



It starts with a song!



BIG EMOTIONS:

Mindful Music For Little People

EMPATHY MUSIC PACK

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For resources visit

www.lauraloftmusic.com/twm

How To Use This Pack

Storytime

STEP 1: Watch the video of the story
Big Emotions: Mindful Music For Little People.

Sing-a-long Songs

STEP 2: Learn and perform the songs.

Creative Activities

STEP 3: Have fun with the music & art activities.

Don't forget to collect your emotion faces on the way to earn your certificate!



STEP 1

Storytime



STEP 1:

Read the story **Big Emotions: Mindful Music For Little People** story. The story with the soundtrack and narration can be found at www.lauraloftmusic.com/twm

WELL DONE!

You have collected your
first emotion:

Excitement



Now move to Step 2!

STEP 2

Sing-a-long Songs



STEP 2:

Learn, sing and perform some of the Big Emotions Songs. See the song sheets and lyrics below.

Backing tracks can be found at

www.lauraloftmusic.com/twm-step2

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 Song

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.



TODAY



Angry Storm Clouds

Can you hear the
rain clouds coming?

Drip, drop, drip-a-dee drop.

Lost out at sea is not the best place to be.
I'm sad and alone and I want to go back
home.

Can you hear the
storm clouds coming?

Crash, bang, crash-a-dee bang.



Chords: Am F C Dm

Angry Storm Clouds

(Intro: drip drop drip-a-dee drop x 3
drip drop drip drop drip drop).

Am

Can you hear the rain clouds coming?

Drip, drop, drip-a-dee drop.

F C Dm Am

Lost out at sea is not the best place to be.

F C Dm C Am

I'm sad and alone and I want to go back home.

(Intro: drip drop drip-a-dee drop x 3
drip drop drip drop drip drop).

Am

Can you hear the storm clouds coming?

Crash, bang, crash-a-dee bang.

(Ending)



WELL DONE!

**You have collected your
second emotion:**

Surprised



Now move to Step 3!

STEP 3

Creative Activities



STEP 3:

See below for the Big Emotions Music, Art & Wellbeing Activities. Don't forget to collect your emotions! 'I Am Calm' song for Mindful Music activity can be found at www.lauraloftmusic.com/twm-step3

Dynamics Game: 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 your voice or a percussive instrument (maybe the shaker you have made) and make some noise.
- Now let's try changing our volume from quiet to loud.
- 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.
- Appoint new leaders or have a go yourself and explore dynamics with your family or friends online.

HAVE A GO:

Choose some of your favourite music to dance around to playing your shaker. Try out your new dynamics throughout the song!



Dynamics Game: Cheeky Seals cut out



Tempo Game: Finding cat

Aim:

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



Game:

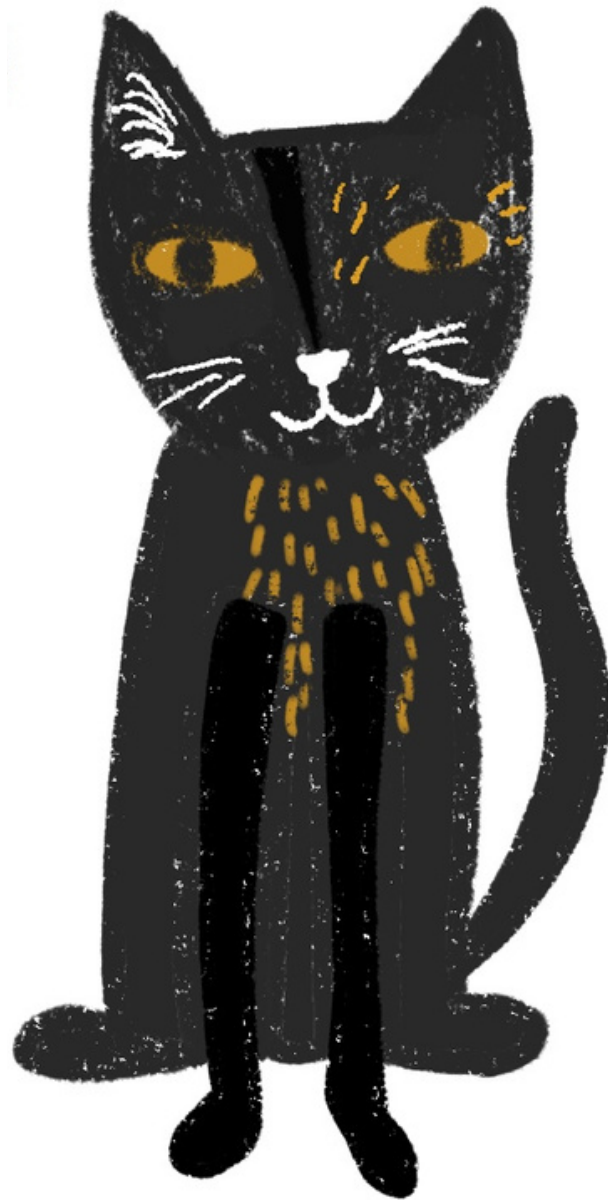
- Use your voice or a percussive instrument (maybe the shaker you have made) and make some noise.
- Now let's try changing our speed from slow to fast. Go and hide the cat cut out (or use one of your own cuddly toys) in the room, house or garden.
- Ask a family member to be the finder. They will start finding cat when the music starts.
- Start to play your instrument. When the finder is getting nearer to the cat, play **FASTER** and **LOUDER**.
- When the finder is far away from the cat, play **SLOWER** and **QUIETER**.

