

Enriching lives through music therapy



February 2021

It's Arts Week!



Felicity North



Kate Williams

Dear parents and carers,

It's Arts Week and we (Felicity and Kate, the Nordoff Robbins music therapists working at Park Lane) thought you might like some ideas for things to do at home. Just pick and choose!

1. Making sounds with Louise and the Clangers

If your children would like the Clangers, then please go to the Nordoff Robbins website

<https://www.nordoff-robbins.org.uk/on-stage-at-home/>

Our colleague Louise and the Clangers have made 6 short videos, so you can make music with your children in the house. The videos are called:

- Let's Go Finding Sounds
- Music Machine
- Your Voice Can Do Amazing Things
- The Cutlery Song
- Big and Small, Loud and Quiet
- When We Go Outside

2. Amber Trust resources

This website has lots of different musical activities – just create a free account to access them.

<https://www.ambertrust.org/amberplus/>

- Explore 'The Cards' in the Menu for different ways to make sounds and music with your child. There are simple instructions to follow with each card.
- Explore 'Songs' in the Menu for a range of activities that can help develop musical skills, language skills and movement/coordination skills.

N.B. If you don't have musical instruments, don't worry – you could use a saucepan and spoon, make your own percussion instruments (see below) or use your bodies by clapping hands or tapping knees. If you have an iPad or tablet, you could download the Garageband app or one of the free piano apps.

3. Make your own instruments

Making shakers, scrapers, tappers and flappers: <https://www.youtube.com/watch?v=E5XpQ10haH8>

Making a macaroni tambourine: <https://www.youtube.com/watch?v=Md4Ss4vuWi4>

Making a bottle top shaker: <https://www.youtube.com/watch?v=wLesWSIGVWI>

General enquiries: +44 (0)20 7267 4496

Fundraising: +44 (0)20 7428 9908

www.nordoff-robbins.org.uk

4. Relax to some music

This website has nursery rhymes, lullabies and classical music for listening, singing and movement/relaxation.

<https://babymozart.org/>

- Choose one or two favourite nursery rhymes and sing together, with actions too.
- Choose a lullaby to accompany relaxation or massage, perhaps creating your own den of cushions and blankets to lie down in while listening.
- Choose a classical piece to accompany movement or dancing.

5. If you want to be a little noisier...

<https://www.bbc.co.uk/teach/bring-the-noise>

This website has lots of lively ideas and innovative musical resources. You might like to try the following:

- "I am a robot, sing, sign and dance challenge"
- "Play it" for interactive songs where you can join in with clapping, singing or playing online instruments from the website.
- "Andy's Animal Raps" for a fun, educational way to learn about nature and animals.

6. How about musical statues?

All you need is some favourite music and a bit of floor space to move around in. It could be Disney Songs, Michael Jackson or The Beatles. Dance and stop/start with the music.

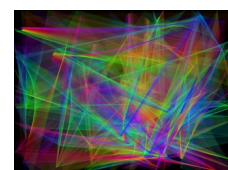
7. The sofa singers (a choir)

This is a free, weekly online choir which you'll need to sign up in advance for to reserve your place. Singing uplifting songs with others across the world in real-time.

<https://www.thesofasingers.com>

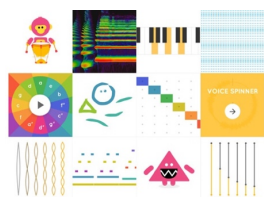
8. Sensory Music Apps

- **Bloom** – calming visualisations and soundscapes created by ambient composer Brian Eno. This version is for iPhone/iPad. (£3.99) <https://apps.apple.com/gb/app/bloom/id292792586>
- **Bloom: 10 Worlds** – this version of Bloom (see above) is for Android. (£7.99) https://play.google.com/store/apps/details?id=com.opallimited.bloom10worlds&hl=en_GB
- **Singing Fingers** – app for iPhone/iPad which explores finger-painting with sound. (£0.99) <https://apps.apple.com/gb/app/singing-fingers/id381015280>
- **Gravitarium** – beautiful particle animation patterns and sounds created through touch. For iPhone/iPad (Free). <https://apps.apple.com/gb/app/gravitarium/id741646894>



