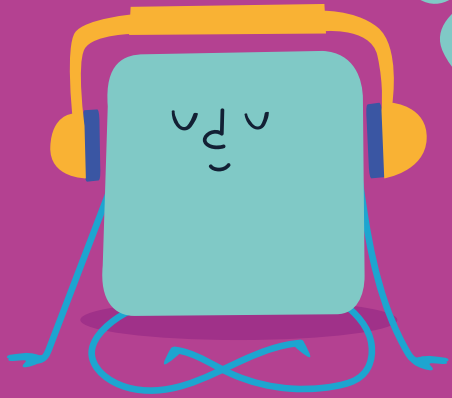
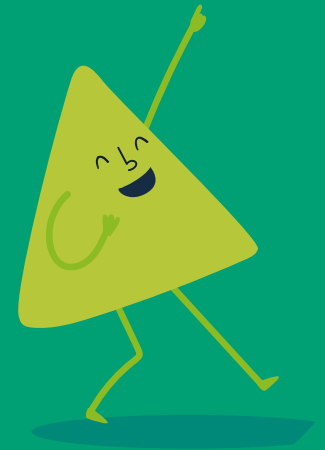


listen



MOVE



5

A DAY
MUSIC

A recovery resource for schools

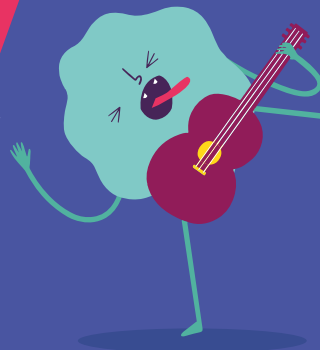
SING



Create



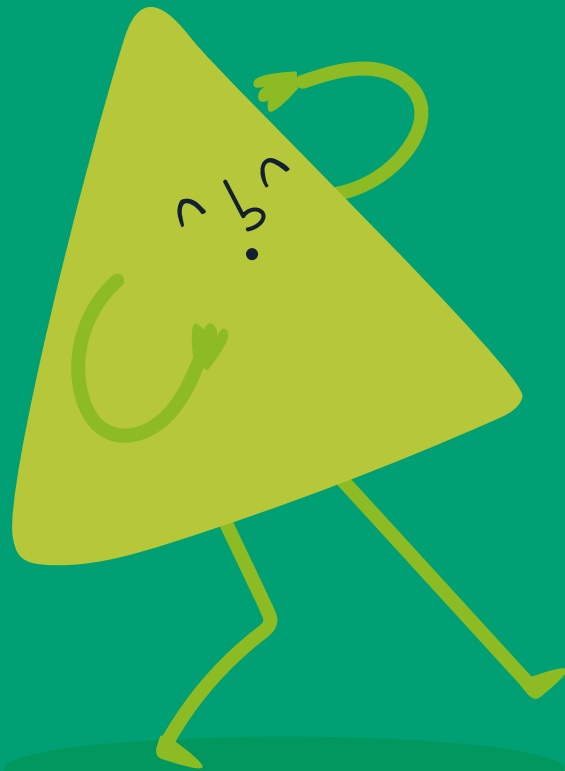
PLAY



Bristol
Plays
Music

HEALTHY MINDS MATTER

Regular routines and
social structures have been
disrupted or have disappeared



As a result of the Covid-19 global pandemic, people all over the world have experienced different levels of difficulty, stress, loss, worry, anxiety and trauma.

Regular routines and social structures have been disrupted or have disappeared, supportive relationships have moved online through screens, and physical health and human mortality have been in the spotlight for the past year. This has had particular effect on young and developing minds.

We hope this resource helps to inspire music, creativity and healthy minds with practical suggestions and activities to use in the classroom.

44%

of children have decreased the amount of time they spent on hobbies and activities during lockdown.



