

## Musical Moments for Lockdown

**Make your own Xylophone. A doubly creative challenge for you.**



1. Gather a mix of 6-8 jam jars and or glasses and a wooden spoon.
2. Arrange the jam jars and bottles and fill them up with different amounts of water, even small differences will produce different sounds.
3. Add some food colouring to the water if you have it.
4. Now gently tap the sides of the glasses /jam jars.
5. You should be able to hear different notes.
6. Make up a pattern by playing the different notes.
7. Try taking two wooden spoons to play different combinations of notes together.

Have fun making your own water music!

## Relaxing to Music.

This is a good activity to settle you towards the end of the day:

Find a piece of relaxing music to listen to. There are lots of relaxing pieces to choose from.

Look at the pictures below and practise each of the moves for 30 seconds each or for as long as you want to and is comfortable:

Don't forget to practise on both right and left side.  
Breath steadily and relax.



All exercises taken from stretches for kids.

