



Choir/Music Appreciation Virtual Learning

**High School Community**

**Outreach**

**April 20, 2020**



# High School Choir/Music Appreciation

## Lesson: April 20, 2020

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

# BELL WORK

- Although this has been a strange time, it is one that we will not forget.
- Grab a notebook or note on your phone and answer the following questions:
  - Today's date
  - How are you feeling today?
  - What do you miss?
  - What are you looking forward to?
  - What is one thing you can do today to feel more "normal"?
- Consider journaling every day or once a week if you feel like it helps you understand your feelings and this time.



IF YOU NEED A LAUGH...



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

MUSIC CARRIES ON





## ISD CHOIR QUARANTINE PLAYLIST

This week we are starting a Choir Madness Bracket with the songs submitted last week to the playlist.

To vote between different songs, fill out this [google form.](#)

■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
■ If you would still like to ■  
■ submit a song to be added to ■  
■ the playlist, complete this ■  
■ [google form.](#) ■  
■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

# IT'S YOUR TURN

1. Share one of the two videos from today with someone (or find your own funny or uplifting video).
2. Record your own cover of a song you love! Use the a cappella app or a youtube karaoke track and share it with someone.
3. Reach out to a friend or classmate you haven't heard from in awhile. Tell them what you have been up to and ask how they are doing!

# 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!

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# 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