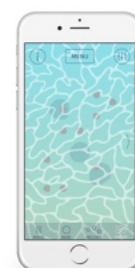
9. Music-making apps and resources

- **GarageBand** – (free), powerful app for iPhone and iPad that features a range of musical instruments and a recording studio, so you can create your own music. You can download it from the Mac app store or iTunes app store. <https://apps.apple.com/gb/app/garageband/id408709785>
The following YouTube video can give you some guidance on how to use GarageBand. https://www.youtube.com/channel/UCRvJ4ghoq5gz_Tk4TPI8D1w
- **Music Maker Jam** – (free), similar to GarageBand. You can create loops and create your own tunes. <https://www.loudly.com/musicmakerjam/en/index.html>
- **Chrome Music Lab** – (free), very accessible range of sensory music-making experiments which work with Google Chrome browser across all platforms. <https://musiclab.chromeexperiments.com/Experiments>
- Here is a YouTube video that has a piano accompaniment that you can write a song over the top of. <https://www.youtube.com/watch?v=ASfA2k-lwIY>
- **Fingerlab** – (free), <http://www.fingerlab.net/portfolio/musyc>
- **DJ Studio 5** – (free), <https://dj-studio-5-free-music-mixer.en.uptodown.com/android> (android)



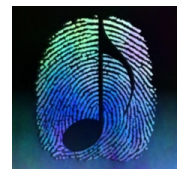
10. Music and Wellbeing

- **Cove** – an app that allows you to create music to capture your mood and feelings. This is like a mood journal but using music instead of words to express how you feel. This link will take you to an NHS page, as it is currently being trialled by the NHS. (Free) <https://www.nhs.uk/apps-library/cove/>



11. Musical instrument Apps

- **Mini Piano Lite** – free piano app for Android with a range of sounds.
https://play.google.com/store/apps/details?id=umito.android.minipiano&hl=en_GB
- **Finger Piano Plus** – free piano app for iPhone and iPad with a range of sounds and songs to play along to. <https://apps.apple.com/us/app/fingerpiano-plus/id423578878>
- **Kalimba Real** – kalimba (African thumb piano) free app for Android.
https://play.google.com/store/apps/details?id=com.sonoscore.kalimba&hl=en_GB
- **Kalimba Real** – Kalimba (African thumb piano) free app for iPhone/iPad.
<https://apps.apple.com/in/app/kalimba-real/id1447240841>
- **Hang Drum** – hang drum app for Android (free)
https://play.google.com/store/apps/details?id=com.studio.ptd.hangdrum&hl=en_GB
- **Hang Drum** – hang drum app for iPhone/iPad (free) <https://apps.apple.com/in/app/hang-drum/id1439303516>
- **ThumbJam** – powerful app for iPhone/iPad with a wide range of real instrument sounds which you can play in a broad variety of styles. (£8.99)
<https://apps.apple.com/gb/app/thumbjam/id338977566>
- **DrumJam** – percussion and drum sounds to explore for iPhone/iPad (£7.99)
<https://apps.apple.com/gb/app/drumjam/id530162824>
- **REAL DRUM** – drum-kit app for Android.
<https://play.google.com/store/apps/details?id=br.com.rodriogolb.realdrum&hl=en>
- **Bebot** – friendly animated robot synth! (£1.99) <https://apps.apple.com/gb/app/bebot-robot-synth/id300309944>



12. And other ideas...

- If you haven't already done so, you can download Spotify and create playlists, listening to all kinds of music for different moods or from different genres: <https://www.spotify.com/uk/download/other/>
- Shazam detects a song that is being played. Might be fun to download it and test it out.
<https://www.shazam.com/>
- And for those with access to a guitar, you might like to try this: <https://www.ultimate-guitar.com/>

13. Music Concerts and Performances

Finally, you might like to try some concerts:

Please do check the location/time zones of live-streamed concerts to calculate the UK start time. **Time Zone calculator** <https://www.timeanddate.com/worldclock/converter.html>

- **Concerts online:** various concerts are being held without audiences <https://www.nytimes.com/2020/03/13/arts/music/coronavirus-pandemic-music-streaming.html>
- **List of live streaming concerts:** <https://www.wkar.org/post/list-live-streaming-concerts#stream/0>
- **Free Chamber music** (live streaming): <https://www.therestisnoise.com/2020/03/covid-19-live-streams.html>
- **Berlin Philharmonic orchestra:** live streams and performance archive. <https://www.digitalconcerthall.com/en/home>
- **Announcements/lists:** of worldwide performances being streamed. <https://www.wkar.org/post/list-live-streaming-concerts#stream/0>
- **Livestream concerts list:** artists and bands. <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
- **Bands and artists:** streaming performances. <https://www.jambase.com/collection/news-announcements/livestream-announcements>
- **Facebook Virtual Choir:** duet with a choir online. <https://www.facebook.com/groups/560884704783731/?ref=share>

With best wishes to you all for an exciting arts week,

Felicity and *Kate*

