



Miss Ibbotson's Guide to Music for Relaxation and Well – being



	It's a Mexican Mole Fiesta! Test your listening skills with Holy Mole.	https://www.musicteachers.co.uk/games/holy-mole/index.html
	Catch a falling banana and put it in your monkey pocket. Train your ears with Monkey Sing, Monkey Doh!	https://www.musicteachers.co.uk/games/monkey-doh/index.html
	Notedrops keep falling on your head! Catch the right ones to complete the music!	https://www.musicteachers.co.uk/games/weather-wise/index.html
	Try your hand at this one armed rhythm bandit! Get your note values into shape!	https://www.musicteachers.co.uk/games/rhythm-bandit/index.html
	Exercise your brain with these musical word searches. There are varying degrees of difficulty! Level 1	https://www.musicteachers.co.uk/resources/wordsearch1.pdf
	Level 2	https://www.musicteachers.co.uk/resources/wordsearch2.pdf
	Level 3	https://www.musicteachers.co.uk/resources/wordsearch3.pdf
	Chrome Music Lab is a website that makes learning music more accessible through fun and hands-on experiments. Have a go at composing using the Rhythm and Melody Maker.	https://musiclab.chromeexperiments.com/
	Not everybody is lucky enough to have a real piano or keyboard at home so try your hand at composing using this website which includes a virtual piano, bass guitar and drum machine!	https://www.musicca.com/piano

	Take some time out to relax and listen to some Classical Chill out pieces	https://www.youtube.com/watch?v=hSnD30bcAS8
	Take some time out to relax and listen to some of this Ambient Chill out Lounge mix	https://www.youtube.com/watch?v=r-tEQzU3fwY
	Take some time out to relax and listen to some of this Smooth Jazz Chill out Lounge mix	https://www.youtube.com/watch?v=ytFg0hFad8
	Create some beats on Groove Pizza. A fun and interactive groove making machine.	https://apps.musedlab.org/groovepizza/?museid=1Ba6xWZSA&
	Top 10 Bucket Drumming Beats of all Time. Watch this YouTube clip and see how many you can do using a bucket or pots and pans and two wooden spoons!	https://www.youtube.com/watch?v=NRg6Xo_Me0E
	Work on your co - ordination and internal beat with this upbeat body percussion piece	https://www.youtube.com/watch?v=92gf8dAlhUw
	Exercise! Create a playlist for your phone consisting of 20 minutes - worth of your favourite uplifting songs (tempo of each track needs to be around 120 beats per minute). Get out of the house and go for a walk or walk around your garden while listening to your playlist.	Have a break from screen time!

“Music produces a kind of pleasure which human nature cannot do without.” – **Confucius**