

REMOTE MUSICAL ADVENTURE DAY



**ACTIVITY
#2
INSTRUCTIONS
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HERE ARE SOME WARM UP EXERCISES TO PREPARE OURSELVES PHYSICALLY AND MENTALLY TO GET CREATING! WE WILL ALSO LOOK AT WHAT SOUNDS WE HAVE AVAILABLE TO US AND EXPLORE SOME WAYS TO EXPERIMENT AND IMPROVISE WITH THEM.

POSTURE

- STAND WITH FEET SHOULDERS-WIDTH APART AND HANDS BY YOUR SIDE. SLOWLY ROLL YOUR SHOULDERS FORWARDS AND BACK A FEW TIMES. THEN SLOWLY ROLL YOUR HEAD FROM SIDE TO SIDE.
- BEND YOUR KNEES, KEEP THEM BENT AND LET THE WEIGHT OF YOUR BODY SINK INTO YOUR FEET AND THEN INTO THE GROUND. KEEPING THE WEIGHT IN YOUR FEET SLOWLY STRAIGHTEN THE LEGS, KEEPING YOUR BACK STRAIGHT AND SHOULDERS RELAXED.

BREATHING

- BREATH IN FOR 4 COUNTS, HOLD YOUR BREATH FOR 4 COUNTS THEN BREATHE OUT FOR 4 COUNTS. REPEAT TWO MORE TIMES WHEN YOU BREATHE IN KEEP YOUR SHOULDERS DOWN AND RELAXED, EXPANDING THE BELLY, LUNGS AND LOWER BACK. *WHEN YOU BREATHE OUT PULL THE BELLYBUTTON TOWARDS THE SPINE.*
- BREATH IN FOR 4 COUNTS, HOLD YOUR BREATH FOR 4 COUNTS THEN BREATHE OUT FOR 6 COUNTS X2
- BREATH IN FOR 4 COUNTS, HOLD YOUR BREATH FOR 4 COUNTS THEN BREATHE OUT FOR 8 COUNTS X2

BODY PERCUSSION & VOCAL RHYTHMS

PLAY THE VIDEO FOR THIS ACTIVITY TO FOLLOW SOME RHYTHMIC PATTERNS USING OUR BODIES AND VOICES. OR, EXPERIMENT WITH DIFFERENT SOUNDS THAT YOU CAN MAKE USING YOUR VOICE AND BODY. FOR EXAMPLE, CLAP YOUR HANDS, CLICK YOUR FINGERS, STAMP YOUR FEET, HUM, ETC.

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SOUND SOURCE

CHOOSE A SOUND SOURCE FOR THE REST OF THE WARM UP ACTIVITIES. THERE ARE THREE DIFFERENT OPTIONS.

1. **VOICE AND/OR BODY**
2. **MUSICAL INSTRUMENT**
3. **OBJECTS AROUND THE HOUSE** THIS COULD BE ANYTHING FROM HITTING A TABLE OR PAN, TAPPING A POT, SHAKING A JAR OF RICE, RUSTLING AND RIPPING PAPER, BLOWING ACROSS A BOTTLE TOP ETC.

IMPROVISATION

- MAKE AS MUCH SOUND AS YOU CAN FOR 10 SECONDS
- PLAY AS LOUD AS YOU CAN FOR 10 SECONDS
- PLAY AS QUIET AS YOU CAN FOR 10 SECONDS
- GO BETWEEN LOUD AND QUIET FOR 10 SECONDS
- PLAY AS FAST AS YOU CAN FOR 10 SECONDS
- PLAY AS SLOW AS YOU CAN FOR 10 SECOND
- GO BETWEEN FAST AND SLOW FOR 10 SECONDS
- PLAY HIGH PITCHED NOTES/SOUNDS FOR 10 SECONDS
- PLAY LOW PITCHED NOTES/SOUNDS FOR 10 SECONDS

- MAKES SOME NOISE FOR 30 SECONDS EXPERIMENTING WITH ALL THE ABOVE

- CREATE A VERY SHORT RHYTHM OR MELODY. PLAY THE SHORT PATTERN REPEATEDLY WITH A SMALL REST IN-BETWEEN.

NOW REPEAT AND DEVELOP THE SHORT PATTERN. THERE ARE LOTS OF WAYS TO DEVELOP THE SHORT PATTERN, HEAR ARE A FEW EXAMPLES:

1. ADD MORE NOTES/SOUNDS TO THE END OF THE PATTERN
 2. PLAY IT BACKWARDS
 3. CHANGE THE PITCH, RHYTHM, TEMPO OR DYNAMICS
- PLAY FOR ABOUT 45 SECONDS, JUST MAKING IT UP AS YOU GO ALONG, MAYBE THINK ABOUT USING SOME OF THE ABOVE DEVICES