



Download your 5 FREE Creative Listening  
Music Wellbeing Resource  
for Lockdown Lessons.



Created for KS1 & lower KS2.

'Cosy This  
Winter'.

visit  
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## SESSION 1: LISTENING & APPRAISING "COSY THIS WINTER"

### SONG - THE ABOMINABLE YETI - THE OKEE DOKEE BROTHERS

1. Warm up  
and get  
cosy



- Make a hot chocolate or warm milk and a dash of honey.

2. Listen to  
the song



- Close your eyes and listen to the song 'The Abominable Yeti - By The Okee Dokee Brothers'  
[https://www.youtube.com/watch?v=kFJp\\_MT78E](https://www.youtube.com/watch?v=kFJp_MT78E)

3. Answer  
the  
questions



- What can you hear?
- How does the music make you feel?
- What did you like about the song?
- Does the song tell a story?

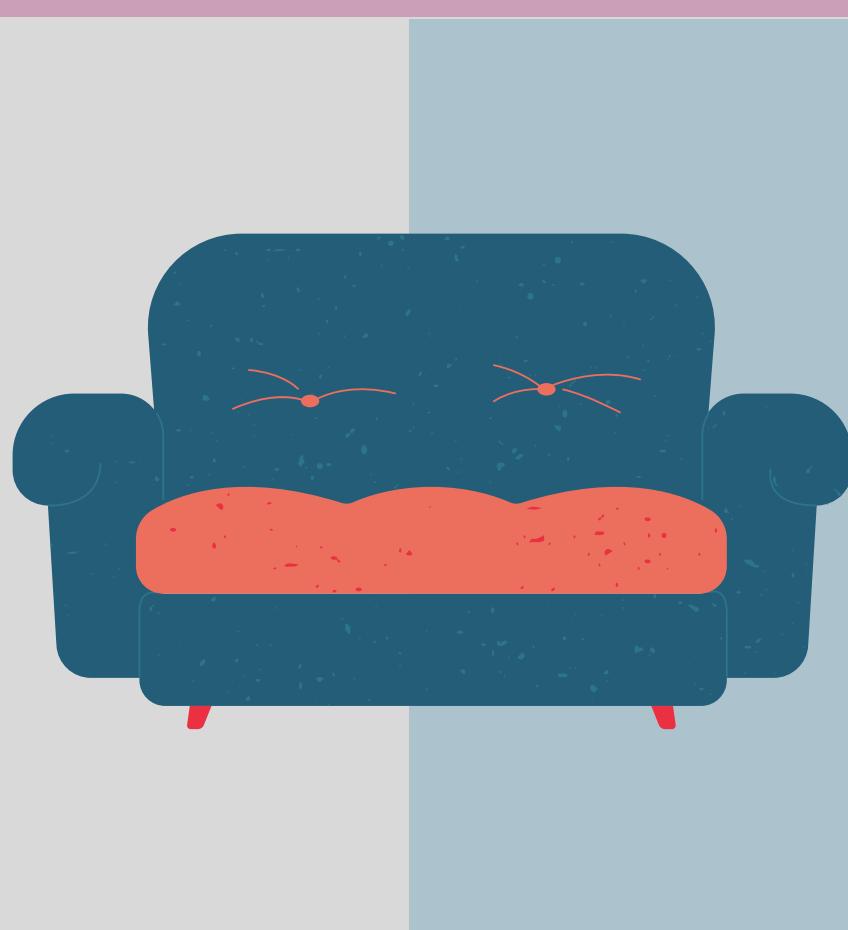
### extension activity

- What is an Abominable Yeti and where does he live?
- Can you draw a picture of what your Yeti would look like?
- Can you create a little song about your Yeti?