At Bristol Beacon we have undertaken research in this vital area. This **5 A Day - Recovery Resource for Schools** presents a guide for embedding mental health, wellbeing and recovery through the arts into children's everyday learning spaces. From reports, evidence suggests children need activities which:

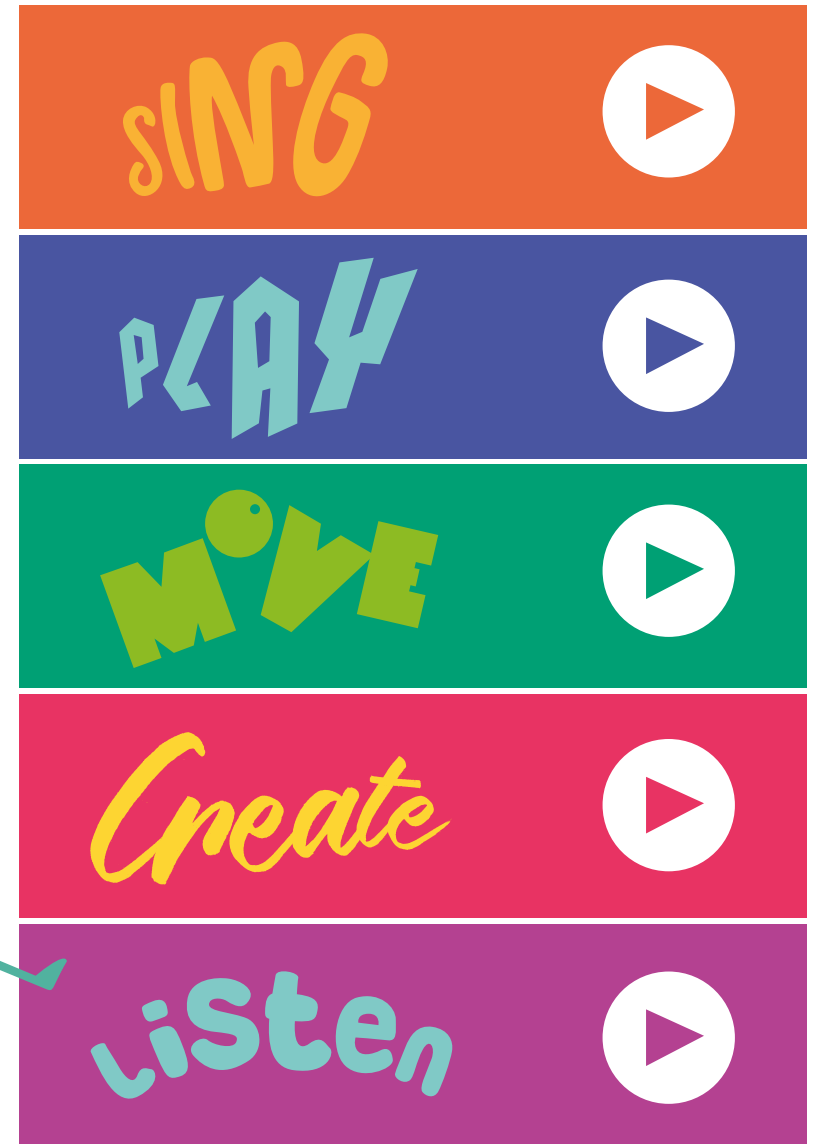
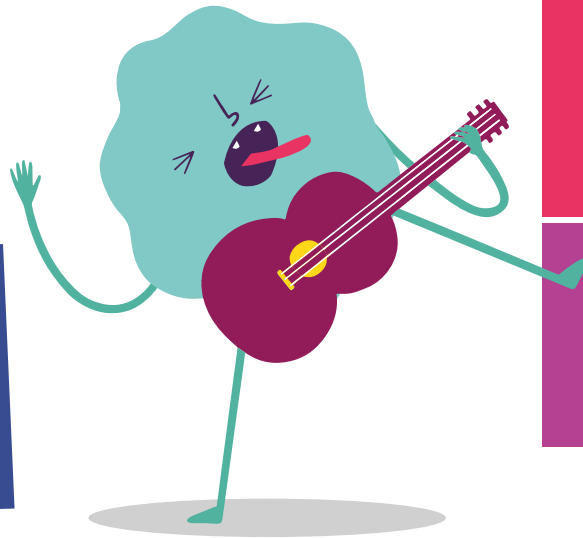
- Support children when talking about their experiences of lockdown and the pandemic, and validate these experiences.
- Enable children to regulate their stress hormones (Cortisol).
- Boost Serotonin and Oxytocin through musical activity.
- Involve children in the design of their own self-care plan and wellbeing 'toolbox'.
- Help teachers to embed mental health, wellbeing and recovery into their settings.
- Focus on re-socialising; PSHE, play, creative outlets, and outdoors activities.
- Offer clear pathways to further mental health and wellbeing support where needed.

