

CREATIVE EXPRESSION!

MUSICAL MASTERPIECE!

A simple and fun creative activity that encourages mindful listening, promotes creativity and stimulates imagination!

MATERIALS:

- ~ WHITE CARD STOCK OR CONSTRUCTION PAPER ~
- ~ VARIOUS ART MATERIALS, WHATEVER YOU HAVE IN THE HOUSE ~
(markers, crayons, pencil crayons, water colour paints, pastels etc.)
- ~ A SEQUENCE OF SONGS / YOUR CHILD'S FAVORITE MUSIC ~
(you can use youtube on your desktop/laptop, a radio with a CD, or a i tunes or apple music on your mobile device)
- ~ A TABLE CLOTH ~

SET UP:

Place sheets of paper down on top of a table cloth (on the floor or on a table), with all the art materials spread out in the middle.

INSTRUCTIONS:

Explain to your child that they will be drawing/creating whatever they feel like in the moment.

Ask them to listen to each song, taking a few moments at the beginning of each song to take 3 deep breaths.

After taking 3 breaths, ask your child how the song makes them feel, and to choose colours and art materials that represent the way the song is making them feel.

Example: if the song makes you feel happy, yellow may be the colour you reach for.

If the song is making you feel excited, maybe you will choose bright red.

If the song is making you feel calm, maybe you will choose light blue.

Our Musical Masterpiece Playlist!

Yellow

Coldplay

Dance Monkey

Tones and I

Shake It Off

Taylor Swift

Can't Stop Feeling

Justin Timberlake

