

# SUNDERLAND MUSIC HUB

## MUSIC AT HOME: WEEK FIVE

Welcome to the fifth week of our Music at Home activities. It's Mental Health Awareness Week this week, and music has been proven to have a whole host of benefits to our wellbeing. There are lots of activities to get involved with this week, from singing and drumming to lots of things to listen to and enjoy.

There won't be any new Music at Home activities next week as it's half term, but check out our [Twitter](#), [Facebook](#) and [Instagram](#) accounts where we'll be posting activities from previous weeks in case you missed them! We'll be back on Monday 1st June with our next instalment of Music at Home.

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FOR ALL AGE RANGES



### SINGING WARM UP - MY BONNY LIVES OVER THE OCEAN

Join Laura and learn to sing this Scottish Folk song, [My Bonny Lies Over the Ocean](#) and use the song to get warmed up for the singing activity in today's Music at Home resources.

Laura adds actions every time a word in the song starts with a letter 'B'. Make it harder by adding another action for words that start with the letter 'O'? What about adding an action every time words rhyme, like 'me' and 'sea'?

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## MUSIC HUB HOME SESSIONS

We hope you're enjoying our Music Hub Home Sessions. Each week we are blown away by the incredible talent of the young musicians of Sunderland.

This week we're bringing you two very talented young performers: Rosalind Cockling and Hannah Roeves.

[Rosalind](#) is a member of Houghton Area Youth Band and brings us a stunning performance of "In The Fast Lane" by Robert Ramskill. [Hannah](#), a student at Sunderland College, is performing Dream a Little Dream of Me, with lovely rich vocals and accompanying piano.

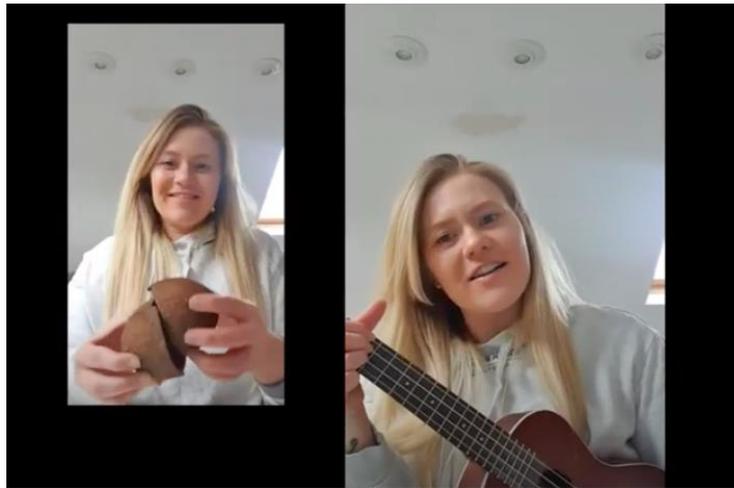
If you'd like to share a performance with us for our Music at Home series, please have a [read of this document](#) about staying safe when engaging with music activity online, and upload your video by [following this link](#). If you are under 18, you'll need to ask your parent or carer to complete this link for you.



# EARLY YEARS

## HORSEY HORSEY SINGALONG

Join our Early Years practitioner Ashleigh this week with a special rendition of [Horsey Horsey](#). You can sing, clap, bounce or dance along with this song. Don't worry if you don't have a coconut like Ashleigh, two plastic cups will work, castanets or clapping (improvise), will all help to create the **sound** effect of **horse** hooves clopping.



## SAGE GATESHEAD INTERACTIVE RESOURCE PACK FOR MINI SINGERS

Our pals at Sage Gateshead have shared this [interactive resource pack](#) for their amazing event for Mini Singers. The pack is created by Singer/Songwriter, performer and facilitator, Claire Tustin, who specialises in creating playful songs and theatre for children.

All monkeys, raccoons, whales and snakes, please gather for singing, dancing and adventure!



This interactive pack is for everyone including teachers, children and home school educators, and is packed with music, lyrics and backing tracks for you to enjoy at school and at home. The Big Sing for Mini Singers is generously supported by [Kavlifondet](#).

## EVEN MORE EARLY YEARS RESOURCES - STORY TEAM DURHAM

Over in Durham, their [Story Team](#) are on a mission to start building a brand-new story with everyone, week by week!

They launched the project Tuesday 5<sup>th</sup> May, their first task describing the places where you live and week two task, 'Creating a character'. [Tune in this week](#) to find out what they need help with in creating their story!

Friend of Sunderland Music Hub, Ruth Mary Johnson, has been working with County Durham library service's popular storytelling sessions online. Check out Ruth's telling of [Aesop fable The Crow and the Pitcher](#) .



### A FINAL WORD FROM KERMIT

We came across this song from [Kermit](#) this week, and it melted our hearts.

To the lovers, the dreamers and you ... Keep Believing.