5 A DAY ACTIVITY MENU

Playing and listening to music helps children feel motivated, secure and confident. Music is a collective experience that allows us to value and reflect on ourselves and others.

From boosting our immune systems to shaping communities, music can improve our quality of life. Just like eating five fruit and vegetables a day, take time to do five things with your class to improve wellbeing, explore identities and support recovery.

Dopamine is a chemical transmitter that enables us to feel pleasure, reducing Cortisol which is a stress hormone and boosts Serotonin and Oxytocin, our 'happy' hormones.



SING



Be inspired
by this playlist
on Spotify

SING • 5 minutes

Singing is good for us: making a noise together can make us calm and it can be a lot of FUN! You don't need to be an opera singer or popstar to sing — everyone has a voice. [Sing Up](#) is a national organisation who have made some free resources for all to access during the pandemic and recovery. [Friday Afternoons](#) is another place to find songs to share with young people.

IDEAS

- Setting aside some time to learn a new song as a class. [This song is about positivity >](#)
- Learn a song with sign language. [OK song >](#)

BENEFITS

- Excitement!
- Regulates Serotonin.
- Improves memory.
- Supports children to focus.
- Motivation.
- A positive collective experience.
- Makes you a better communicator (language development).



Be inspired
by this playlist
on Spotify

PLAY • 10 minutes

Playing is an important part of a child's development. Music can make valuable space for children to explore and play together.

