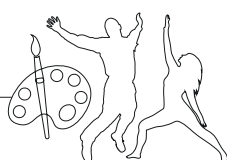


ART FOR WELLBEING IN THE CLASSROOM

PAINTING TO MUSIC

<p>Good for</p>	<p>Starting a session after a busy playground break Starting the day Calm Visual meditation Individual focus Experimentation / imagination Confidence with art materials</p>
<p>Length</p>	<p>10-15 mins</p>
<p>Resources</p>	<p>Room – sitting at desks Watercolour paint tins – 1 between 2 children is ok but a tin each is better. You could try working with water soluble graphite sticks instead of paint. Water pots Smallish brushes Sheets A4 card / paper</p> <p>Music – try the following:</p> <p>Alexandra Stréliski youtu.be/4QhAt3vXKM8 youtu.be/9MwPDWsmPQ</p> <p>Max Richter youtu.be/eAx5KeJ_5-s</p> <p>Philip Glass youtu.be/RjAsWWEIMcA</p> <p>Tchaikovsky - Sugar Plum Fairy youtu.be/B9zRToy-mwk</p>



ART FOR WELLBEING IN THE CLASSROOM

<p>Resources</p>	<p>More fun, less meditative, World Music is nice to explore sounds and images Scott Joplin youtu.be/rBInnwV21DM</p> <p>Ali Maulaah – youtu.be/4R-SoWzefig</p> <p>Exploring movement / feelings</p> <p>Prokofiev - Romeo and Juliet Opus 64 youtu.be/XX6GHIFKovw</p>
<p>Actions</p>	<ul style="list-style-type: none"> • Set up the room before the group come in (I prefer to space them out) • Once seated, explain that you're going to play 2-3 different pieces of music. Invite the children to use their paint brushes as if they are musical instruments, making marks rather than doing a painting of something. They should have no preconceived ideas of what they are going to paint. • Ask them to listen to each piece of music for a few seconds before starting, so they can get a feel for it. • Let them paint and go straight from one piece of music to the next without any talking in between. • No need for any sharing, they can keep / dispose of their paintings.
<p>Tips</p>	<p>You might want to demonstrate what can be achieved with the materials before the session starts (i.e. water colours with lots of water)</p>
<p>Variations</p>	<p>Choose 2-3 different pieces of music to explore different emotions.</p>

