



Open-Sky  
School

Category  
ART THERAPY



Activity

# Musical Creation

## MATERIALS (OPTIONAL)

- Photocopies of the *Write a song* worksheet for each team (p. 4)
- Pencils
- Clipboards

## DURATION

25-45 MINUTES

## Activity Summary

This musical activity aims to introduce students to the rhythm and intonation of music, and to song writing, to stimulate their creativity.

## Preparation

Find a quiet space in nature.



# Steps

Say:

*Today we are going to do a musical activity using our bodies and objects in nature. This activity is meant to be fun. We are not professional musicians and we are especially not here to make fun of others. So respect your peers and have fun.*

## A.

### Boom-Boom-Clap

Say:

1. Let's sit in a circle.
2. This first activity requires you to practice your memory and creativity by producing sounds with your hands.
3. We will first start by tapping together twice on our thighs and clapping our hands once: "boom-boom-clap", to the rhythm of the song *We will rock you* by Queen.
4. Now we'll take turns.
5. Do "boom-boom-clap" on your turn and add a movement of your choice: for example a pat on the head or a double clap of the hands, etc.

## B.

### Vocal warm-up

Say:

1. Stand up.
2. We will now participate in a vocal warm-up exercise.
3. Stretch your arms to the sky, take a deep breath and let your arms fall down by your sides as you exhale.
4. Relax your legs by gently bending and flexing your knees.
5. Now work on your posture. Imagine that you have a wire pulling you up from the top of your head to keep you standing up straight.
6. Keep your knees loose, don't stiffen them.
7. Work on your breathing. Inhale as deeply as you can and exhale as slowly as possible through your mouth. Repeat this exercise a few times.

## Instructions

On the second round, start with "boom-boom-clap" and add the movement of the person who went before you, followed by a "boom-boom-clap" and a movement of your choice.

The person on the left must continue by adding the previous movements as well as one of their creation and so on, remembering all of the movements from the beginning.

Meanwhile, everyone must continue to keep the rhythm.

You are now ready to sing.

Follow my hand.

When my hand is directed down to the ground, we sing in a very deep voice.

When my hand is directed upwards to the sky, we sing in a high-pitched voice.

Begin singing on "ba-be-bi-bo-bu".

Alternate the position of your hand: up, down or in the middle to change the intonation.

# Song writing

- C.** This activity is optional, if there is time left and you feel that your group would be interested. Divide students into teams of 3 to 4 people.

**Say:**

Each team will write a short, 30-second song about one or more elements in nature.

You can use your body to make sounds by clapping your hands and thighs, or you can also use sticks or rocks that are on the ground and tap them together to produce sounds.

Be careful, the natural objects are for making music only; do not use them to hurt others.

Here is the worksheet you can use to write the lyrics of the song.

*Distribute worksheets to students.*

## Instructions

Your team has 15-20 minutes to create your song.

RETURN TO  
GROUP

1. Ask students if they enjoyed these activities.
2. Take the time to discuss the activity with them and listen to their comments.
3. When teams are ready, they can present their songs to the group.

**REINVESTMENT:**

You can return to song writing and give students time to make their songs longer and/or rework them at another time.