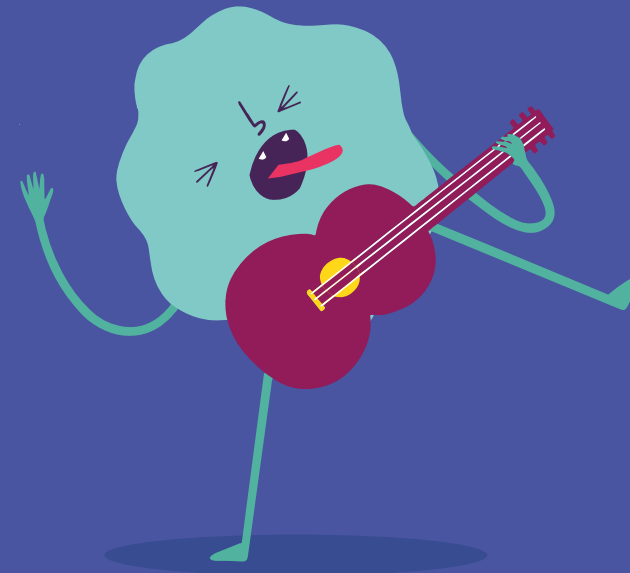
IDEAS

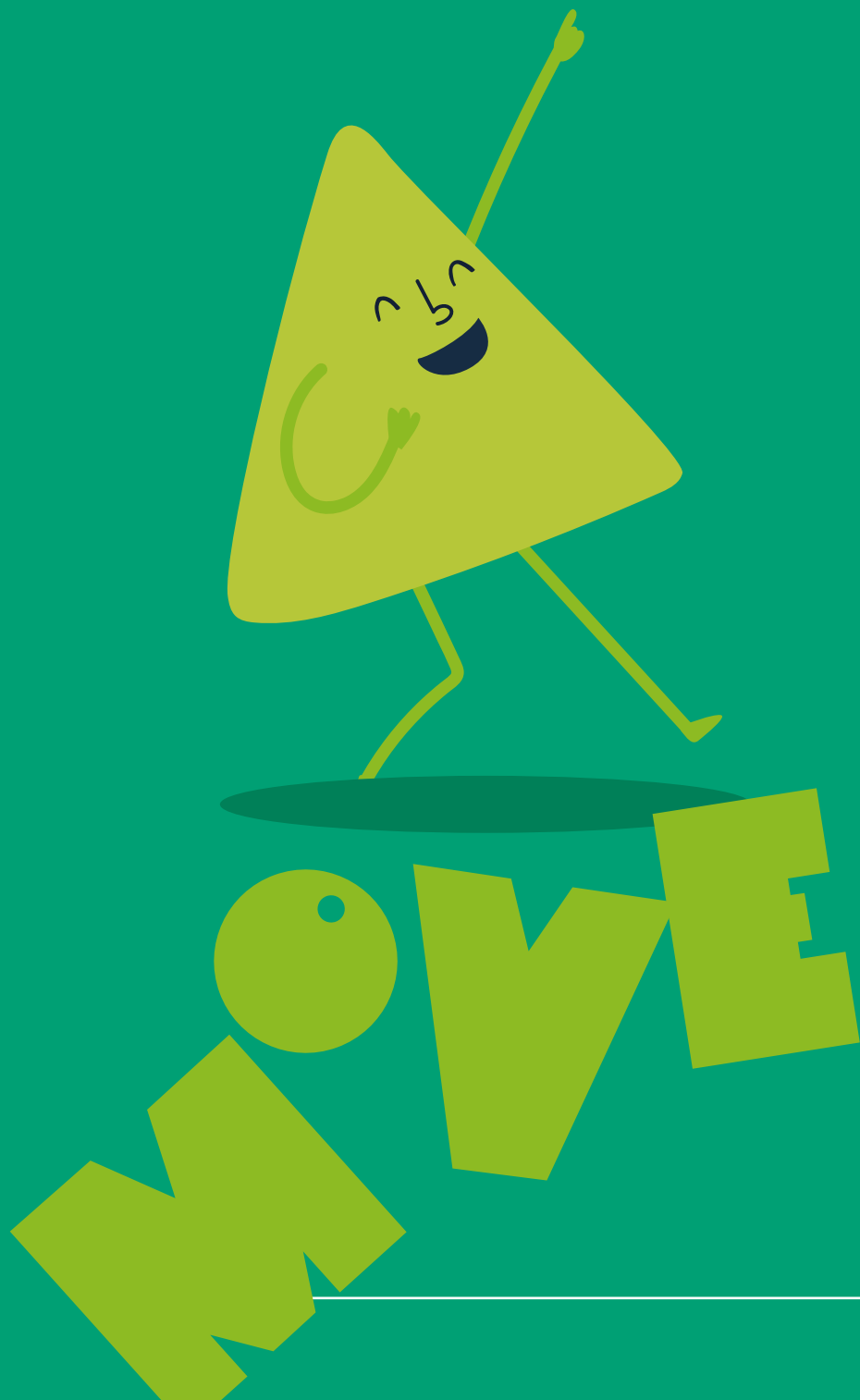
- Playing singing or rhythm games – these could be traditional singing or party games, body percussion, pass the clap or you could look at these resources here for inspiration: [Try 'play all day' >](#)
- Act out a story to music. Allow children to direct themselves and see where it takes them.
- Use musical instruments from your school to create some music around a theme – it can be unstructured or turn into a class composition. Or make your own recycled instruments!

BENEFITS

- Can increase efficiency of brain function.
- Creates sense of belonging.
- Forms identity; both personal and the identity of the group.
- Improves and can nurture relationship building.

PLAY





Be inspired
by this playlist
on Spotify

MOVE • 15 minutes

We all know the benefits of exercise for our physical health, but moving in any way can improve mental health and wellbeing too.

IDEAS

- Follow a dance tutorial or create your own routines: take a move/gesture from children and stitch together to make an original routine! This could be themed, or used to mark moments of your day e.g. lunchtime salute, Friday Jam, etc.
- Try short yoga or stretching sessions with your class. Use a playlist to set the tone/mood.
- Go for a walk – this could be around the playground, or beyond if you're feeling adventurous! Notice sounds, play rhythm games, sing outdoors with the birds!

BENEFITS

- Motivation.
- Decreases Cortisol.
- Reduces agitation.
- Can combat isolation .
- Synchronised movement can help to blur the distinction between self and other, therefore helping to create a bond between people (a feeling of unity and joy!).



Be inspired
by this playlist
on Spotify

CREATE • 20 minutes

Music and the arts is an excellent tool for young people to explore, establish and/or affirm identity of themselves or others.

