



# KEEPING CONNECTED

## Music Therapy Newsletter

Friday 1st May 2020

By Sarah Kong – Edition 2

### Music Therapy Welcome

to the second edition of KEEPING CONNECTED, the Music Therapy Newsletter for Haymerle School to support Home Learning Plans and to provide ideas on how to bring music into the home during these unprecedented times.



I hope you have been able to take a moment in the day to offer your children musical experiences. Please share any interactions at home with your teachers!

### Let's Sing!

"Having a good sing can have some of the same effects as exercise, like the release of endorphins, which give the singer an overall "lifted" feeling and are associated with stress reduction. It is also an aerobic activity, meaning it gets more oxygen into the blood for better circulation and tends to promote a good mood".



If your children have any favourite songs that they would like the Music Therapist to share with them on YouTube please contact your teacher with song choices!



Look out for activities on the Home Learning section of the school website. Bloom on iPad has been uploaded and is a peaceful and atmospheric app for iPad where the whole screen becomes a colourful interactive surface.

If your child would like to listen to a familiar voice, here is a short recording by Sarah Kong who is playing her own version of 'On the Journey Home from Grandpa's' on the piano, the tenor recorder and using various percussion instruments - follow this link:

<https://www.youtube.com/watch?v=3us1MDmYNK8&feature=youtu.be>



KEEP WELL



KEEP SAFE