

### 3-5 Wellness – Music suggestions

1. Put on some music and dance with your family.
2. Teach a song you learned in music class to someone at home.
3. Write a song about something you are doing at home. Mrs. Gallant would love to hear your songs, you can send them to her.
4. Read a storybook and add sound effects using items found in your home.
5. Watch a musical with your family. Disney movies count!
6. Notice the music in your video games and TV shows.
7. Learn a new song, or find an old favorite to sing – see Mrs. Gallant’s teacher page for instructions on how to access the MusicPlay website used in music class.
8. Sing a song to your stuffed animals or a pet.
9. Create a dance to a song of your choice.
10. Play some music and move to a steady beat.
11. Play “Name that Tune” with a family member. Hum a song and have them guess what it is. Take turns!
12. Make an instrument using materials you find at home (check your recycling bin for materials). Email a picture or video to Mrs. Gallant.
13. Listen to a piece of instrumental music. Draw a picture of what you think it’s about, or how it makes you feel. Mrs. Gallant would love to see your pictures.
14. Create your own storybook using the words from a song you know.
15. Ask a family member about their favorite songs when they were your age. If you can, listen to them together.
16. Check out Stomp! On Youtube. What can you find around your house to create music?
17. Sing a song in the bath or shower!
18. Listen to a song in a musical style you don’t normally listen to.
19. Sing a round with someone.