

Chetham's Relaxed Concert: "The World Around Us"

This relaxed concert has been created by us for you to enjoy at home, until we can welcome you into the building again!

You can just watch the concert – either as individual tracks or as a full concert experience – or get a little bit more involved and join in.

We have tried to ensure that the concert is built around the Post-Pandemic recovery curriculum. Structure and routine are included in the concert, plus opportunities to experience and enjoy sensory music making with friends and family.

The information below gives:

- ideas of activities to do along with the music (including the all-important list of props you may need!)
- follow-on musical ideas to try
- follow-on activities to try
- links to other resources

We'd love to know how you're making music at home, either inspired by our resources or your own compositions, so please do get in touch. Check us out on [Twitter](#) for updates and more music adventures.

Finally, please do make use of the Guide for Accessible Music Education, which has lots of links and advice for music making with young people with additional needs.

<https://theshortguidetoaccessiblemusiceducation.files.wordpress.com/2017/02/the-short-guide-to-accessible-music-educationv2.pdf>

HELLO and GOODBYE SONG



To join in with the Hello and Goodbye song (no resources needed)

- why not try and learn some of the signs which accompany the song?
- change the words to welcome the people in the room with you
- 'Air play' the instruments that we say hello and goodbye to!
- Clap twice every time you hear the word 'hel-lo' and 'wel-come' or 'good-bye' and 'thank you'

Follow on activities

- make your own hello or goodbye song or sign to welcome or thank people
- design a nice poster or picture to welcome people into your space
- design a nice card to say thank you to someone

Links

Why not explore more instruments in the orchestra with our Daily Demos!

<https://outreach.chethams.com/resources/chethams-outreach-team/daily-demos/>
<http://www.bbc.co.uk/orchestras/learn/guidetotheorchestra/>



JOURNEY SONG

To join in with the Journey song

*possible additional resources – lots of ideas below!

- why not try and learn some of the signs which accompany the song
- as we encounter the different landscapes and forms of transport throughout the concert, use materials and sounds in a tactile and multi-sensory way to introduce the different feel and sounds of the environments.
- ‘Skiing’ could be feeling ice-cubes
- ‘Sailing’ could be a fan or hairdryer to mimic the wind
- ‘Bussing’ could be an engine – a washing machine or blender sound would work well!
- ‘Boating’ could be water – try spraying from a bottle onto an umbrella or the hand
- ‘Running’ could be leaves or twigs crackling or getting the body moving
- ‘Riding’ could be the feel of fur (fake is fine!), or coconut shells sounding like horses hooves
- Go on a physical journey – move around the space, or try going high and low, fast and slow. Move your body if possible

Follow on activities

- can you change the words to match your own journey experience? It could be ‘bedroom big’, ‘kitchen small’, ‘bathroom wet’ and ‘stairs so tall’
- design a map for your own journey – it could even be a treasure map!
- go on an adventure in your local area to have your very own journey

Links

Have a listen to the BBC Ten Pieces (there are BBC 10 Pieces version 1, 2 and 3!). Lots of the pieces take you on journeys, especially this piece, A Short Ride in a Fast Machine by John Adams!

<https://www.bbc.co.uk/programmes/articles/3xwJ8Zpzz44vNJIzfqtxbbX/short-ride-in-a-fast-machine-by-john-adams>

Additionally, there are resources here for young people with additional needs.

<https://www.bbc.co.uk/teach/ten-pieces/classical-music-young-people-with-disabilities/zrq9xyc>



JOGGING SONG: CAN CAN BY OFFENBACH

To join in with the Jogging Song

*possible additional resources – a drum (which could easily be a mixing bowl, upside-down bin or saucepan with a wooden spoon!)

- why not try and drum along to the piece of music. This could be on a drum or on your own body or legs. You could even stamp along.
- Imagine you are on a run! Move your feet if possible and pump those arms! Stretch high, wide and low with Sarah
- I SPY! Can you see the musicians with sporting headbands on? I think the trumpet and violin are ready to run!
- I SPY! Keep an eye on the trumpet. Can you see when the trumpet has the tune? What does she do? Can you copy her?

Follow on activities

- Can you design your own headband for running?
- Lots of people use music when they are running or exercising to keep them going! Can you create your own playlist of motivational exercise music?
- How many different things can you find to make drum sounds around you? Maybe you could make your own drum. Using an old ice-cream or margarine tub can work well for this.

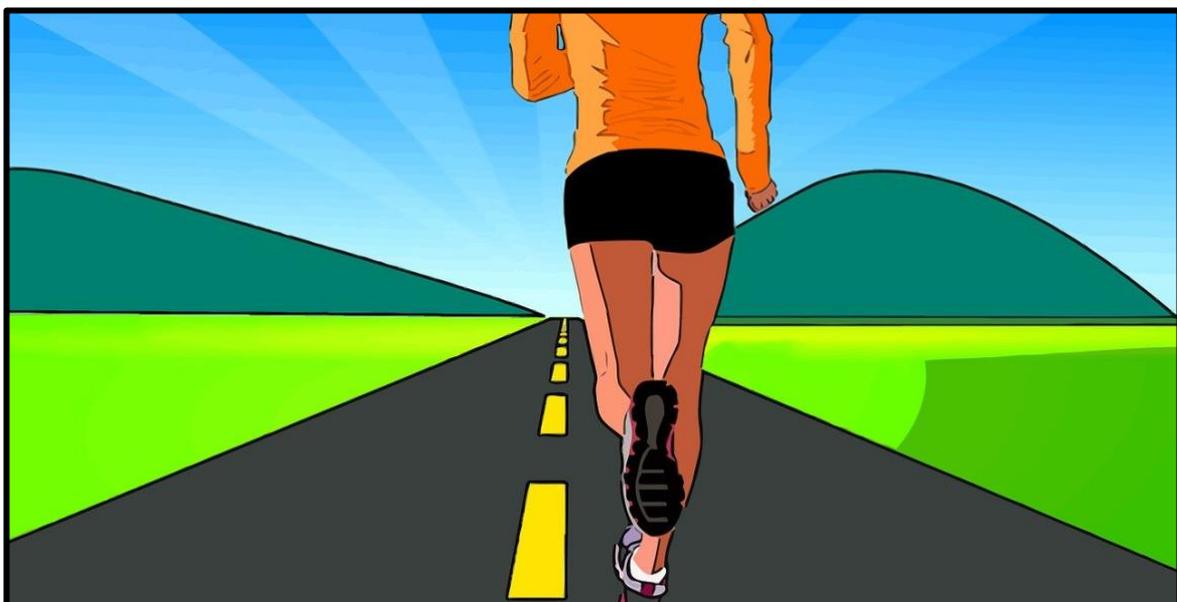
Links

There are other pieces of classical music which sound like running! This one is called the 'William Tell' Overture, and it sounds like running horses!

[William Tell Overture Finale](#)

This one even has the horses in the video to go with it!

[Rossini: William Tell Overture: Final with Horse Run](#)



SPANISH: HABANERA BY BIZET

To join in with the Spanish Tune

*possible additional resources – a drum (which could easily be a mixing bowl, upside-down bin or saucepan with a wooden spoon!). Craft activity in Follow on activities

- I SPY! Can you see the musicians with Hats, Sunglasses, Fans and Cocktail umbrellas? There is even one instrument wearing a hat!!
- I SPY! Keep an eye on the double bass. Look at what this instrument is doing – it plays the same rhythm all the way through! Can you clap, tap, or drum along with it?
- Lots of Spanish music is written for dancing. Can you dance along to the music?

Follow on activities

- Every country has its own flag. Can you design your own flag that represents you or where you live?
- Why not cook and eat a Spanish meal! Let us know what food you like best!
- What Spanish things do you have at home? A hat, fan, feather boa? Try dressing up!
- Spain is best known for two different instruments – the guitar and the castanets. They are both used in traditional Spanish music. You can make your own castanets at home.



You Will Need

- A small paper plate or thick cardboard
- [Scissors]
- Coloured felt tips, crayons or any water-based paint
- Glue gun, PVA glue or double sided sticky tape
- Buttons, coins, shells, bottle tops or metal washers

Method

If you have cardboard, cut it into a shape which fits on your hand when folded in half. It could be any shape...a circle, square, ladybird, butterfly!



- Decorate your plate or your cardboard however you like. You could even design it as a Spanish flag!
- Fold your cardboard or plate in half
- On the inside of the card, where the outer edges touch, glue two of the objects to the card – one on each side so that they 'clack' together



- Once the glue is dry, you will have your very own home-made castanets to play!



Links

Traditional Spanish dances are very popular. You might have heard of Flamenco, tango, bolero and Pasodoble! Why not have a look online at different Spanish dances? You might even have seen some on Strictly Come Dancing on the TV!

[Ballet Flamenco Andalusia - Flamenco Festival at New York City Center](#)

The most famous classical music piece using a Spanish Song is called Bolero by Ravel, and has the same drum beat all the way through it.

[Ravel: Boléro – BBC Proms 2014](#)



FOOTBALL: MATCH OF THE DAY THEME

To join in with the Football piece

*possible additional resources – whistle

- I SPY! Can you see the musicians wearing football gear? Which team do you think they support?
- Can you join in with the whistle and finish the piece off with a whistle too? Cheer the musicians to get through to the end!
- Can you clap along throughout the piece?

