

Health and Well-Being through Music & Art (K-3)

	Play-based Ideas to Explore	Notes for Parents/Teachers
Sing	<ul style="list-style-type: none"> ● Sing a song you remember from music class that makes you happy. ● Make a playlist of your favourite songs. ● Ask an adult what their favourite song is and why. Listen and sing it together! ● Plant seeds and sing them a little song to help them grow. 	<ul style="list-style-type: none"> ● Singing contributes positively to a child's overall well-being.
Move	<ul style="list-style-type: none"> ● Find a ribbon/scarf and move it to your favourite song. ● Play freeze dance with someone that you live with. ● Move to music by skipping, hopping, marching, tip-toeing, sliding, or any other way that you can think of! ● Create a secret handshake with a partner. ● Play Rock, Paper, Scissors with a partner. ● Draw, paint, build, or construct artwork using such things as play doh, crayons, pencils, paper, glue, scissors, recycled materials, or items from around the house or outdoors. 	<ul style="list-style-type: none"> ● Movement improves spatial development, gross and fine motor skills as well as the child's overall well-being.
Play	<ul style="list-style-type: none"> ● Make up a song on an instrument you have at home. ● Form a kitchen band. Find pots, pans, and other utensils and play along with a favourite song. ● Create a musical scavenger hunt (inside or outside). Find something around your house that can play HIGH, LOW, LOUD, or SOFT. ● Try a new instrument. 	<ul style="list-style-type: none"> ● Playing an instrument improves overall fine and gross motor skills. ● Playing an instrument enables students to express and explore feelings, ideas, thoughts & understandings.
Listen	<ul style="list-style-type: none"> ● Watch videos and learn about music from around the world through the Carnegie Hall Musical Explorers interactive map. ● While listening to music with no words, draw what you imagine or feel. 	<ul style="list-style-type: none"> ● Exploring music and art from different cultures helps to support and promote

	<ul style="list-style-type: none"> • Go outside and listen to the sounds and music of nature. Write or draw a picture of what you heard. • Interview an adult about music class when they were young. Do they remember any songs? Did they play games or instruments? 	<p>cultural understanding and empathy.</p> <ul style="list-style-type: none"> • Music allows us to explore our emotions.
Create	<ul style="list-style-type: none"> • Create sound effects and dramatics to go with a storybook. • Make new words to a song you know and perform it for your stuffies. • Look out your window and draw what you see. • Make up a new sound pattern with an instrument or your voice and find a creative way to show it (draw, write, perform, etc.). • Design and build an instrument using recycled materials. Then play it! • Have a puppet show; you could even make a sock puppet! • Create a piece of artwork that expresses your ideas, thoughts, and feelings 	<ul style="list-style-type: none"> • A performance can be recorded or presented live! • Creating and performing improves self-esteem and self-expression.

Links and apps to support learners

[Chrome Music Lab](#) - Play with music and sound.

[Art for Kids Hub](#) - Explore these How-to-draw videos and other art lessons for kids.

[Mo Willems Lunch Doodle](#) - Draw with the author of "Don't Let the Pigeon Drive the Bus."

[Carnegie Hall Musical Explorers](#) - Watch videos to learn about music from around the world.

[Cosmic Kids Yoga](#) - Yoga, mindfulness, and relaxation for kids.

[New York Philharmonic Kids Zone](#) - Play music games.

[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.

Health and Well-Being through Music & Arts (4-6)

	Play-based Ideas to Explore	Notes for Parents/Teachers
Sing	<ul style="list-style-type: none"> ● Sing a song you remember from music class that makes you happy. ● Make a playlist of your favourite songs. ● Put on a karaoke track from YouTube and sing! ● Ask an adult what their favourite song is and why. Listen and sing it together! 	<ul style="list-style-type: none"> ● Singing contributes positively to a child's overall well-being.
Move	<ul style="list-style-type: none"> ● Play freeze dance with someone that you live with. ● Create a dance and make it into a video. ● Create a secret handshake with a partner. ● Follow along with a Just Dance video on YouTube or learn some moves from African, Bollywood, salsa, or hip hop dance styles! ● Draw, paint, build, or construct an artwork using such things as recycled materials, or items from around the house or outdoors. 	<ul style="list-style-type: none"> ● Movement improves spatial development, gross and fine motor skills as well as the child's overall well-being.
Play	<ul style="list-style-type: none"> ● Try a new instrument. ● Make up a song on an instrument you have at home. ● Form a kitchen band. Find pots, pans, and other utensils and play along with a favourite song. ● Find interesting sounds around your house or outside and record them. Play a sound guessing game. ● Record a performance of a song you made or borrowed. ● Find an instrumental play-along video and follow along with your instrument (if you 	<ul style="list-style-type: none"> ● Playing an instrument improves overall fine and gross motor skills. ● Playing an instrument enables students to express and explore feelings, ideas, thoughts & understandings.

	have one at home).	
Listen	<ul style="list-style-type: none"> • Watch videos and learn about music from around the world through the Carnegie Hall Musical Explorers interactive map. • While listening to music with no words, draw what you imagine or feel. • Go outside and listen to the sounds and music of nature. Write or draw a picture of what you heard. • Interview an adult about music class when they were young. Do they remember any songs? Did they play games or instruments? 	<ul style="list-style-type: none"> • Exploring music and art from different cultures helps to support and promote cultural understanding and empathy. • Music allows us to explore our emotions.
Create	<ul style="list-style-type: none"> • Create sound effects and dramatics to go with a storybook. • Rewrite lyrics to a song you know and perform it for someone else. • Look out your window and draw what you see. • Make up a new sound pattern with an instrument or your voice and find a creative way to show it (draw, write, perform, etc.) • Make new patterns using 3 or 4 chords you know with your ukulele, guitar or keyboard (if you have one at home). • Design and build an instrument using recycled materials. Then play it! • Create an image inspired by music or other artworks. 	<ul style="list-style-type: none"> • A performance can be recorded or presented live! • Creating and performing improves self-esteem and self-expression.

Links and apps to support learners

[Chrome Music Lab](#) - Play with music and sound.

[Art for Kids Hub](#) - Explore these How-to-draw videos and other art lessons for kids.

[Just Dance](#) - Try some fun dances to your favourite songs.

[Incredibox](#) - Create awesome beatbox tracks. Use the web version; the app is not free.

[Groove Pizza](#) - Make some "beats" and explore fractions at the same time!

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

[aQWERTYon](#) - Improvise a solo on your computer.

[Flat for Docs](#) - Play with this Google Docs Add-on and collaborate with friends.

[Finale Notepad](#) - Download and play with music notation.

[Mo Willems Lunch Doodle](#) - Draw with the author of "Don't Let the Pigeon Drive the Bus."

[Carnegie Hall Musical Explorers](#) - Watch videos and learn about music from around the world.

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

[GarageBand](#) - Free from the App Store on Apple devices. Make great music easily.

[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.