieces. Have fun finding unusual shapes too! One by one, draw around each object with pencil on paper or card. Make sure that the outlines of different objects overlap so that there are more sections of different shapes and sizes. Colour each section with paint, and/ or coloured pens, crayons or pencils. Look at your creation and see how many objects you can spot! Show it to someone else and see if they can guess which objects you drew around!



Drama – Movement and our Emotions

Think about the use of movement, music, words and masks used in this short video by Fitzrovia Youth In Action:

<https://bit.ly/2EMUhwf>

Task:

Choose an emotion (e.g. happy, sad, frustrated, joyful etc.)

Create a dramatic piece to showcase the emotion you have chosen. You may wish to mime, act out a script, perform an interpretive dance or even use puppets.



Music – How Does Music Affect Our Emotions?



Watch this short video by Classical MPR and think about the different ways music can change how we feel and express ourselves:

<https://bit.ly/2GjLRMW>

Choose either of these songs and sing along to the music.

'If you want to sing out, sing out' by Cat Stevens <https://bit.ly/3iesKBg>

'Express yourself' by Labrinth <https://bit.ly/3kSm8tS>

Task 1

Choose one of these songs (or another song that helps you to express yourself) and do one or all of the following:

Learn the words and sing the song

Play along with the song using a musical instrument

Perform a dance inspired by the song

Task 2 Create your own song (with or without lyrics) to express yourself.