**Music Education School Recovery Curriculum resource: music for wellbeing\***

**Loss of friendship - loneliness, social isolation, lack of belonging**

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| suggested activity linked to music curriculum | intent / outcomes – pupils will: |
| * musical games which focus on communication and collective performance
* use pupils’ voices expressively and creatively by singing songs and speaking chants and rhymes
* use call & response with group/pair/individual contributions sharing performances; and listen to each other.
* when teaching in a dedicated space, consider the classroom environment: use displays of previous successes, pupil engagement, growth mindset messages
 | * develop social interaction and teamwork skills
* connect and collaborate with peers
* connect with each other, and re-establish relationships
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**Consequences of loss - anxiety, stress, bereavement, trauma**

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| suggested activity linked to music curriculum | intent / outcomes – pupils will: |
| * play (maximise musical ‘doing’ within limits of resources)
* sing (use the voice as a tool for expression)
* write song lyrics that reflect individual experiences and then apply them to musical song-writing (rap, spoken word, beat-boxing, vocal etc.)
* listen with concentration and understanding to a wide genre/stylistic range of high-quality live and recorded music. How does the music make you feel?
* create music to show how you feel. Discuss messages the music may be sharing and the connections we have to these messages. What messages do we want to share/convey?
 | * express themselves, control emotions, and apply mindfulness techniques
* apply a musical response to self-expression
* listen to different styles of music
* connect with peers and teachers through discourse
* help each other, and promote kindness
* use music as a diversion from their concerns
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**Loss of opportunity, lack of motivation and confidence**

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| suggested activity linked to music curriculum | intent / outcomes – pupils will: |
| * use any practical music-making activity using non-verbal resources to encourage confidence
* use music technology to engage pupils in creating music (within limits of resources)
* adopt creative music-making composition techniques to mark-make using any medium (e.g.write music for a situation, image, series of images etc)
* perform to each other (if appropriate) and provide feedback
* use of self-assessment to raise esteem
* student led activities, (discussing and generating their own ideas for a class project, e.g. a class mixtape that represents all pupil’s tastes)
 | * engage in lessons
* develop confidence in exploring new techniques to express their work
* explore and apply music technology to creative music-making
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**Loss of freedom, and inactivity**

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| suggested activity linked to music curriculum | intent / outcomes – pupils will: |
| * body percussion activities / action songs that engage the full body
* vocal percussion activities that engage the diaphragm, voice box, and vocal cords
* move to music according to tempo etc.
* dance to songs and connect to the music
 | * control breathing and use of body
* develop awareness of pulse and other musical elements
* connect movement with music
* be physically active: move, stamp, dance
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**Loss of structure and routine**

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| suggested activity linked to music curriculum | intent / outcomes – pupils will: |
| * adopt a lesson framework with a variety of activities, eg:
1. warm-up
2. singing/movement
3. focused activity
4. mindful listening
* reaffirm the need to create units of work which are built over several lessons, (e.g. adding extra steps to warm-ups, developing composition in the focussed activity).
* ensure each skill is mastered before a new one added.
* listen to the views of pupils to shape activities
 | * regain a sense of routine
* understand a musical lesson structure and how learning builds upon each lesson
* develop their emotional response to mindful listening, live in the moment, rediscover self
* learn new skills, broken into manageable steps
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**\*This resource has been adapted from the Tri-Borough Music Hub** [**Music Education Recovery Curriculum resources**](https://www.triboroughmusichub.org/school-services/music-education-recovery-curriculum/)

**info@wiltshiremusicconnect.org.uk**