

“It’s OK” Well Being Music Project

This project will develop over the next few weeks, so keep your eye on what is added to this lesson weekly.

Warm up for Lesson 1 of this series:

After warming up with the backing track from Adele’s Make you feel my love, watch the Video of It’s OK (with the sock puppets) either here on Charanga or on YouTube:
<https://www.youtube.com/watch?v=RalulhsN44Y>

Main Activity:

Write a couple of notes about what the main message of the song is all about, how does it make you feel? What musical things in the way the song is sung, or the actual musical elements themselves that enables the music to make feel this way? (Is the music fast? Slow? Lively? Smooth? Loud? Soft?)

Extension 1 of the Main activity:

Choose a task from the activities below:

1 Make your own Sock Puppet

https://www.youtube.com/watch?v=Li8c_fB1tUM

2. Explore and do any of the following PDFs (taken from

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>) included in this lessons activities about

- “ ways to feel better”
- Create a ‘coping’ tool box
- Create your new lockdown routine
- Take a mindful walk

Extension 2 of the Main activity:

Learn to sign the chorus of It’s OK watching the signing version of this song on Charanga

Cool down:

Choose whichever level and activity suits you best:

- Happier Video Rhythm clap along Level 1
<https://www.youtube.com/watch?v=Vbpc5jVdOI0>
- Happier Video Rhythm clap along Level 3 (this includes semiquaver patterns)
<https://www.youtube.com/watch?v=qfxXUYKfcyc>

Or

- Get outside and try this Basket Ball routine to Happier

<https://www.youtube.com/watch?v=bZljHe02wKU>

