



AIM: To explore the sensations provoked by listening to music and develop pupil's imagination, concentration and focus.

Mindfulness activity *Make sure your pupils have sufficient space move around for this activity.

1. Ask pupils to stand up and tell them you are going to play a piece of music. They should close their eyes and imagine they are somewhere else.
2. Play the music and then pause at (00.45) and elicit the imagined places from the pupils. (*They will suggest a number of places. Accept them all.*)
3. Then say, I want you to imagine you are by the sea. While I play some more music I want you to close your eyes and imagine what you can see around you. Play a further extract of the music, low so you can be heard. Prompt with follow-up questions, eg...
 - What can you see?
 - What can you smell?
 - Can you taste anything? What is it?
 - What can you feel? Can you feel anything? What about the sun or the wind? Can you feel the sand between your toes? Are you hot or cold?
 - How do you feel? Happy, sad, relaxed, angry or peaceful?
4. Gradually turn down the volume of the music at any point and discuss the sensations, feelings and perceptions with your pupils.

Optional extension: Extract (01-45-02.45) lends itself well to a stretching and breathing activity with pupils before they return to their desks. Give pupils instructions to follow such as... *Close your eyes. Now take a deep breath. Put your arms up as high as you can. Reach for the sky. Very slowly put your arms down. Now, slowly, bend down and touch the floor etc...*

Extension: Ask pupils to choose a piece of music and write some exercise instructions for the following class. They can read out the instructions while the rest of the class do the exercise.