HAVE A GO:

Swap parts and become the finder. Choose a favourite song that you know off by heart. 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!



Tempo Game: Finding cat cut out



Making Music : Composing Sounds

Aim:

To play an improvised piece of music exploring sounds using body percussion and voice.

Introduces the musical concepts of timbre (sound quality) and texture (layers of sounds).



Game:

- Think of an emotion and think about where you would feel this emotion in your body. Use the **worksheet** below to help. E.G would excited feel like butterflies in your tummy or bubbles fizzing? Would anger feel like hot flames in your cheeks?
- Now let's make a sound to match this emotion using your voice or different parts of your body to make a sound. Let's also find a movement to match this emotion.
- Grab some family members or friends online and ask everyone to do the same thing (find a sound and movement to match an emotion).
- Appoint a leader who points at a person in the group to play their sound/movement. Then bring in another person and another until everyone is playing.
- Listen to all the interesting sounds and have a go again picking a new emotion/sound/movement.

HAVE A GO:

Create your own human loop pedal composition. Build the texture of the piece (different layers of sound) and select the timbres (sound quality) carefully. Appoint a leader to bring in people one by one. The leader then points again when he wants the sound to stop.



Making Music : Composing Sounds

Feelings in my Body Worksheet

Sometimes when I feel...

in my body I can feel...

Excited



jumpy, fast speaking, breathless,
heart racing

Surprised



jaw drops, eyebrows raise,
electrifies, sweaty

Fearful



cold, racing heart, fidgety, trembling,
frozen

Disgusted



shudder, sick and queasy, need to
move around more, face scrunched up

Sad



look down at the floor, empty,
achey, tired, slow heart, weak

Angry



hot, uptight, clenched fists and jaw,
red faced, racing heart, scowling low
noises

Trusting



heart racing, warm, light, smiley,
beaming, relaxed

Joyful



awake, energised, tall, calm, steady,
still, relaxed, fizzing, warm

Write a Song: Pick an emotion and write your own song!

Aim:

To write some lyrics for a chorus of a song whilst exploring pitch (low and high sounds) composing the melody.



Game:

- Think of an emotion or a theme to write your song. It could be a grateful song, joyful song, excited song or an angry song?
- Use the **worksheet** below to help you write some lyrics for the chorus (the main message of your song): think of your theme/emotion and write some words that pop into your mind about it. Put into two columns labelled THINGS and FEELINGS.
- Let's add a melody: say the words back, then chant them and then rap them to see if they flow. Now add some melody by singing the lyrics adding high and low notes.
- Let's write some lyrics for the verses using the same method (setting the scene for your song).
- Now think about how to arrange your song in sections. Do you want 1 or 2 verses? How many times do you want to sing the chorus? Will there be an ending?

HAVE A GO:

Either use this backing tracks from the emotion songs Binoculars Out or Angry Storm Clouds to create your song or create your own. Don't forget to share your song [@intergentwm](https://www.instagram.com/intergentwm)



Write a Song: Pick an emotion and write your own song!

Writing a Grateful Song Worksheet

1. MY INSPIRATION :
I AM THANKFUL FOR...

My new bike and going
on a bike ride with my
family by the river.

2. WRITE SOME WORDS
ABOUT MY
THANKFUL MEMORY,
PERSON OR THING...

Bike
Wheels
Shiny bell
Fast
Whizzing down hills
Feel the breeze
Sunshiny bike ride
Glistening river

3. PUT IT INTO A SENTENCE TO
MAKE A CHORUS (THE MAIN
MESSAGE OF YOUR SONG)...

Super fast, whizzing down hills,
my shiny bike has awesome wheels.

Super fast, whizzing past trees,
Glistening river, feel the breeze.

5. ADD SOME MELODY ...

HIGH OR
LOW NOTES



4. PRACTICE...

- SAY IT
- FLOW IT
- RAP IT

NAME:

DATE:

CLASS:

TEACHER:

Write a Song: Pick an emotion and write your own song!

