

SESSION PLAN

Date: 25/02/26

Session Number: 4

Materials:

- Drums and percussion box
- Hello Spring Book

Objectives

1. To introduce our group to the children
2. To learn and create the emotions soundscape

Structure:

Warmup

1. 4 Movement warmup - walk on the spot to start with (we're walking through a field in spring and we can see lots of animals around us). **Rabbit** - hops, hands as paws - **Chick** - tiny quick steps - **Bear** - stretches and stomps - **Duck** - waddling. When I say '**eagle above**' we all freeze

Main Activity

1. Crotchet (egg nest) game - way of adding instruments, copy and repeat after me. Looking at the pattern.
2. Emotions 1 - **anxious** (define anxious, light tapping fast or slow) - **sadness** (disappointment etc - quiet, slow rhythms (the crotchets)) - **frustration** (define it, louder dynamics, faster rhythm)
3. Emotions 2 - **excited** (energetic fast rhythms medium volume) - **happiness** (smiles and louder volume, body language) - **joy** (repeated crotchet pattern)

Cool Down

1. Read Day is ending - copy me- sounds of spring meditation music on. movement - smell the flowers (**stand tall, deep breaths in and out**) - **stretch** up - slowly **lower arms** - **sway** side to side - **arms up** again, **wiggle** fingers, go from **head to toes** - wiggle each **foot** and **hand** - thank you end

Evaluation:

Key points to consider are:

- how engaged the class is
- how well they learned and created the soundscape
- their rhythm skills in the copy me activity