IDEAS

- Use a piece of classical music to inspire a Haiku (5 syllables, 7 syllables, 5 syllables) or an acrostic poem.
- Collect thoughts from the class and organise into poems, rap or song lyrics.
- [A 'Class Band' project — with 5 instruments kids can make >](#)

BENEFITS

- Self-expression.
- Enables Serotonin.
- Build meaningful connections.
- The expression of difficult feelings.

Create



listen
listen
listen



Be inspired
by this playlist
on Spotify

LISTEN • 5-30 minutes

Listening activities can be the starting points for discussion and appreciation of music. As well as this, listening to music once a day as a stand-alone activity is also beneficial.

IDEAS

- [Listen to a guided meditation](#) – these are [readily available online](#) >
- Put a piece of music on for children to listen to – make sure there are no distractions and everyone is aware that the only task is listening! Bristol schools can access this special resource from [Minute of Listening](#) > which provides a whole host of sounds from Bristol.
- Create a class playlist – see expansion activities.

BENEFITS

- Relaxation.
- Can foster empathy.
- Can help to reduce anxiety and alleviate stress.
- Improves sleep.
- Boosts our happy hormones through mindfulness and positivity.

5 A DAY MENU IDEAS

Plan one

Morning

- 1 Playing music when children arrive into the classroom (listen)
- 2 A 'silly shake out' before breaktime (move).
- 3 Sing a song before lunch (sing).

Afternoon

- 4 Pass a clap around the room before first lesson back (play).
- 5 Take four words from four students to sum up the day, sing or clap them back in a rhythm together before home time (create).



Plan two

Morning

- 1 Karaoke to start your day! (sing).
- 2 Play 'guess the sound' after break time to refocus (listen, play).

Afternoon

- 3 Music playing in the room as children come back from lunch (listen).
- 4 Sentence stems from a song lyric, get children to fill in the blanks – e.g. Sometimes I feel like... (throwing my hands up in the air), You got the (love) I need to see me through. (create, listen).
- 5 'Strike a pose' which sums up your day (move, create).



Plan three

Morning

- 1 Wake up and move! Dance tutorial or play a track and 'follow different leaders' with some moves! (move, create, play).
- 2 Take some deep breaths together before/after break time (sing).

Afternoon

- 3 Listen to a song and read the lyrics at the same time: take individual thoughts if you have time, or get children to write down their favourite line and share (listen, create).
- 4 Clap a rhythm at the class and get them to mirror it back (listen, create, move).
- 5 Play music during free-play, or to mark the end of the day (listen).



Print this page out for easy reference!

5 A DAY EXPANSION ACTIVITIES

If you would like to expand on any of these activities, see below for inspiration

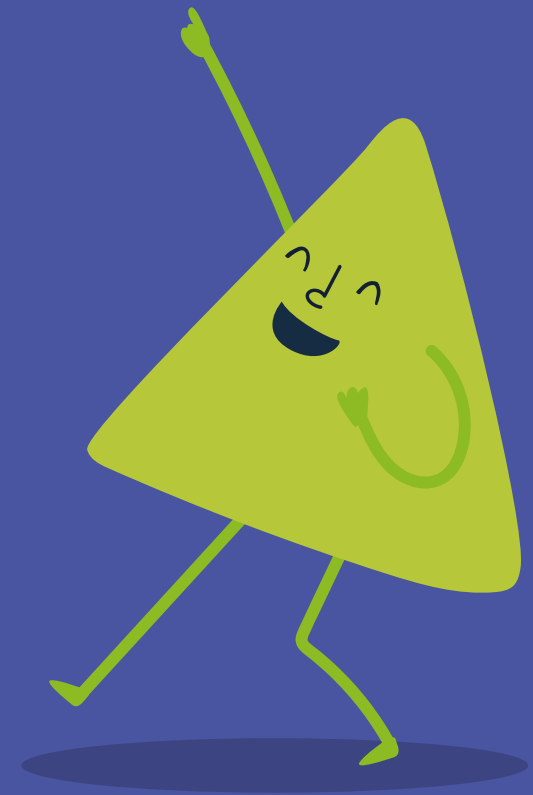
Music and the power of playlists

Using songs to break up the day can be a very effective way of creating routine and focus, set the mood and bring the day to life with music.

