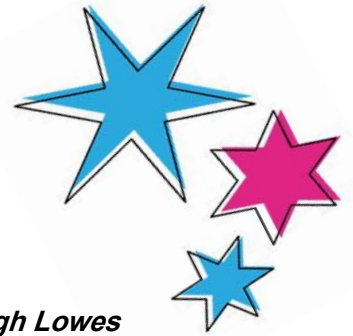


SUNDERLAND MUSIC HUB



Musical Moments KS1 – Spring Week 1

Feeling Happy

This resource was created for Sunderland Music Hub by Ashleigh Lowes

<p>Listen and Respond</p>	<p>Watch this month's Story Explorers – A Jar of Happiness by Ailsa Burrows. Presented by Ashleigh Lowes and special guest musician Paige Temperley.</p> <p>Read, sing and dance along with Ashleigh and Paige!</p>
<p>Join in and create</p>	<p>Can you sing along with Ashleigh and Paige to the songs in this month's Story Explorers:</p> <ul style="list-style-type: none"> • Keep Me Warm – Paige Temperley • Happy and You Know It • A Song of Kindness – Paige Temperley <p>Happy and You Know It - Don't worry, if you don't have a shaker or any drums at home, you could make some. Put some rice in a pot or get the pots and pans out with a wooden spoon. What other actions or sounds can you come up with for this song?</p> <p>Can you copy Ashleigh's actions in Keep Me Warm? Or can you make up your own dance moves?</p>
<p>More ideas in the theme</p>	<p>Make your own Jar of Happiness at home –</p> <p><i>What makes you feel happy?</i></p> <p><i>Who makes you feel happy?</i></p> <p>Using this worksheet as a template, could you write or draw the things that make you feel happy, perhaps you could do this as a whole family. Then don't forget to put those happy feelings inside your Jar of Happiness.</p> <p>PSHE</p> <ul style="list-style-type: none"> • Health and wellbeing: Learn about good and not so good feelings, a vocabulary to describe feelings to others and to develop simple strategies for managing feelings. • Relationships: Communicating feelings to others, recognising how others show feelings and how to respond.