Music Theatre: Learning Packet 2

Mindfulness in Music

A. Create
Listen or think about a song that calms you, or makes you feel peaceful. Respond to it in one of the following ways: Create a dance for it, sing along, draw while you listen to it, write a story inspired by it, or a combination of the ideas (i.e. picture and story, dance and sing, etc.).

B. Perform
Perform, show, or share your response from the activity above to someone in your household, or record it on your own device to show me when we get back to school if you want.

C. Respond:
After completing your music response above, answer the following questions in complete sentences (using capital letters, punctuation at the end, 2 or more sentences per answer).
   1. What does it mean to feel calm?
   2. Why does this song make you feel calm?
   3. How did you choose to respond to the song (from the choices above) and why?
   4. Who did you share your response to the song (from the choices above) with and why?