

Dear parent/ carer,

> Usually Spey class music lessons consist of the following, to ensure that all aspects of the curriculum are covered, and that the children have a good variety of activities to keep them engaged.

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> Hello,

> Song,

> Dance,

> Sensory activity,

> Instruments

> Listening,

> Choosing favourite,

> Goodbye.

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> Of course, what you do at home is not going to be a usual lesson, and it is likely that you will be using music throughout your day. You may wish to add some of the following ideas if you have the materials and time, or set aside time for a full session, using some of these ideas.

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> Songs: encourage your child to participate with singing/ signing/ actions for songs such as 5 little speckled frogs, the wheels on the bus, 5 little ducks, or, if your child prefers older music, some clean pop such as 'Happy' by Pharrell Williams, 'Can't Stop the Feeling' by Justin Timberlake, or songs from Fischy Music (Google Fischy music login, then sign in with details:

> Maria.Day

> BrBnPs2016.)

> Children are more likely to join in when you are singing live, to them- no matter what you sound like, the role modelling of their parents singing is powerful.

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> Dance: we do have particular dances at school (particular Spey favourites are Superheroes Unite and Monster Moves by Koo Koo Kangaroo) but putting on your favourite music and dancing with your child and really enjoying time together is as good when you are at home.

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> Instruments: usually the children have a choice of a few percussion instruments, and explore these, working on playing loud or soft, fast or slow. If you have any standard instruments at home, you might like to offer your child a chance to play/ explore with you, or choose if you have more than 1. If you do not have standard instruments, the kitchen is a good source- tap pots and pans with a wooden or metal spoon or hands, shake containers filled with rice/ grains/ legumes (you may need to masking tape on the lid), if your child can do it safely you can scrape cutlery down the side of a grater etc

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> Sensory activity: this is usually quiet time with a parachute, listening to Einaudi's The Mountain, as a break after the livelier songs and dances. You could use other quiet music, and if not a parachute, a favourite sensory toy, bubbles, wafting scarves (any light material can become a makeshift scarf) or just turn the lights out, play gentle music and give your child a massage/ put on some hand cream. You could also extend to other sensory activities at this time- e.g. gather and sniff a range of flowers whilst listening to Spring by Vivaldi.

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> Listening: this is usually a piece of new or unusual music from YouTube- Animusic videos, videos about making instruments, or videos by the Piano Guys are particularly popular with Spey. You might like to play a piece of music from your childhood, or a favourite song which you haven't shared with your child before.

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> Choosing favourite:

> We usually choose from a few songs/ dances which we have covered previously. Your child could have choosing time for their favourite songs/ dances.