

Physical Health and Well-Being through Music & Arts (7-12)

	Ideas to Explore	Considerations
Creating	Create a playlist of music that you find uplifting or inspiring. Share the list with someone, or invite friends to create a list together.	Try coming up with a title that represents your playlist as a whole.
	Imagine your positive playlist is an album. Design an album cover using pencil crayons, markers, paint, or digital art.	To create your album cover, use any materials you have in your house.
	Create a representation of your musical instrument	Use a variety of materials that you find around home.
	Create a piece of art while listening to music.	You can use any materials you can find at home to create and express the music.
	Create an image inspired by another artwork or artist.	Look at artworks to inspire your own creation. What would you make? What story would it tell? How would it make you feel? You can use any materials you can find at home or outside to make your creation.
	Write your own music, or write the notes for a song you like, using staff paper and pencil or music notation software.	Noteflight: Music Notation and Composition Software Printable Staff Paper
	Play along with a song that you enjoy. Add a line or hook for your instrument.	Let Lizzo and her flute inspire you!
	Write about why you chose your instrument and describe some of the things you like about it.	Imagine that you are writing to a younger student who is considering being part of a

		band program. What would you tell them?
	Create an instrument using recycled materials found around your home. Create enough for an entire family band!	Collaborating on a project like this can be a lot of fun!
	Use your homemade instrument and/or body percussion and record a multi-track tune using the Acapella app.	STOMP : Check this out for inspiration!
	Perform a song (sing or play any instrument) as a gift for a family member or family friend. Play in person or send a video message.	Get your family involved! They could sing or play an instrument, or you can teach them to perform on a household "percussion" instrument...Kraft Dinner boxes make great shakers!
	Which songs best describe your personality and your experiences? Create an imaginary album (The Soundtrack of My Life) which includes a list of songs that reflect who you are right now.	This is a great reflective activity to document where you are at this point in life.
	Have a fun karaoke contest with your family.	You don't have to sound good to have a lot of fun! Celebrate every voice! (YouTube offers a lot of karaoke tracks.)
Listening	Musicians all over the world have contributed to performance videos while self-isolating in their homes. Listen and choose your favourites. Reflect on why people turn to music and art in times of crises.	Self-isolating choirs and orchestras perform from home "You Will Be Found" from Dear Evan Hansen This Storm: Catherine MacLellan and Tara MacLean (award winning

		singer/songwriters from P.E.I.) CBC Music: Favourite Virtual Videos from Canadians
Listen to popular songs from a past decade and then the 2000's. What sounds different? What sounds the same?	Ask your parents for suggestions - find out what music they listened to when they were your age.	
Choose one of the pop songs listed and listen to the original. Can you hear how the new tune was inspired by the classic?		27 Pop Songs Inspired by Classics
Listen to an interview given by your favourite musician. What did you learn about the artist, their music, and their creative process?	Check out Tiny Desk Concert Series	
Do some digging into how hip-hop music uses "sampling" to create some of the best grooves. Can you link some hip-hop tunes to the songs they sample from the past?	Consider how music today is connected to the past.	
Watch a full concert on YouTube.	Try one from a current artist or group, and one from a past decade.	
Check out a musical on Netflix or Disney+	<p>On Netflix: Mary Poppins Returns, Annie, Greatest Showman, Willy Wonka & the Chocolate Factory, Grease, Mamma Mia.</p> <p>On Disney+ The Sound of Music, Mary Poppins, Lion King, Aladdin, Little Mermaid, Beauty and the Beast, Hercules, Princess and the Frog, Tangled, Moana, Coco, Frozen (1&2), Into the Woods, Descendants (1, 2 and 3)</p>	

	Find video of someone you would consider a master of the instrument that you are learning to play.	You can find links to instrumental performance videos by some amazing musicians here: Listening Examples
Exploring	Find a new genre (style) of music to listen to. What makes it different from the music you usually have on your playlist?	This is a great way to connect with siblings, parents, or friends to get recommendations of music they like.
	Explore music in nature. Pay attention to the sounds you hear when you are walking outside.	What kind of inspiration might musicians find in the natural world?
	Explore online music-making tools.	Chrome Music Lab Google Creatability Experiments Incredibox Groove Pizza
	Find a new Canadian artist to listen to. And even better- find a new Island artist to listen to and support!	Juno Awards East Coast Music Association Music PEI

Links and apps to support learners

Free Sheet Music

- [Brian Sadler Sheet Music](#) - Free Sheet Music
- [One Size Fits All Band](#) - More free Sheet Music
- [Music Notes](#) - Free sheet music in different genres (pop, movie themes, classical, etc.)
- [8-Notes](#) - Free sheet music in various styles and keys

If you have access to an instrument

[8 Cool Apps for Musicians](#) - Apps for Young Musicians

[Guitar Smartz](#) - Free Online Guitar Lessons for Beginners

[Instrumental Bingo](#) - Keep playing at home with this list of home practice activities

[UltimateGuitar.com](#) - Find Tabs and chords to your favourite songs and explore the app.

[Marty Music](#) - Beginner to advanced guitar videos. Pop, rock and fun!

[Cynthia Lin - Ukulele](#) - Ukulele instructional videos

Other links and resources (not dependent on access to an instrument)

[Audacity](#) - Record and Edit

[Sound Trap](#) - Create Digital Music or Record Online

[Learn Ballet](#) - Learn to Dance

[5 dances from around the world to try at home](#): Try some dances from different parts of the world!

[BandLab](#) - Try making music with loops!

[Flat for Docs](#) - Play with this Google Docs Add-on and collaborate with friends. Record multiple tracks (vocal, instruments, found instruments from around the house, etc.)

[GarageBand](#) - If you have an Apple device it's free from the App Store. Make great music easily.

[Home Bucket Drumming for Beginners](#)-Bucket drumming lessons and PDF sheet music!

Visual Arts Link

[Art Class from Home - Confederation Centre of the Arts](#) - Be inspired! Learn about the elements of Art and artmaking through the Confederation Centre of the Arts Permanent Collection.