

## Relaxation Retreat for Kids

# Family Music Reflection Activity



**Target age:** SK-grade 5

### **Supplies:**

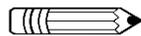
- ★ somewhere comfy to sit
- ★ open space for movement
- ★ music – pieces that are new to your child, preferably 2-5 minutes long
  - ◇ [CD](#) for list of children’s music available in the Vaughan Public Libraries collection
  - ◇ FREE online music through Naxos \* (link below), or [Hoopla](#) on the Vaughan Public Libraries website
- ★ paper (can include a choice of colour and size)
- ★ tools for drawing – crayons, markers, pastels, watercolours, coloured pencils, etc.
- ★ newsprint/scrap paper to cover table

### **Pre-Activity:** *TUNE INTO SOUNDS*



- ★ notice sounds in your environment – tune in to what is happening around you
  - **Examples:** Do you hear a dog barking? Appliances humming? The radio? The T.V.? A computer keyboard tapping? Outside activity such as lawn mowing or snow shovelling? Cars passing through the neighborhood?
- ★ find a comfy area to sit and listen to music at least twice, uninterrupted, and preferably with eyes closed:
  - Let your mind wander, make associations, day dream, hum along **and/or**
  - Let your body move to the rhythm
- ★ if possible, listen with your child and have a conversation comparing what you each of you heard, and what it made you think of

### **Reflection:** *DRAW*



- ★ while playing the music a 3<sup>rd</sup> time, have your child do a drawing response (some children may prefer to stand rather than sit); if needed, use the following prompts:

#### Prompts:

- ◇ what did the music make you think of?
- ◇ how did the music make you feel?
- ◇ did the music remind you of anything?
- ★ offer to replay the piece while they use the materials
- ★ offer no comment during their response unless you’re asked





**Post-Activity: SHARE**

- ★ talk with your child after their response – what did they draw? Is it related to a certain part of the piece? Have them explain
- ★ celebrate their response – share with other family members, post it on the fridge, take a photo and share with other family members
- ★ repeat the process weekly/biweekly/monthly, or as often as possible
- ★ make a play list of favourite pieces to revisit/share during car trips and family gatherings on Zoom



**Getting Started with the Naxos Music Library (NML) app:**

The first time you access Naxos Music Library through the NML app on your phone, you must complete the following steps:

1. Go [Naxos Music Library](#) through the Vaughan Public Libraries website using your browser. Scroll down a bit, then, click on Naxos Music Library.
2. You will be prompted to log in using your library card number and 4-digit PIN.
3. On the Naxos Music Library page, click on “Playlists” on the menu on the left-hand side of the screen.
4. Near the top of the page, it will say “Student/Member Account.” Click the Sign up button beside it.
5. Fill out the form to create your member account.
6. You will receive an activation link in the e-mail address you provided. Click the link in your e-mail to activate your account.
7. In the NML app, you can now log in using your e-mail address and password.





**Suggested Playlist** (available free through Naxos):

<b>Artist</b>	<b>Title of Piece</b>	<b>Length</b> <i>(minutes/seconds)</i>	<b>Reference Number</b> <i>(use in Naxos search box)</i>
Rossini	The Barber of Seville: Act I, Cavatina (Figaro)	4:37	8.553436
Copland	Hoedown: Rodeo 4	3:20	
Mozart	Eine Kleine Nachtmusik: Serenade No.13--Rondo Allegro	3:45	8.557023
Brahms	Hungarian Dance No.5	2:10	7080
Saint-Saens	Carnival of the Animals: VII—Aquarium	2:22	8219
Rimsky-Korsakov	Tale of Tsar Saltan, Op. 57- -Flight of the Bumblebee	1:24	090266833528