## SESSION 2: LISTENING & APPRAISING "COSY THIS WINTER"

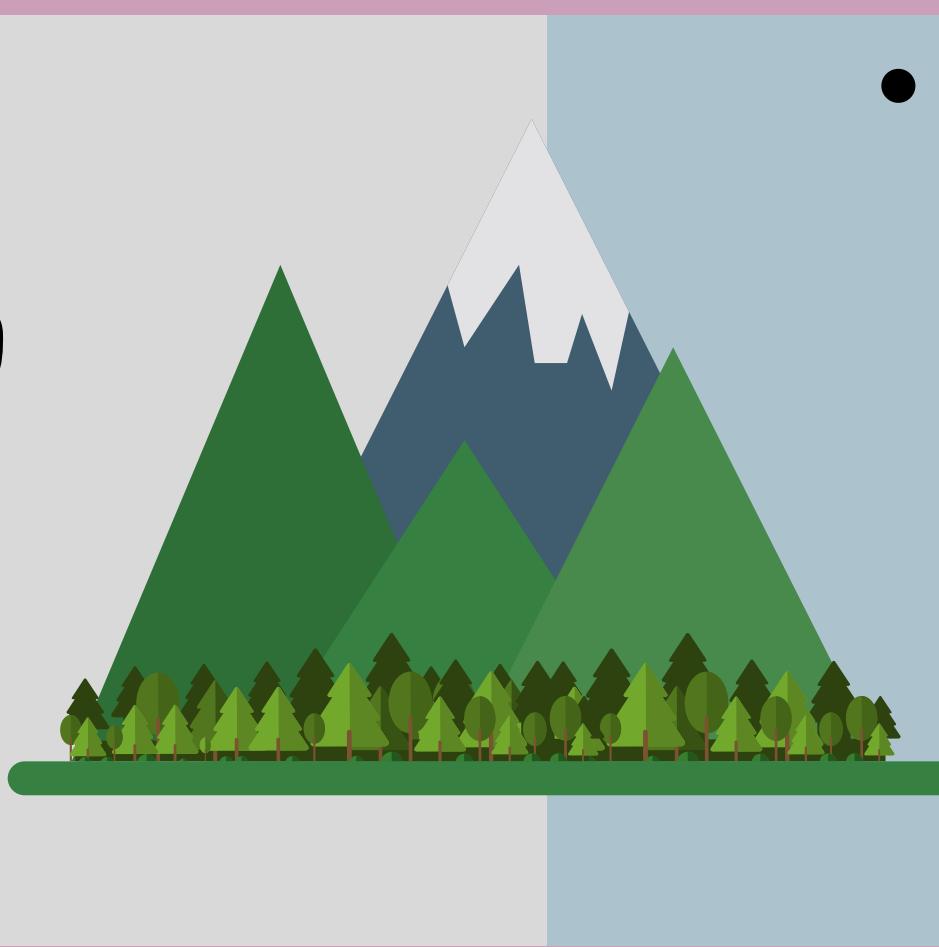
### SONG - WONDERFUL LIFE- SMALL FOOT

#### 1. Warm up and get cosy



- Get super cosy and see how many of your family can squeeze onto the sofa and include all your cuddly toys!

#### 2. Listen to the song



- Continuing on the Yeti theme, watch this video of the song 'Wonderful Life' by Zendaya from the film Small Foot.  
[https://www.youtube.com/watch?v=ow9\\_519\\_xVQ](https://www.youtube.com/watch?v=ow9_519_xVQ)

#### 3. Answer the questions



- What instruments can you hear?
- How does the music make you feel?
- Can you feel the pulse/heart beat of the song by tapping along?
- What is the main message of the song?

### extension activity

- In the song, the Yeti's are curious about their environment and world outside singing about it being a 'Wonderful Life'.
- Use the lyrics from the chorus and make up your own 'Wonderful Life' melody (tune).

SESSION 2: LISTENING & APPRAISING  
"COSY THIS WINTER"

SONG - WONDERFUL LIFE- SMALL FOOT

# extension activity

- Use the lyrics from the chorus and make up your own 'Wonderful Life' melody (tune).

