



Choir/Music Appreciation Virtual Learning

High School Community

Outreach

April 27, 2020



High School Choir/Music Appreciation

Lesson: April 27, 2020

Objective/Learning Target: to encourage students to reach out to peers, friends, family, or community members.

BELL WORK

- Complete the [google form](#)



C.H.O.I.R. CHALLENGE!

On the next slide, we have challenged you with 5 tasks for the week. Get out of your comfort zone and try to do some or all of them.

Sometimes the best distraction can be doing something for others! We all need encouragement, laughter, and kindness right now!



C.H.O.I.R. CHALLENGE!

Compose an email or text to somebody in choir or another class you didn't talk to as much. Check in with them and see how they are doing.

Have a dance party! Pick some of your favorite songs and invite someone to join you.

Offer your culinary services to those at home with you. Plan and cook a meal for them. Create a playlist for background music during dinner.

Idol appreciation day. Who has been an important influence in your life that you love and respect? Write them a letter, email, or even text to share your thoughts and appreciation for them.

Random acts of kindness-- choose 2-3 things you can do for somebody else this week. Help with laundry or siblings,

IF YOU NEED A LAUGH...



SOME GOOD NEWS



A MESSAGE FROM YOUR CHOIR TEACHERS...

We miss you all so much!

We hope you continue to
check in with your friends
and classmates. Having a
supportive community is so
important right now. Hang
in there!



MINDFULNESS

IN ONE DAY

FOR BEGINNERS



THINK BREATHING



Breathe in, hold for three counts and exhale. Count seven breaths.



MINDFUL DRINK

Kick start your body, mix hot water, lemon and cayenne pepper. Taste It!

DO ONE THING AT A TIME



When eating, just eat, when checking emails, just check emails.



NOTICE YOUR SENSES

What are two things you can taste, touch, smell, hear, right now?

DEEP LISTENING



Listen completely and contemplate your response.



MINDFUL EATING

Turn off all distractions, explore the textures, favours and temperatures

MINDFUL WALKING



Feel your feet connecting with the ground.



BODY SCAN TIME

Bring your attention to your body, send the breath to any areas of tension.

ONLINE RESOURCES

Ways to create videos or find uplifting videos:

1. [A cappella app](#)
2. Garage Band
3. Tik Tok
4. Youtube