Follow on activities

- Some sports teams have special rhythmic patterns which help the team to work together and scare off the opposition! The most famous is the HAKA from New Zealand. Can you create your own musical pattern? We have some body patterns on our website to give you some ideas!
- Can you make your own sound which shows that someone has scored a goal. Would it be a cheer, a clap, or another sound entirely?
- Are there any football teams or sports venues near you? Go on a visit and listen to the sounds of team playing.
- Can you think of any football songs which people often sing when watching a football match? Maybe there was a song that you really liked for the UEFA Euros 2020, or a song that a local team sing. Try and find it and sing along, or write your very own football chant.

Links

Here are the links to our body percussion patterns

<https://outreach.chethams.com/resources/chethams-outreach-team/sing-with-sarah/>

And here is a link to the Haka! It is pretty scary!

https://www.youtube.com/watch?v=yiKFYTFJ_kw

Football's coming home!

<https://www.youtube.com/watch?v=RJqimlFcJsM>



SLEEPING SONG: MORNING BY GRIEG (PEER GYNT SUITE)

To join in with the Sleeping song

*possible additional resources – a fan, a piece of fabric

- I SPY! Some of the musicians have fallen asleep! Can you see who? Can you relax and listen with your eyes closed?
- I SPY! 1 of the instruments has the main tune in this piece. Which instrument is it?
- Try and physically copy the music you hear. The tune sounds very calm and floating through the air or the water. See if you can get your body to float along
- As a sensory activity, use a fan to mimic the feeling of flying through the air, so that this feels like the breeze passing you by
- Join in with the piece using the fabric as a sensory tool – use it over the arms and body, or pretend it is the sea and try to make waves!



Follow on activities

- Make your own ocean drum or watery sounding instrument to join in with us. You could try making an instrument by using the bottle with water in it, or different materials such as rice, split peas or small stones.
- This piece is relaxing – try and find the most comfortable and relaxing place to listen to it in
- Are there any lakes, ponds, or even the sea near you? Go on a visit and listen to the sounds of the water
- Maybe you could watch the sunset or sunrise and see the light changing outside
- Make a playlist of relaxing and chilled out music which you can use if you ever feel stressed

Links

Music can often make us feel different things. Try lots of different types of music to see how it feels. A great starting point are the BBC 10 pieces

<https://www.bbc.co.uk/teach/ten-pieces/all-resources/zdg3t39>

This video travels all around the world with different music. See which countries you can guess!

<https://www.youtube.com/watch?v=DAhLXLj4UuE>

PLAYGROUND: BABY ELEPHANT WALK BY MANCINI

To join in with the Playground song

*possible additional resources – a drum, sticks or any kind of instrument. Slinky, swing, or sock puppet.

- I SPY! Keep an eye on the musicians and when they are standing up and sitting down. When they have the main tune they stand up! We have the violin and flute then the bassoon and cello. Maybe you can copy them?
- Clap, tap or drum along with the drum in the video
- Move to the music like you are balancing on the playground climbing frame! Be careful not to fall off!
- Can you move the slinky or sock puppet like someone is balancing carefully?

Follow on activities

- Is there a park near you? Why not visit and have a go on some of the things there! You'll hear other people playing too – I hope they don't fall off!
- Find lots of funny ways to move. It could be your feet, hands or head, but see if you can play around with your movements.
- Can you go upside-down? To the left, the right, up or really low? See how these positions feel.
- Do you have anything at home which makes a really silly noise? Like you're playing at the playground?



Links

There's lots of music that feels a bit jokey and like people playing around! Our friends at DIY theatre have created an amazing resource called 'Circus Tricks'. There's loads of things to watch, listen to and take part in.

<https://www.diytheatre.org.uk/how-to-take-part/circus-tricks-resources/>

P.S. you can see some of the actors signing along to the song they wrote in our video...aren't they fantastic!

There is a very old video called the 'Ministry of Silly Walks'. Can you make up your own? Some people did it this year! See how silly you can get!

<https://www.youtube.com/watch?v=eCLp7zodUil>

<https://www.bbc.co.uk/news/av/uk-england-berkshire-52812589>

CITY: HOEDOWN BY COPLAND FROM RODEO

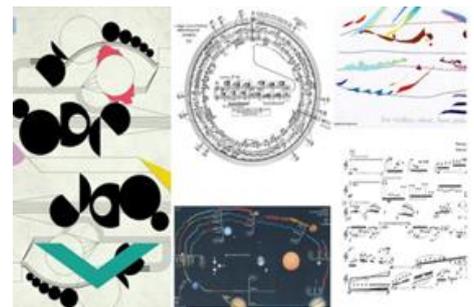
To join in with the City song

*possible additional resources – drum, sticks or any kind of instrument. Toy cars, buses etc.