Far beyond all reason in your mind

There's a world mysterious

There for you to find

All these questions that we always have

All we are is curious

There's nothing wrong with that

So go 'round every corner

Search every part of the sky

Cause a life that's full of wonder

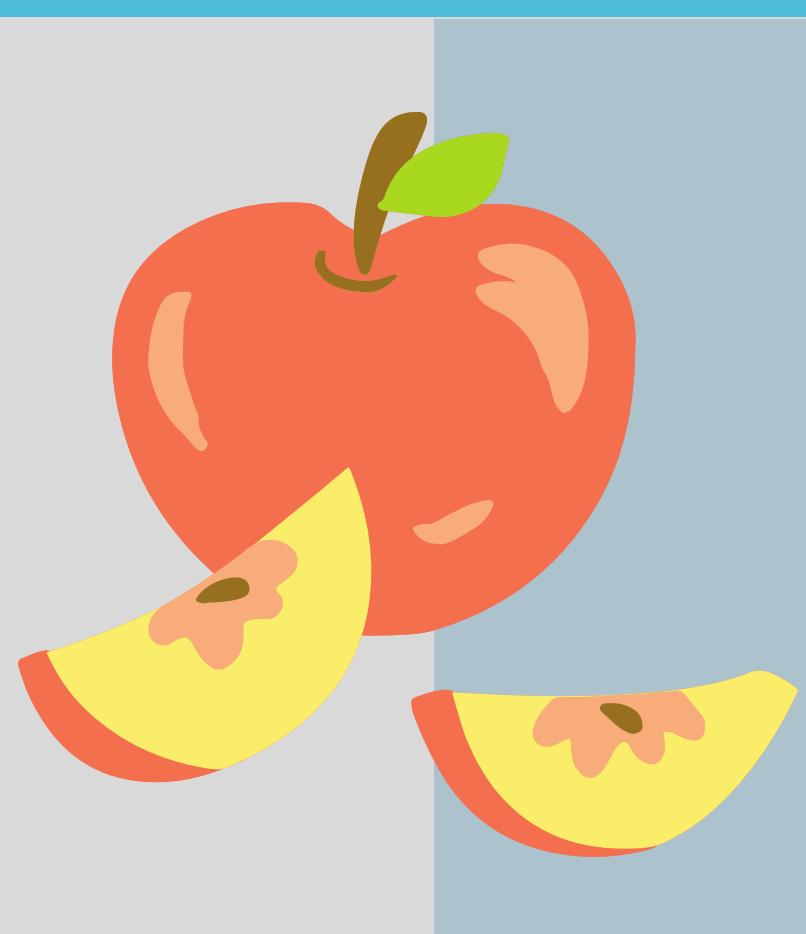
Is a wonderful life



## SESSION 3: LISTENING & APPRAISING "COSY THIS WINTER"

### SONG - WINTER BY ANTONIO VIVALDI

#### 1. Warm up and get cosy



- Choose a delicious healthy snack and snuggle up.

#### 2. Listen to the song



- Watch this video and listen to the piece of music called 'Winter' from Four Seasons by Antonio Vivaldi.  
<https://www.youtube.com/watch?v=ixxEbheyvfg>

#### 3. Answer the questions



- What instruments do you hear?
- How does the music make you feel?
- What did you like about the song?
- Does the song tell a story?

### extension activity - Year 1

- This is an orchestral piece of music written for strings about Winter from the Four Seasons Concerto by Composer Antonio Vivaldi.
- Find out an instrument from the string family and draw a picture of it  
Can you label the parts of the instrument?

SESSION 3: LISTENING & APPRAISING  
"COSY THIS WINTER"

SONG - WINTER BY ANTONIO VIVALDI

# extension activity - Year 2 & 3

- Let's plan our own instrumental master piece!
- Find an image or photo of something from nature, write some adjectives like 'crunchy snow' and suggest what instruments you would choose to represent each item.
- Also suggest how they would play the instruments (fast, slow, quiet, loud, scratchy, plodding, short, long, energetically, lethargic).

