



Cumbria Sings

“It’s OK (Please just say)” Wellbeing Music Project Week 2

Introduction:

Welcome to WEEK 2 new Cumbria Midweek Music activities.

Our second activity is to extend the work we did last week based around the song “**It’s ok (Please just say)**”.

As you may have already gathered, the song is about sharing our feelings and improving mental health. We will therefore focus more on wellbeing tasks in this session as well as reminding you to submit and **upload any videos, photos or helpful comments** that will contribute to the Cumbrian video that we have already started to make.

Closing date for uploading to the website is February 10th.

Warm up for Lesson 1 of this series:

It is important to look after your voice and warm it up before you have a singing session. Below are two Vocal Warm Ups for you to try before you sing *It’s OK*. Choose between KS1 or KS2 and older.

KS1

<https://www.bbc.co.uk/teach/school-radio/music-ks1-sun-sea-song-warm-up/z7gg382>

KS2 or older

<https://www.bbc.co.uk/teach/school-radio/music-ks2-heroes-of-troy-david-grant-vocal-warm-up/zdfb382>

Main Midweek Music Activity:

Watch the Video of “It’s OK” Lyrics and signing. (Go to the launch page of Cumbria Sings in the lockdown activities tab www.cumbriamusichub.com/cumbria-sings) or use this direct link:
<https://vimeo.com/503011717/2238abc796>

Sing or Sign through all of ***It’s OK***.

Can you do any of this now from memory? Can your teacher film it in your location e.g. your classroom or in the playground? Or, if you are at home can you and your family film it somewhere more unique that makes us identify with you being in Cumbria – e.g. at a special landmark near where you live perhaps? When you have done this, and if you would like to, please **upload your film** of you signing or singing.

Alternatively **upload photos** or a little film clip to our website using the online form provided on the Cumbria Sings page of you doing something together as a family, that might inspire others to have a go and have some fun.

B: Creating a coping Toolbox

Find a box and place things that you have at home into it that remind you of good times. For example, photos, drawings, a gift, a note from a relative or a friend, a sachet of hot chocolate, a note of your favourite film to download, a message to yourself of something physical that you can do to make you feel better – even if it's something small, like take ten slow deep breaths.

What message could you write that would help someone else who is feeling low at this time? We would love you to **upload this message** to our website if you are willing to share it with us?

Extension 1 of the Main Activity

For your full pack of FREE resources, including videos, lyrics and other fun activities from **OneMoreSong**, download here: <https://onemoresong.co.uk/product/its-ok-song-pack/> Just sign up for a code to access the resources (worth £12.99).

Extension 2 of the Main activity:

Please visit the following websites for links to children's wellbeing activities that are **FREE** to download:

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

Look out for support from Cumbria County Council's promotional activities supporting the National children's mental Health Charity PLACE2BE during Mental Health week February 1-7th. My Time Cumbria will be delivering 40 min webinar sessions for parents on anxiety – what's normal and when you might need some help.

CCC will also be launching a longer public information campaign to support CYP, Parents and Carers access to resources and services supporting Emotional Wellbeing and Mental Health.

Kooth online chat forums will also be taking place on different themes during Children's mental health week – and is a fabulous mental health resource for all young people.

Cool down:

Choose whichever activity suits you best, or cool down with them all:

It's alright: Rhythm reading and body percussion

<https://www.youtube.com/watch?v=XhyAcLUr5-M>

Sing along to it's alright with Jon Batiste, celeste, official lyric:

<https://www.youtube.com/watch?v=txdUE10OopA>

Fight Song video Rhythm reading level 1: Sing and clap

https://www.youtube.com/watch?v=mtL7K_iOK58