- What kind of things can you hear in the music? Can you hear any horses? Car horns? Buses? People rushing around?
- Can you join in with the busy percussion playing? Try to keep up!
- Have you got any toy cars, buses, people or city things that you can take on a busy walk around the room while you listen to this piece?

Follow on activities

- Take a trip somewhere busy. Why not try just sitting and listening to all the sounds around you and to what people are doing?
- Close your eyes and listen for 60 seconds. What can you hear? Listen really carefully. It might be near or further away, but see what you can hear. It might be you can hear your heart beating, or your tummy rumbling!
- Draw what you can hear – it could be pictures, doodles or a graphic score, which is a visual representation of what you can hear. There are a few examples below to give you some ideas. Once you have done this, you could even give your picture or graphic score to someone else to see if they can 'read' or recreate it.



Links

Have a listen to these Postcard pieces by the London Sinfonietta, composed entirely from pictures on the back of postcards. Do you agree with what the cellist is playing?

<https://www.youtube.com/watch?v=JZhRXz7EiY>

There are lots of busy pieces of music and some of them even take you on journeys. This piece is especially busy: A Short Ride in a Fast Machine by John Adams!

<https://www.bbc.co.uk/programmes/articles/3xwJ8Zpzz44vNJIzfqtxbbX/short-ride-in-a-fast-machine-by-john-adams>



CINEMA: JAMES BOND THEME

To join in with the Cinema piece

*possible additional resources – none needed

- I SPY! Can you see any of musicians wearing Spy masks? Who is the most convincing spy?
- Can you move like a spy? Whether that's creeping and crawling, freezing like a statue, or only moving the tiniest finger!
- See what you can see around you – look really carefully like a spy! Can you see a shadow, a piece of dust, an animal or a written word. Perhaps you even have a magnifying glass or binoculars!

Follow on activities

Can you change the lighting in your room so that there are areas of shadow and light? Perhaps these areas make you move differently, or have different music.

Play hide and seek, 'Hello Mr Wolf' or even musical statues. Who can last the longest without being caught?

Can you dress up like a spy, or create your own facemask?

Can you create a code or secret message in music, writing or drawing and see if other people can guess what it means!

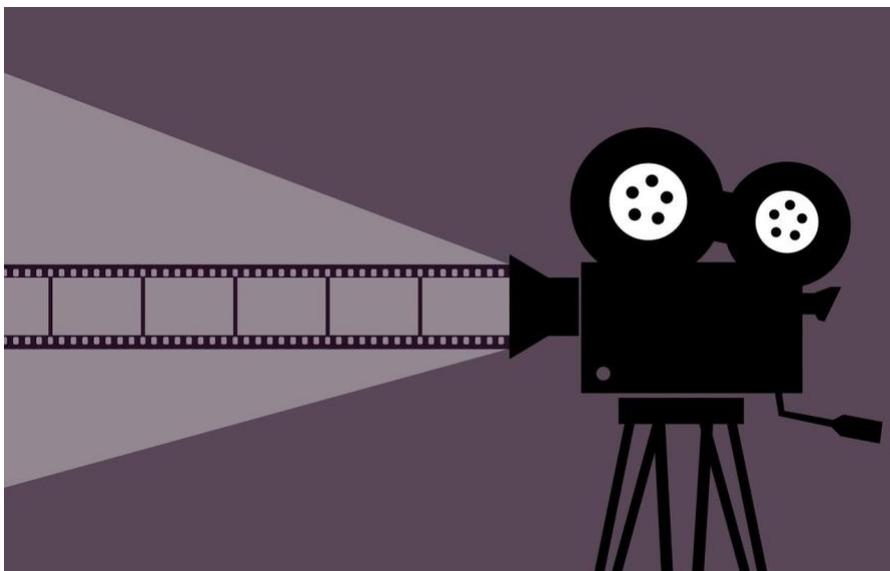
Links

Morse code is a famous way of transmitting messages where each letter is made up of a different pattern of short and long noises. Have a listen and see if you can have a go!

<https://www.youtube.com/watch?v= J8YcQETyTw>

Have a listen to Superhero and Supervillain music! Try Superman, Darth Vader, Batman, Spiderman, Lord of the Rings. Can you tell which ones are heroes and which are villains!

Try listening to film music from lots of different films – can you remember which music goes with which film?



GOODBYE SONG

Thank you everyone for doing music with us today

