

Try this at home

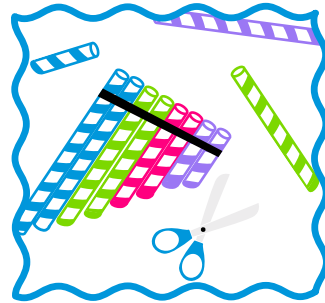
Pick an activity and get creative.

You should be able to find everything you need at home.



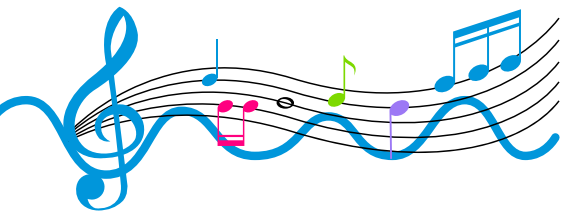
Activity 1

Read your favourite story (or comic or poem). How could you bring it to life with sound effects? Which instruments would you use?



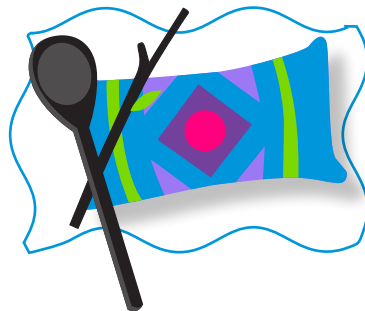
Activity 2

Hunt for recycled materials around your home to use as musical instruments – elastic bands on tissue boxes or stretched balloons on tin cans make great instruments.



Activity 3

Create your own melody (a tune) that reflects your personality and perform it by whistling or humming.



Activity 4

Find a cushion and two sticks (wooden spoons, chopsticks or sticks from outside) and put on your favourite song. Tap along to the rhythm and keep a steady beat.

Discovering 'Me'

with **OUNDS**

Colour
me in

sky arts

Access all Arts

Access All Arts is a nationwide week when children across the country celebrate the arts, building creativity, skills and confidence along the way.

Your child has been rolling their sleeves up and getting stuck into a week of arts at school. This year's theme is identity, which means they have been celebrating individuality and what makes each one of us unique.

Now it's time for children to continue their sounds adventure at home, boosting wellbeing and self-esteem along the way.

Why not dip into the activities here to continue their creative journey.

Discovering sounds

Choose a sound for the important people in your life. Have a look at the selection of musical instruments below. Assign each one to someone you know. Why does that sound make you think of them?



Name: _____



Name: _____



Name: _____



Name: _____



Name: _____



Name: _____



Name: _____

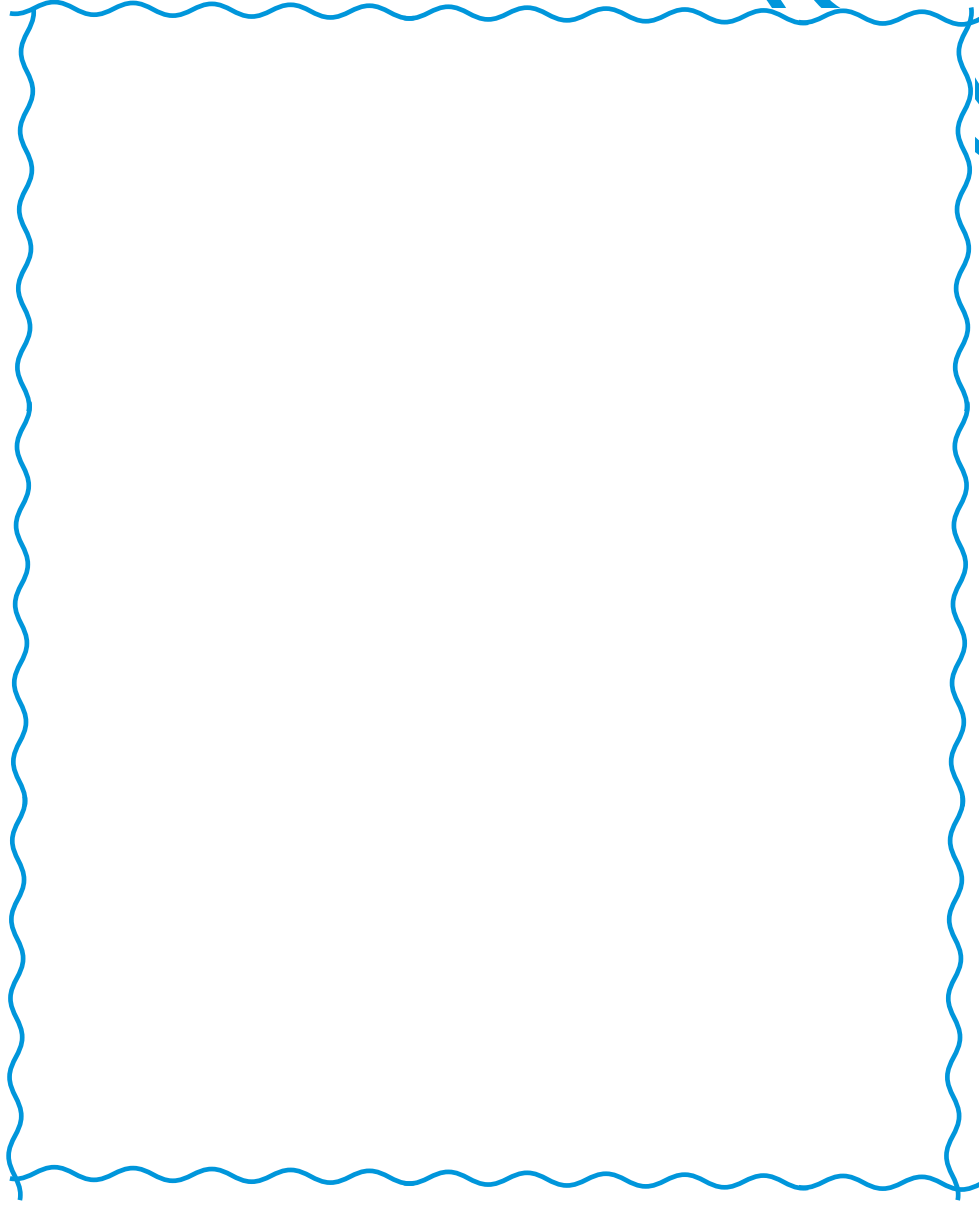


Name: _____

Don't forget to pick a sound for yourself!




Discovering your favourites

Listen and respond to your favourite song
Put on your favourite song. Use the space below to draw how
it makes you feel.











Discovering your beat

Create your rhythm
Say your name out loud and listen to how many syllables (beats) it has.
Here are some examples:

- Ben 
- Kaya 
- Nikolas 

Use this beat to clap your own personal rhythm, like this:

  Kaya	  Kaya	  Kaya	  Kaya
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Create your own:

