

Music Lesson Plan

This plan contains tailored activities for KS2 music lessons. These are to be used alongside your curriculum as a way to improve students understanding of the effects of brain injury.

If your school has adopted us as your charity of the year or is having fundraising events to support The Children's Trust, then these activities can help students learn more about what they are fundraising for and how their efforts make a difference.

Lesson: KS2 Music

Lesson duration: 60 Minutes

Objectives:

- For students to grasp a basic understanding of brain injury and how it effects your ability to communicate.
- For students to understand the importance of music as a form of communication. They must also be able to explain how music can be used to help children in rehabilitation.

What you will need for this lesson:

- Various instruments, these could include drums, percussion and guitars. However, do not worry if you don't have any instruments to use. The activities can be completed without.

Lesson Plan

Warm ups: 10 min

Clap your name: Ask each student to individually speak their full name while clapping to each syllable, for example speaking 'Ro-sie Green', you would clap 3 times. This warm up method is used to help the children develop functional speech patterns using rhythm.

This activity should take 5 minutes

Call and Response: For the next activity, you can focus on call and response. For example, the activity leader could sing the line 'can I have a drink please?' and each student individually takes a turn in singing it back exactly the same way. This technique shows how singing is used to help support the children at The Children's Trust learning by the recalling of sentences used in daily life.

This activity should take 5 minutes

Introduction to The Children's Trust: 10 min

- The Children's Trust is the UK's leading charity for children with brain injury and neurodisability.

Our aim is to ensure that children and families affected by brain injury are able to live their best lives possible.

- Every year 40,000 children in the UK are left with a brain injury as a result of an accident or illness and it can be devastating – they may no longer be able to walk, talk, stand, sit, or feed themselves – sometimes all of these abilities.
- At The Children’s Trust, we aim to help rebuild as many of their skills as possible, as well as their self-esteem. A child’s confidence is central to that relearning.
- We help children do this through play, exploration, laughter and having fun; things that are often absent when a child has limited mobility or has had a challenging time. By combining music, singing, arts and crafts, day trips and other activities, with therapy, healthcare and education, children do not focus on what they cannot do, they just do it and have fun.
- The Children's Trust runs a range of specialist care, education and therapy services for children and young people from across the UK, including the UK's largest rehabilitation centre for children with acquired brain injury, which is based in Tadworth.
- Brain injury is a commonly misunderstood area and through our work and informational offerings like the brain injury hub, we are trying to better educate the public on the realities of life with brain injury and how cutting edge therapy and rehabilitation can change the life of a child.

If you need any further information, please visit <https://www.braininjuryhub.co.uk/>

Main activity: 30 min

Music Therapy:

- This task will provide a summary of what music therapy is and an example of a common music therapy activity. The activity leader will start by briefly explaining music therapy
- Music Therapy is form of therapeutic treatment which uses song and musical patterns to strengthen individual’s abilities. Music Therapy also provides avenues for communication that can be helpful for those that find it difficult to express themselves in words.
- The Children’s Trust actively uses music therapy on all children during rehabilitation because everyone has the ability to respond to music. Music therapy uses this connection to facilitate positive changes in emotional wellbeing and communication through the engagement in live musical interaction between client and therapist. It can help develop and facilitate communication skills, improve self-confidence and independence, enhance self-awareness and awareness of others, improve concentration and attention skills.

- The activity leader will follow up the explanation with a typical 20 minute music therapy activity.
- Activity example: Drumming
- Drumming is an excellent music tool for inducing light-hearted fun, positive addiction, and unhindered engagement. Scientists believe that drumming activities increase cellular activity that helps the body fight against neurological disorders.

Activity: Drumming Emotion:

- For this activity, students will each write down one emotion they are feeling that day on a slip of paper provided by the activity leader. All of the class's slips will be put into a 'hat'.
- After this students will form a big circle and the activity leader will pass the hat around at their own discretion. The student must then pick out a random slip and represent the emotion written on the slip only through their drum or other instrument.
- After demonstrating the emotion the activity leader should then ask the class what emotion they think it is.
- Students should not be required to reveal their emotion if they don't wish to.

Outcomes

By the end of the lesson, the students should have developed an understanding of how an ABI changes the lives of children and their ability to undertake cognitive tasks. The students should be able to explain why the tasks they undertook were different and more difficult than usual. They should also be able to explain how The Children's Trust helps improve the lives of those children with ABI.