

# BIG EMOTIONS HUB SESSION PLANS

## WEEKLY PLANNER

FOLLOW THIS THREE STEP PLAN: LEARN, PLAY & PERFORM WITH OPTIONS FOR EXTENSION ACTIVITIES.  
AIMED AT FOUNDATION STAGE WITH EXTENSION ACTIVITIES FOR KS1.

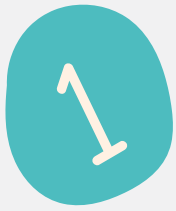
|           | LEARN                                 | PLAY                                              | EXTRA PLAY                                             |         |
|-----------|---------------------------------------|---------------------------------------------------|--------------------------------------------------------|---------|
| SESSION 1 | Learn & Sing<br>Binoculars<br>Out     | Music Activity 1:<br>DYNAMICS:<br>Cheeky Seals    | Extension Activity:<br>TEMPO:<br>Finding Cat           | PERFORM |
| SESSION 2 | Learn & Sing<br>Excited<br>Bubbles    | Music Activity 2:<br>TIMBRE:<br>Exploring Sounds  | Extension Activity:<br>TEXTURE:<br>Composing<br>Sounds | PERFORM |
| SESSION 3 | Learn & Sing<br>Angry Storm<br>Clouds | Music Activity 3:<br>PULSE:<br>Keep the Heartbeat | Extension Activity:<br>RHYTHM:<br>Stormy Stomp         | PERFORM |
| SESSION 4 | Learn & Sing<br>I Am Calm             | Music Activity 4:<br>SINGING:<br>Breathe & Relax  | Extension Activity:<br>TEXTURE:<br>Calm Soundscape     | PERFORM |
| SESSION 5 | Learn & Sing<br>Sleepy Cats           | Music Activity 5:<br>PITCH:<br>Paint a Rainbow    | Extension Activity:<br>STRUCTURE:<br>Grateful Song     | PERFORM |

# Session 1

## Binoculars Out



Explore dynamics and tempo



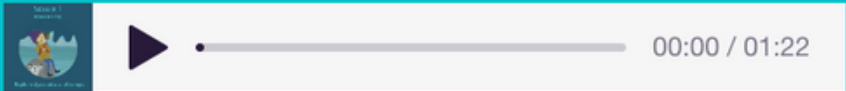
# LEARN & SING

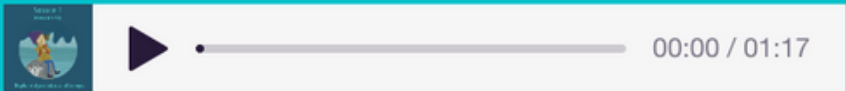
LEARN THE ACTIONS TO THE SONG BINOCULARS OUT



[CLICK HERE FOR LINK>>>](#)

PRACTICE USING THE VOCAL AND BACKING TRACKS

**Binoculars Out - Vocal Track**  


**Binoculars Out - Backing Track**  


# Binoculars Song

Binoculars out,  
what can I see?  
Emotions and feelings  
in front of me. (repeat)

Up and down, far and near.  
I feel excited, I feel fear.

Up and down, far and near.  
Emotions they come,  
then they disappear.



Chords: C F G7

# Binoculars Out

C  
Binoculars out  
F  
what can I see?  
G7  
Emotions and feelings  
C  
in front of me. (repeat)

F C  
Up and down, far and near.  
G7 C  
I feel excited, I feel fear.

F C  
Up and down, far and near.  
G7

Emotions they come,  
C C/B C/A C/G  
then they disappear.

## Song Actions

Binoculars Out - Place hands in circles to each eye to make binoculars

What can I see? - Place hands out either side of you palms up (as if asking a question)

Emotions and feelings in front of me - Wiggle your fingers in front of you with arms stretched out

Up and Down, Far and Near - Arms up, down, in front and back

I feel excited, I feel fear - Wave arms in excitedly - then make scared face

Up and Down, Far and Near - Arms up, down, in front and back

Emotions they come then they disappear - Wiggle your fingers in front of you with arms stretched out - then fan them away to disappear.