Writing a Grateful Song Worksheet

1. MY INSPIRATION :
I AM THANKFUL FOR...

2. WRITE SOME WORDS
ABOUT MY
THANKFUL MEMORY,
PERSON OR THING...

3. PUT IT INTO A SENTENCE TO
MAKE A CHORUS (THE MAIN
MESSAGE OF YOUR SONG)...

5. ADD SOME MELODY ...

HIGH OR
LOW NOTES



4. PRACTICE...

- SAY IT
- FLOW IT
- RAP IT

NAME:

DATE:

CLASS:

TEACHER:

ART ACTIVITIES

MAKE YOUR OWN
INSTRUMENTS
ocean drums
and shakers



Let's make our own musical percussion so we can make music together!

You will need;

- paper plates
- toilet rolls
- filling - rice/lentils/beans/sand
- decorations - tissue paper, pens, paints
- glue and a stapler
- scissors



ocean drum

1. Decorate your paper plates how ever you wish.
I have made mine into a fish with googly eyes and a bright tail.
2. Ask a grown up to help staple the two plates together but leave a little opening.
3. Put inside your chosen filling (rice, lentils, beans, sand) that will make a great shaking sound.
4. Place your fishes tail in the opening and then staple the two paper plates closed.
5. Finish any decorations and get playing. You can TAP, SHAKE or BANG your ocean drum!



shakers

1. Grab your empty toilet roll and with help from an adult staple one end shut.
2. Now fill your toilet roll with your chosen filling (rice, lentils, beans, sand) that will make a great shaking sound.
3. Pinch the other end of the toilet roll in the opposite direction to the first end and staple this shut with help from a grown up.
4. Now decorate however you wish using tissue paper, paints, beads, fabrics, ribbons! Get creative.
5. You can TAP, SHAKE or BANG your shaker!



MINDFUL MUSIC

Relax and Breathe



All this music making can make you feel a little tired. Why not take some time out for this lovely Mindful Music relaxing activity. We will work on our breathing whilst listening to the beautiful song 'I Am Calm' from the book Big Emotions.

You will need;

- a device to play the song (phone/iPad/computer)
- a cosy place to lie down
- a real or imaginary feather



