



Choir/Music Appreciation Virtual Learning

High School Community

Outreach

April 13, 2020



High School Choir/Music Appreciation

Lesson: April 13, 2020

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

MONDAY, APRIL 13

Choir/Music Appreciation



BELL WORK

- Complete the [google form](#).
- Keep in mind: your choir director will be able to see your responses and you are always welcome to reach out to us.



A POSITIVE MESSAGE...

Watch the video and listen closely to the lyrics. It's a great message!



IF YOU NEED A LAUGH...



Watch this video and think of ways you can get creative during this time.

IT'S YOUR TURN

In times like these, music can be an escape to many people and often times, great music is created because of the situation.

We challenge you to pick one:

- Be brave and record yourself singing a song that you love right now and share it with someone you care about and needs to hear something positive.
- Find a video (doesn't have to be a song) that is uplifting to you and share it
- Try reaching out to someone each day. Share something that makes you happy and have a conversation about it!

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