

# SESSION PLAN

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Date: 28/01/26

Session Number: 1

## Materials:

- Drums and percussion box
- Hello Spring Book

## Objectives

1. To introduce our group to the children
2. To introduce the idea of adding music to environments and soundscaping

## Structure:

### *Warmup*

1. Hello Song to introduce everyone in the class using their and our names
2. Movement game - walking around the space to the beat of some music, adding in claps and jumps on different beats

### *Main Activity*

1. Repeat after me activity with percussion and drums (include a quick introduction to the instruments in front of them)
2. Soundscaping - using the percussion to mimic different weather (i.e. thunder and rain) introducing the idea of writing music

### *Cool Down*

1. Read them the book Hello Spring
2. Repeat the movement game but calmer and walking through different settings (i.e. puddles, snow and sunshine) linking to the story and the main activity

## Evaluation:

Key points to consider are:

- how engaged the class is
- the classes ability to keep time when walking around the space
- their rhythm skills in the copy me activity

# INTERVENTION PLAN

Date: 28/01/26

Session Number: 1

## Materials:

- Name labels for us practitioners
- Hello Spring book

## Objectives

1. To introduce ourselves to the intervention groups
2. To introduce the idea of music making and the book Hello Spring

## Structure:

### *Warmup*

1. Spoken introduction of ourselves
2. Name warmup - passing a beat around the group, first saying our names and then an easy fact such as our favourite colour or food

### *Main Activity*

1. Rainstorm activity - using body percussion to recreate different rain sounds, such as drizzle, gentle rain, and thunderstorms

### *Cool Down*

1. Read through of the book to introduce them to all the different characters. Knowing these different characters before adapting music to emotions in the main sessions will help them to process a characters intentions better

## Evaluation:

Key points to consider are:

- how confidently the group participated
- whether their energy and confidence was the same across the smaller and main group sessions
- are there any unknown support needs within the group we need to accommodate for and adapt?