MINDFUL MUSIC

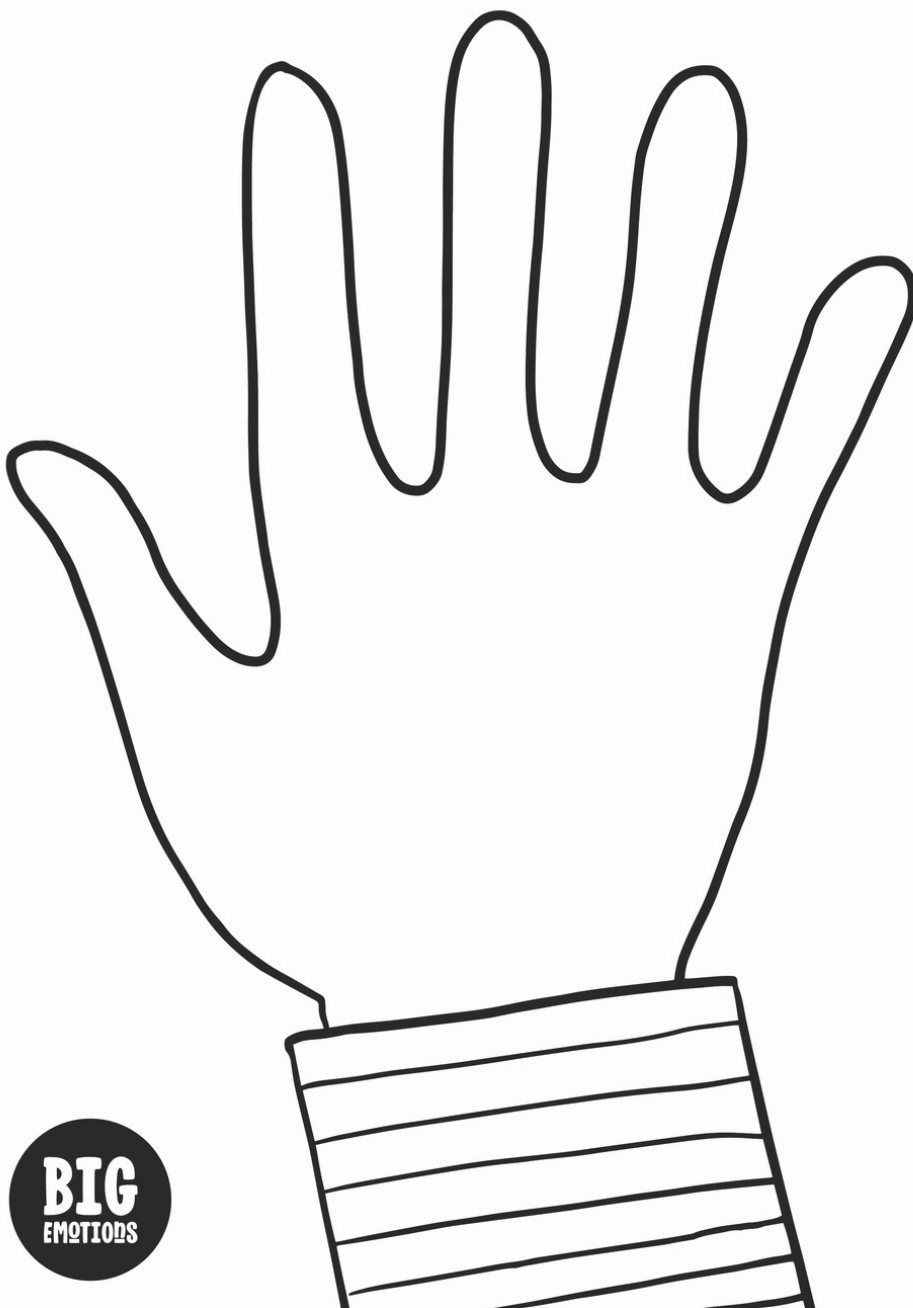
Relax and Breathe

- Play 'I Am Calm' backing track. Close your eyes and imagine you are lost at sea like Little Boy. What can you feel in your body? Does your body feel twitchy and tight? Do you feel wobbly in your tummy? What can you notice?
- Let's learn about breathing and singing from our diaphragm. Place one hand on your chest and one on your belly by your rib cage. Keep your eyes closed and breathe in through your nose feeling your belly rise. The hand on the chest should stay as still as possible. Breathe out through your mouth and feel your belly deflate. The hand on the chest should still remain as still as possible.
- Now practice on the out breathe making a little 'shhhhh' noise like the sea waves swishing backwards and forwards. See how long your breath can last and then take another. With every 'shhhh' sound imagine you are telling the ocean's waves to calm down.
- Let's imagine you can see Wisdom the Whale coming to rescue you. She is singing to calm you so we choose to sing back to thank her. Breathe in through your nose and out through your mouth singing a gentle 'hum'. See how long this sound lasts and then take another.
- Try this with your family or friends and listen to the beautiful harmonies you have created and see how calm you feel in your body now.

'I Am Calm' song for Mindful Music activity can be found at www.lauraloftmusic.com/twm

Musical Me

MUSICAL ME
MY favourite
happy songs



In the story Big Emotions, Little Boy uses a feather to draw a picture on his hand when he is sad. He draws a happy memory of his cat.

- What songs make you feel happy when you feel down? Use this hand to write your song, draw the instruments or a happy memory?

Emotions Ticklist

Have you collected all your emotion faces?
Tick them off and send to Together With Music to
receive your Together With Music Star Certificate!



My name is ...

and I am a
Together With Music
STAR



It Starts With A Song

CONNECT
Share your
Song



Together with Music are all about sharing music to inspire, support and empower. Let's create connection today by joining together with our community and sharing your song!

Simply follow @intergentwm and post your song with #itstartswithasong #bigemotions

It starts with a song!

Thank You for joining in! Happy Music Making.

Stay in touch - stay connected!

Together with Music

www.togetherwithmusic.org.uk

[@intergentwm](https://twitter.com/intergentwm)

Laura Loft Music - Big Emotions

www.lauraloftmusic.com

[@lauraloftmusic](https://twitter.com/lauraloftmusic)

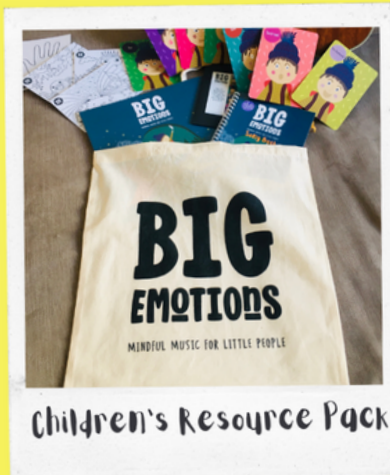


TODAY



If you liked this then why not grab the full versions including a Children's Resource Pack and An Educators, Teachers and Parents Resource Pack.
Visit www.lauraloftmusic.com/shop for full details.

The Feather Bundle



The Wisdom Bundle:



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www.lauraloftmusic.com

THE FEATHER BUNDLE:
special offer
of £19.99 (r.r.p £27.99).

10 % donation for every bundle sold
goes to Together With Music.
(between March and April)



TODAY