crunchy snow

Percussion -  
slowly and crisp, short sounds



sparkling sunshine

gigantic trees

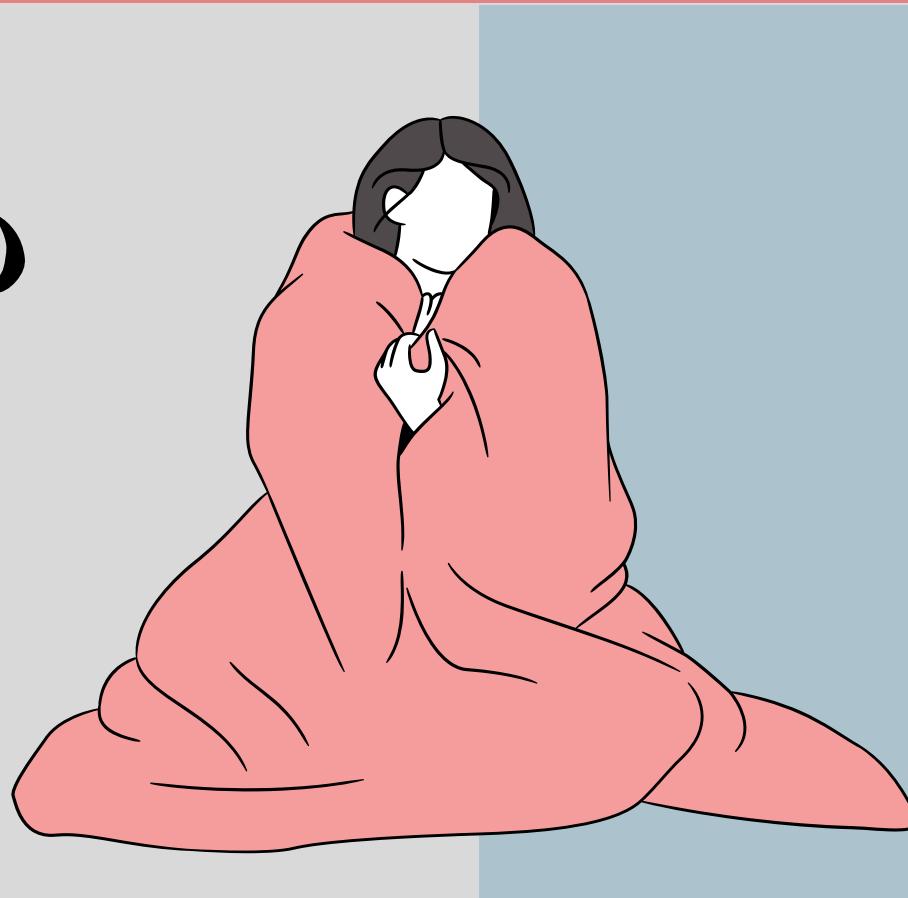
mysterious mountains



## SESSION 4: LISTENING & APPRAISING "COSY THIS WINTER"

SONG - IT'S OK - PLEASE JUST SAY BY ADAM & SUSAN SINCLAIR

### 1. Warm up and get cosy



- Find the snuggliest blanket or duvet in the house and create a little cosy den.

### 2. Listen to the song



- Close your eyes and listen to the song 'It's Ok (please just say)' by Adam & Susan Sinclair.  
<https://www.youtube.com/watch?v=RalulhsN44Y>

### 3. Answer the questions



- What can you hear?
- How does the music make you feel?
- What did you like about the song?
- Does the song tell a story?

