

SUNDERLAND MUSIC 🎵 HUB

MUSIC AT HOME: WEEK ONE

Welcome to our very first Music at Home newsletter!

Like many of you at home, here at Sunderland Music Hub we've been missing taking part in our usual music activity, whether that is workshops, choirs or music lessons. For us, music activity is as much about wellbeing as it about progressing as musicians, and across the world we have seen examples of how music has been bringing people together at this unusual time. That being the case, we wanted to send on some activity that we thought might be fun for you to take part in from the comfort of your own living room!

Each week we're sending on activities for families and children of all ages. Take a look at the different Early Years, Primary and Secondary resources below and pick and mix which you'd like to have a go at.

We're bringing lots of singing activity in this week's newsletter, and before any singing it's really important to get warmed up! Here's a [tongue twisting warm up](#) activity with Singing Lead Laura to get us started.



We hope you enjoy taking part and feel to share your music at home with us via our [Facebook](#), [Twitter](#) and [Instagram](#) accounts.



LET OUT THE NOISE: ONLINE!

We're working with We Make Culture and Washington Mind to take our weekly singing group Let Out the Noise online.

The group is suitable for young people aged 12+ and is the chance to belt out some pop bangers with our brilliant music leaders in a friendly and comfortable environment.

No singing experience necessary!

Starting today, 20th April, the group will take place digitally via Zoom every Monday from 4-5pm.

More information about the group is available [HERE](#).

Email LAURA@WEMAKECULTURE.CO.UK to book your place!

EARLY YEARS

THE BEARS IN MUSIC LAND

Our brilliant Early Years Lead Ashleigh is bringing you a series of bear themed activities this week. Start the activity by listening along to [Ashleigh singing The Bears in Music Land here.](#)



- Perform the chorus holding hands walking round in a circle.
- Stop to perform the verses, using big actions for Daddy bear, medium actions for Mummy bear and little actions for Baby bear to emphasise the different rhythms for each bear.
- There's a space in the song for you to think of your own bear too. Granny bear? Grandad bear? Thomas bear? Alice bear? ... you decide :)

ONLINE RESOURCES OF THE WEEK

We're sticking with the bear theme for our online resource recommendations this week.

We're sure you all know the very popular song Teddy Bear's Picnic. [If not have a listen to this singalong version here.](#)

[Get crafty with Music and Movements activities linked with the Teddy Bear's Picnic.](#)

Teddy Bear Teddy Bear

'Teddy bear, Teddy bear, turn around. Teddy bear, Teddy bear, touch with ground.

Teddy bear, Teddy bear, tie your shoe. Teddy bear, teddy bear, that will do.'

- Bounce a teddy on your knees to the beat whilst saying or singing the rhyme/song.
- Use your teddy to do the actions of the song, sitting down and standing up.
- Do actions together, standing up and using BIG actions yourself. (Without the teddy) – you could get faster and slow down here too!
- Why don't you set up a little picnic with your children for lunch, in the sitting room, dining room, garden? Anywhere really, get all the Teddy and cuddly toys involved too.

And if you still haven't had enough bears for one week, take a look at this list of bear-themed books from [Early Learning HQ](#).

Lots of the books are available online. Our favourite at the moment is The Bear and the Piano by David Litchfield.



Don't forget to send us any picture or videos of your ideas, creations, artwork, songs, dance moves, actions, we love to see everything! Enjoy your picnics :)

SING UP PLAYLIST

Sing Up is an online resource used by schools and other settings across the country. They believe in the power of singing and have worked hard to make sure children are still able to access their activities from home. We recommend giving [this playlist a go!](#)

PRIMARY

MUSICAL MOMENTS

Each week we will be sharing a document full of musical activities that primary aged students and their families can do at home! [Here is week one](#), collated by the fabulous Lynne Ireland of Sunderland Music Hub and Dame Dorothy Primary School!

ONLINE RESOURCE OF THE WEEK

[BBC Bring The Noise: How to Write a Song With Your Children.](#)

Professional musicians Dame Evelyn and Omar walk you through the steps of what may seem a very daunting task: writing a song. Real focus on just jamming and having fun here, despite how the end result may sound!



SING UP PLAYLISTS

Sing Up is a huge song bank that is used across schools in Sunderland and beyond. Odds are, you will have enjoyed singing some songs from Sing Up at school. To keep you singing at home, our friends at Sing Up have created a series of playlists for you to access, [including this one for children aged 7-11](#).

SECONDARY

SONG OF THE WEEK: HOLD MY HAND

Each week we're bringing you a series of activities linked with our Song of the Week, starting with the very catchy Hold My Hand by Jess Glynne. Find the full resource, with links to the track, listening challenges, chords to play along with and a video tutorial right [here](#)!



JORDAN MILLER NEW WRITING NORTH SONGWRITING RESOURCE

Our pals over at New Writing North have been working with professional writers and musicians to create some brilliant creative writing and songwriting prompts. This week we are sharing an activity from Sunderland's own Jordan Miller of the band Vanderbilt. Jordan walks you through a lyric technique used by the legendary David Bowie. Check it out [here](#)!



ONLINE RESOURCE OF THE WEEK

[MusicTheory.net](https://www.musictheory.net)

We're big fans of MusicTheory.net. There's a huge variety of free online lessons and activities centred around music theory techniques, ranging from beginners to intermediate learners!

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children
SUNDERLAND

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