Create A Class Playlist – take ideas/requests from each child around a theme, and/or make a general class playlist!

- Reflect: Each request could be linked with a memory, association or something important for that child; find out why each song is important to them.
- Routine: Play at different points in the week e.g. for free play, when everyone is coming in the morning, 10 mins before home time.
- Create and connect: Take 2 songs from the playlist per week: look/talk about the lyrics, sing together (karaoke style), get children to take a line from the lyrics and illustrate it as a message to themselves, and/or use the start of lyrics as sentence stems to make your own versions of the song.

E.g. Move on up, towards your...
Though you may find... (Curtis Mayfield, Move on Up), It's oh so quiet, and peaceful until... (Björk, Oh So Quiet) .



WRITING/DRAWING ACTIVITIES FOR SELF-CARE

This exercise is good for overwhelm, and promotes the idea that if we just focus on a few things at a time, everything else will take care of itself. It is all still part of us, and equally important – we just can't fit everything in all the time!

Circle of Self

- 1** Get children to draw a big circle in a book or on a bit of card. This circle represents them (the individual). They can write 'ME' in the middle or do a small self-portrait if they like. On separate bits of paper/card in smaller circles, they can draw/write the things they like, that are important to them, that make them feel safe. (This can include music!)
- 2** Individually cut out the smaller circles, and place bits of blue tac on the back of them. Stick them around the outside of the big circle. This is the child's 'self-care toolbox', and children can try and do at least one of these things each week.
- 3** In this centre of the big circle they could write 'This week I Will...' or 'My Focus this week...', then take up to 3 things and stick them in the centre of the big circle. Encourage them not to think too hard about choosing, just go with their feelings. Have children put the circle up somewhere they look often (either in the classroom or at home). They can change their focus each week if they like.



WRITING/DRAWING ACTIVITIES FOR SELF-CARE

Children can repeat this process with people in their life who they respect and/or are important to them. This will encourage them to notice, reflect and give thanks for power in others. Often what we admire in others is also reflected in ourselves. Use this resource to help children find the vocabulary they need.

Superheroes

Life is full of ups and downs, and sometimes we are too busy to notice the power that we all have within us. This activity invites us to reflect on our power and that of others:

- 1 Get children to look at their circle of self, and think about what their likes and dislikes are, and what makes them, 'them'. Use this to make a list of 'superpowers' they have – they can be as silly, big or small as you like – but they must be TRUE!
- 2 Once they have this list, try and pick three favourite superpowers. Then find one adjective/describing word which sums up this power. Use the sentence stem, I have the power of...
- 3 Think about colours and objects that could represent these powers. And then get children to draw their superheroes. Does your super-hero alter ego have a name? Do they have a theme tune? Song Lyric as a 'slogan' to go with them? Get children to put their drawings somewhere special, and remind them they can recall these powers if they are feeling flat or struggling some days.

My Super Powers Are	I have the Power of
Super-Tree-Climber!	→ FREEDOM AND ADVENTURE
Great-Banana-Eater!	→ ENERGY
Best-Ever-Sleeper!	→ RELAXATION AND REST

My Power's Colour	What I can Draw
Green leaves	→ Green leaf super-suit
Yellow and gold	→ Gold banana boots
Purple	→ Soft purple cape



Find more resources to inspire creativity at
www.bristolmusiccurriculum.org

Share your 5 A Day creations on
[#5ADayMusic](https://twitter.com/5ADayMusic)

Contact us on curriculum@bristolbeacon.org

References

- [Young Minds – Autumn 2020 Survey Return to School – Impact on YP with pre-existing MH needs >](#)
- [NHS Mental Health of CYP in England 2020: follow up to the 2017 survey >](#)
- [Barnados In Our Own Words Report >](#)
- [Barnados Time for a Clean Slate Report >](#)
- [UNICEF Six-Point Plan to Protect our Children >](#)
- [Superhero Activity inspired by Holly Stoppit \(Dramatherapist, Clown, Director, Theatre Maker\) Read about her work and workshop offers here >](#)

Resources

- [Bristol Beacon Spotify account for 5 A Day playlists >](#)
- [Sing Up >](#)
- [Minute of Listening >](#)
- [Friday Afternoons >](#)
- [Singing Playgrounds >](#)



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