

## **Band Virtual Learning**

# 7th Grade Band

May 12, 2020



## 7th Grade Band Lesson: May 12, 2020

## Objective/Learning Target: Students will:

- Think about how our society uses music to help people through hard times
- Develop a cursory glimpse into music therapy



Many people are struggling right now. Emotionally, physically, in many ways. Different people cope with stress in different ways. Some may <u>draw</u>; some may play games; talk to friends; listen to music... play music... Some may draw while listening to music. This week we will explore some aspects of <u>music therapy</u> and how some people use it to help with stress.



#### Take a moment....

## What do you do to calm down/de-stress? Why do you think that helps you?

Write out your thoughts.



As with anything else, everyone has a different idea of what type of music calms them. What do you listen to for a calming effect?

- Blues
- Classical
- Country
- Heavy Metal
- Jazz
- Musical Theater
- Pop
- Rap
- Rhythm and Blues
- Rock



#### What ways can music help?

STRESS

Auditory Processing

#### MUSIC THERAPY CAN HELP WITH...

SPEECH Addiction POST TRAUMATIC SELF ESTEEM STRESS Academics **ANXIETY Heart Rate** Nausea Motor impairments GLIEF Memory Attention span WELLNESS COMMUNICATION Anger Management Insomnia Childbirth SENSORY PROCESSING FEAR Spatial Awareness Depression REHABILITATION Respiration COPING Socialization Articulation DIRECTION FOLLOWING Eye Contact ISOLATIO MusicalBridgesMT.com



### **Relaxing Music in Different Genres**

Do any of these work for you?

## Body Mind Zone

(Try having this one on in the background while doing school work)

**Classic Rock Relax** 

**Classical Piano** 

Fine Art Music and Painting



#### **Relaxing Music in Different Genres**

## **Relaxing Pop Music**

**Relaxing Country Music** 

Relaxing Jazz



## Take a moment and listen to a song/songs that calm you.

Write out why you believe this type of music works best for helping you to stay calm and relaxed.