

- New Music Wellbeing Resource -

**BIG
DREAMS**
IMAGINATIVE SONGS

SCHOOLS TAKEOVER DAY
music & wellbeing



For KS1/KS2

Sessions taken from the Big Dreams Hub found at ...

www.bigmusiccollective.com

THE STORY

Follow the story of Little Girl Livvy and her roller skating - disco loving Cat, Hendrix, as she explores her Big Dreams; the bright and sparkly ones creating amazing artworks and singing in her treehouse with her garden friends. But also the worrisome Big Dreams, when the sun disappears and the shadows appear.

Which dreams can she believe in when her buzzy brain is racing and playing tricks on her?

And what or who can help her find her way back to feeling peaceful?



This book focuses on exploring the wellbeing concepts of growth mindset. Sometimes we can get stuck and all need a little help to find ways to get our worries out, challenge our thoughts and find our way back to 'Soothe' using creativity, imagination and growth mindset tools.

Enjoy the music and videos from this book at

www.bigmusiccollective.com/big-dreams-live

www.bigmusiccollective.com

Big Dreams follows the format of a story book linking to music & wellbeing.

- Part 1 - What's on your Mind? - introduces the idea that we can all have busy racing thoughts sometimes.
- Part 2 - I'm Stuck shows Livvy in a fixed mindset.
- Part 3 - Turn Your Thoughts Upside Down shows Livvy getting help to learn about growth mindset.
- Part 4 - The Masterpiece shows Livvy embracing growth mindset and finding her way back to soothe.

There are four original songs in the full package;

Buzzy Brain, Hendrix the Rollerskating Disco Cat, The Moon Song and Sleep Now Lullaby plus a composed soundtrack for the audio book.



HOW THE DAY WORKS

Step 1: The Story

Visit www.bigmusiccollective.com/big-dreams-live and enjoy watching the story video to familiarise the classes with the book before our visit if you would like.



Step 2: Classroom Workshops

We will visit classes and learn some of the songs from the story together: Buzzy Brain, Hendrix the Roller Skating Disco Cat & The Moon Song. We will explore singing, percussion, movement games.



Step 3: The Sing-a-Long Assembly

We will gather together at the end of the day for an interactive reading of Big Dreams with music, puppetry and sing-a-long songs.



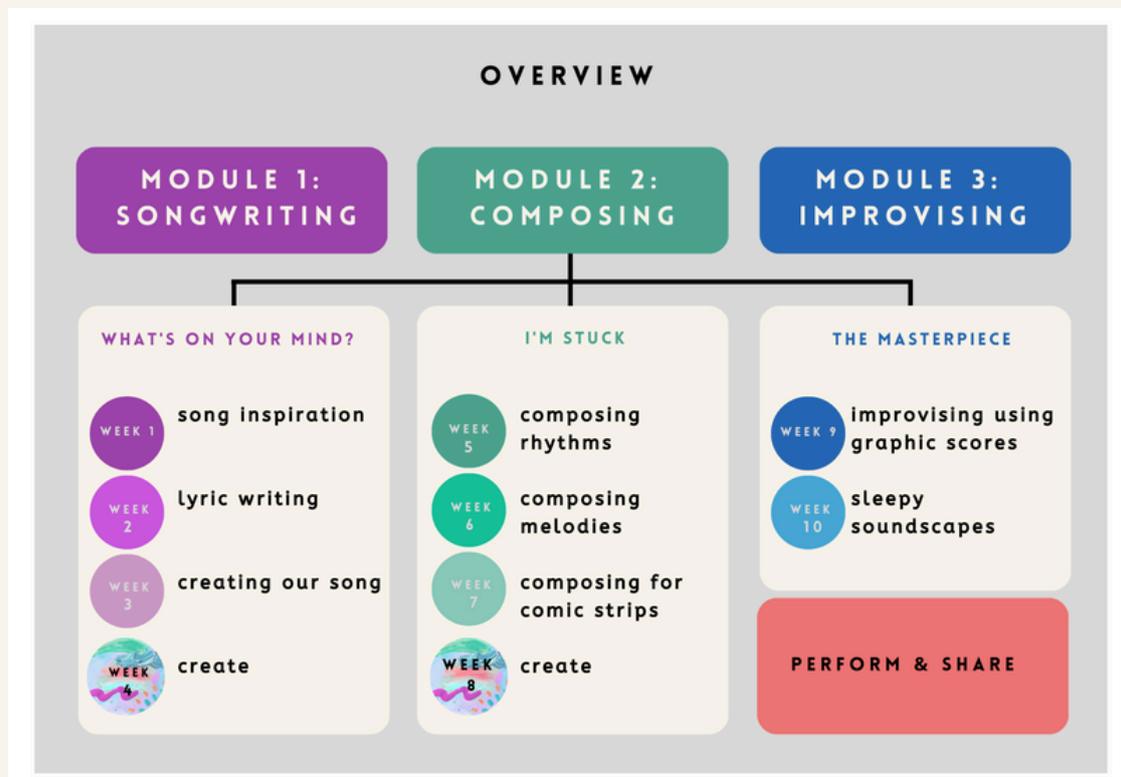
www.bigmusiccollective.com

BEYOND BIG DREAMS

Big Dreams has been developed into a 10 Week Scheme of Work aimed at upper KS1/lower KS2. It explores 3 modules which link with the book themes and include songwriting, composing and improvising.

Here is the 10 week overview taken from the whole package.

(Or alternatively if you'd like to have a trial visit the Big Dreams Hub or [CHARANGA](#).)



Livvy loves to sing and create, using art to help her soothe. The butterfly shows Livvy how she can create her own masterpieces, overcome her fixed mindset and find her way back to soothe using her talents and new found skills.

The Big Dreams Educational Resource uses music to underpin the learning of these wellbeing concepts with Livvy expressing herself through songwriting, composing and artistic graphic scores.

The resource has been created purposefully with a Scheme of Work that links to the National Music Curriculum, Art, English and PSHE and follows the book through these stages with three modules focusing on songwriting, composing and improvising;

- **Module 1: What's on your mind? - Songwriting**
- **Module 2: I'm Stuck - Composing**
- **Module 3: The Masterpiece - Improvising**

Module lessons are split into 3 main parts:
warm ups, learn & create.



"Big Dreams is an incredibly thoughtful, magical, and unique storybook which combines an excellent representation of an anxious child's thoughts with emotive music and beautiful illustrations.

It will enable children to identify the numerous emotions attached to anxiety in a creative, sensitive, relatable way. We all need a Hendrix to pull us out of those dark slumps and guide us towards the things in life which give us happiness and light."

CATHERINE PLATT - PRIMARY TEACHER, SEN
SPECIALIST & PSYCHOLOGIST

GET IN TOUCH

If you want to find out more then get in touch or why not sign up for the full Big Dreams Hub including new songs, musical sessions on composing and improvising plus Arts Award Discover Pack.

MEMBERSHIPS

Find out more here >>> www.bigmusiccollective.com/memberships

Memberships

Big Music Collective Offer Music Wellbeing Courses for your educational and wellbeing settings.

These courses have been designed for any Educator, Teacher or Parent to deliver, spanning an age range of FS, KS1 & KS2 (4 -11yr olds).

Created thoughtfully to use as stand alone activities including music, art and movement or to be used as a whole package.

[Free Trial](#)

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www.bigmusiccollective.com

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Thank You



Please stay in touch and tag any photos of
Big Dreams fun music making **@lauraloftmusic**

Interested in the whole package or a live show?
Get in touch **lauraloftmusic@outlook.com**

www.bigmusiccollective.com