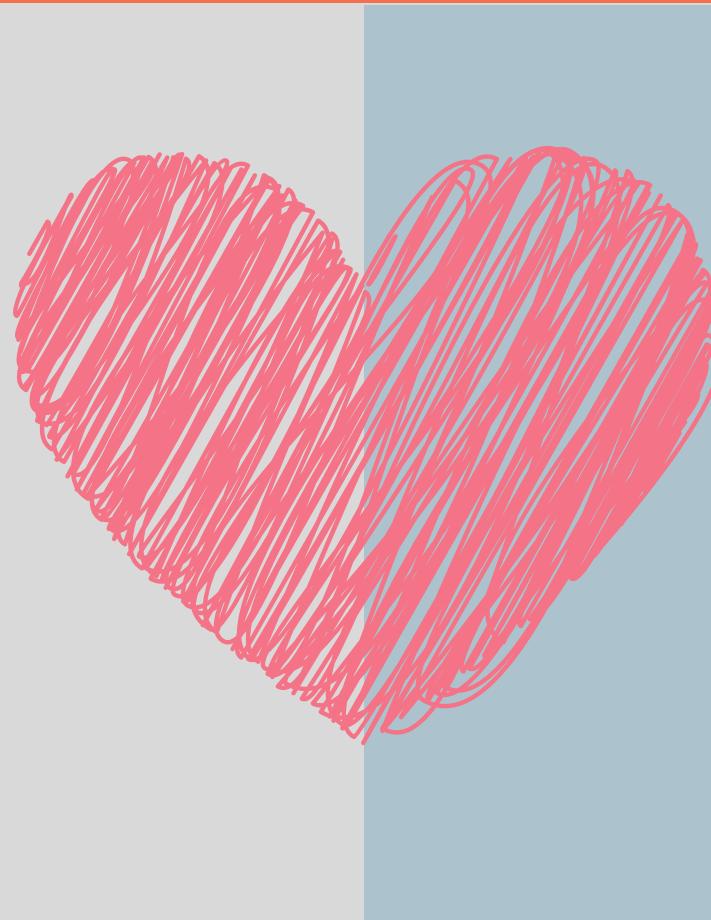
### extension activity

- Letting all your feelings out is what it is all about so why not write your own 'feelings song' today. Write some words of how you feel, and rap/chant or sing them. You could always use a backing track provided.

## SESSION 5: LISTENING & APPRAISING "COSY THIS WINTER"

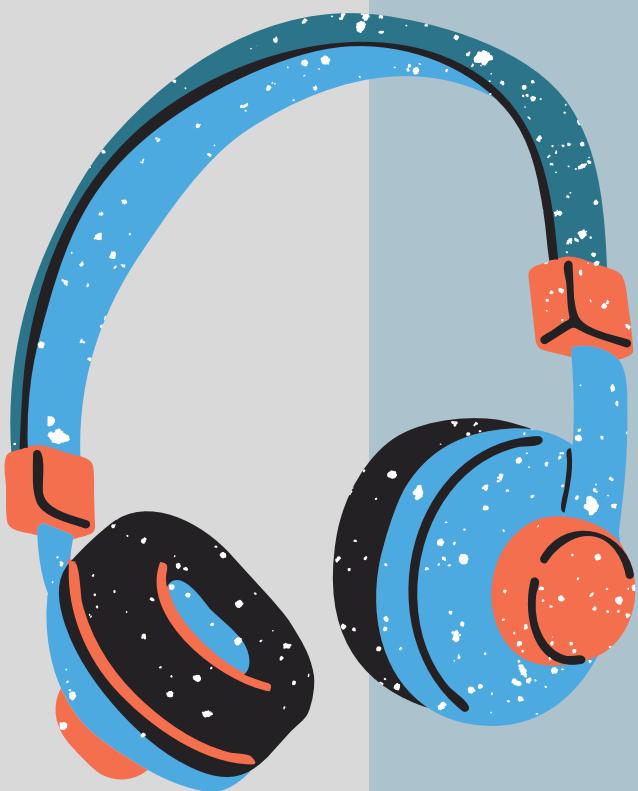
### MAKE YOUR OWN PLAYLIST

#### 1. Warm up and get cosy



- Find your favourite spot to relax, your favourite drink, your favourite snack and your favourite blanket.

#### 2. Listen to the song



- What songs do you love to listen to? Select 3-4 songs to make your favourite playlist and listen to them.

#### 3. Answer the questions



- Why do you like these songs?
- Do they have a fast speed or a slow (tempo)
- Are they quiet or loud or both (dynamics)
- What instruments do they use?

### extension activity

- Make a short video presentation sharing your top song choice to the viewers. Explain what the song is called, who wrote it, what instruments you can hear and why you love it.