# PRIMARY

## MUSICAL MOMENTS - PETER AND THE WOLF

This week's activities are based around Sergei Prokofiev's Peter and the Wolf. Watch the animated [Disney version](#) (which is narrated by David Bowie!) and have a go at the activities in this week's [Musical Moments Worksheet](#).

Did you know, there's a link between Prokofiev and SAFC? Can you do some research to find out what it is?



Our friends at Sunderland Symphony Orchestra performed Peter and the Wolf live at Sunderland Empire last year. If you enjoyed the Disney version [take a look at this video of the orchestra performing the piece in full](#) on stage at the city's best loved theatre.

## BIG SING 2020: FEELING GOOD!

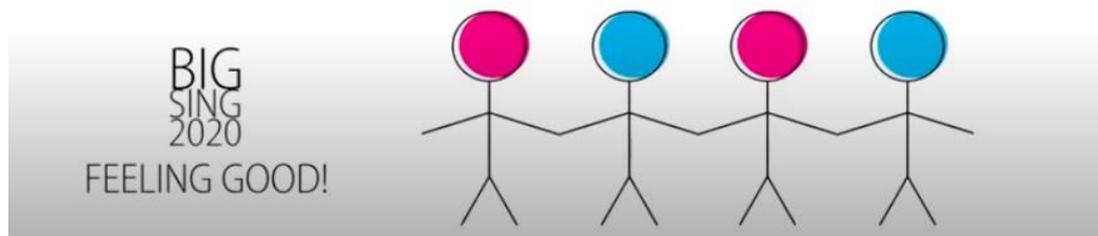
### LEARN TO SING ONE AND A MILLION

This week is Mental Health Awareness week, and so it's an extra special time to be launching a new How to Sing video for our event Big Sing 2020: Feeling Good! The benefits of singing on mental health are well documented, and our event this year is themed all around wellbeing.

This week we're sharing with you a [How to Sing video of One and a Million](#). The song might not be familiar to you, so have a [listen to it here](#) before taking part in the How to Sing video with Laura, so you get to know the song before singing along.

All the information about the event including a Big Sing Toolkit and each of the weekly videos can be found on our [website here](#). The Big Sing will take place on Monday 22nd June 2020 and will be live streamed on Sunderland Music Hub's Facebook page.

# Learn to Sing: One and a Million



## **FIVE SONGS IN BRITISH SIGN LANGUAGE WITH BBC BRING THE NOISE**

Learn signs and dance-along to these five songs with [BBC Bring the Noise](#). These songs are suitable for children in primary school and upwards, including parents!

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# SECONDARY

## SONG OF THE WEEK: TRADITIONAL AFRICAN MUSIC

This week we're changing it up a little. Rather than bringing you just one song, we're going to have a look at traditional African music. Have a go at this [worksheet](#) which includes a link to watch and listen to some traditional African music, to learn more about it, and take part in linked activities.

We've also produced [this video](#) to help you have a go at composing some traditional African rhythms of your own. And don't worry, you don't need a drum or other instrument at home. Composing these rhythms his can all be done through clapping, with the kitchen pans, or do some some table drumming!



## MUSIC THEORY VIDEOS

# MUSIC THEORY

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## REST DURATION

Timing is everything, as they say, and what is as important as knowing when to play a note is knowing when not to! In this week's music theory video, Ellie talks to us about rest durations, what they look like, what their names are and how long they last. This video may even come in handy when composing your traditional African music-inspired rhythms. [Check out Ellie's video here.](#)

## A MOMENT OF CALM - MENTAL HEALTH AWARENESS WEEK

This week is [mental health awareness](#) week and the theme for this year is 'kindness'. Music - both listening to and playing - is known for its benefits on mental health. Have a watch of this [Ted Talk](#) on how

playing an instrument benefits your brain. There's also an episode of the show Explained on Netflix about the impact of music on the brain.

Instead of bringing you another activity to take part in this week, we wanted to encourage you to take a moment of calmness. Take time this week to be in a quiet space and play some music that can have a calming effect on you. If you're not sure where to start have a look at our suggestions below:

*"Whenever I have something to do that I am finding quite stressful, for example a difficult piece of work or just feeling a bit overwhelmed, my go to is [Brian Eno's Music for Airports](#). It really helps me to focus and relax. But I also really recommend listening to [Max Richter](#) who has written lots of scores for films and has reimagined some classical composers, alongside his own body of work"*

- Lizzie, Music Hub Team

*"[Penguin Cafe Orchestra](#) are my go to artist when I need a period of calm. I usually listen through the whole of 'Preludes, Airs and Yodels' album when making tea. I am able to focus on the music, the day's worries are forgotten...at least for a little while."*

- Liam, Music Hub Team

Take a look at Classic FM's list of relaxing pieces of classical music [here](#) for further moment of calm inspiration.



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