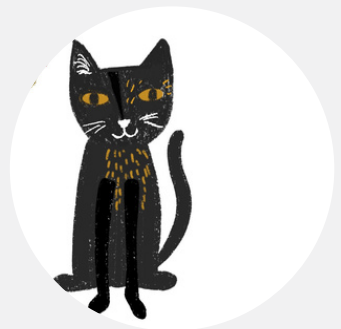
MUSIC ACTIVITY 1: FOLLOW THE SESSION PLAN

**MUSIC ACTIVITY 1**  
**Dynamics:** Cheeky Seals



MUSIC ACTIVITY 2: FOLLOW THE SESSION PLAN

**MUSIC ACTIVITY 2**  
**Tempo:** Finding Cat



# overview

LESSON PLANS: 30 MINS

Binoculars  
Song

## MUSIC ACTIVITY 1

### DYNAMICS: CHEEKY SEALS

**Objective:** listen to, improvise and explore a range of percussive sounds whilst exploring dynamics (volume) of loud and quiet.

**Outcome:** to demonstrate an understanding of dynamics and ability to make a percussive sound.

## MUSIC ACTIVITY 2

### TEMPO: FINDING CAT

**Objective:** listen to, improvise and explore a range of percussive sounds whilst exploring tempo (speed) of fast and slow.

**Outcome:** to demonstrate an understanding of dynamics and ability to make a percussive sound.

## RESOURCES:

- Percussive objects or instruments.
- Binoculars Out Song (MP3s/Chords & Lyrics/Actions)
- Videos: Song Actions and Assembly Performance Video.
- Device to play music and video.
- Cheeky Seals and Cat cut out.

# MUSIC ACTIVITY 1

## Dynamics: Cheeky Seals



### Aim:

To use the cheeky seal to help the children to recognise the dynamics of quiet (piano) and loud (forte) plus explore the in between dynamics by gradually increasing and decreasing the volume.

### Game:

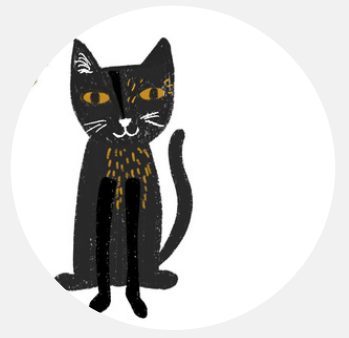
- Use the voice or a percussive instrument (maybe the shaker from the art session) and ask the children to make some noise.
- Demonstrate being the LEADER and point up high so the children play loud. Then point down low and children play quiet.
- Explain that the cheeky seals from the story have come to play and are feeling very cheeky! Ask someone to be the LEADER who holds the cheeky seal cut out. When the LEADER waves it high in the air it means to play LOUD! When the LEADER holds the cheeky seal low near the floor it means to play QUIET.
- Introduce different volumes in between loud and quiet using the cheeky seal. Appoint a new LEADER or have a go exploring dynamics by gradually increasing and decreasing the volume.

### HAVE A GO:

Select some favourite music to dance around to and play along with the shakers. Try out dynamics throughout the song!

# MUSIC ACTIVITY 2

## Tempo: Finding cat



### Aim:

To help the children learn what tempo (speed) means by playing fast or slow plus using dynamics (volume) by playing quiet and loud.

### Game:

- Use your voice or a percussive instrument (maybe the shaker you have made) and make some noise.
- Ask the children to try changing the dynamics (volume) from quiet to loud).
- Ask the children to try changing the tempo (speed) from slow to fast.
- Appoint a child as the FINDER and ask them to close their eyes while you the LEADER hides the cat.
- The FINDER will now start to find the cat using the music as their guide. Ask the children to start playing their instruments. When the FINDER is getting nearer to the cat, play LOUDER & FASTER.
- When the FINDER is far away from the cat, play QUIETER & SLOWER.
- Choose different children to become the FINDER & the LEADER.

### HAVE A GO:

Why not choose a favourite song that you know off by heart. Ask the children to sing the chorus really SLOWLY and then speed up to really FAST! See how fast you can sing it before the words start to blur!

3

# PERFORM

PERFORM WITH THE ASSEMBLY VIDEO



ADD ACTIONS & PERCUSSION



# RESOURCES

EITHER USE YOUR OWN CUDDLY TOYS OR YOU CAN USE  
THESE CUT OUTS TO MAKE YOUR OWN CAT & SEAL TO  
USE IN THE MUSIC ACTIVITIES

## Dynamics Game: cheeky Seals cut out



## Tempo Game: Finding cat cut out

