



# RAISING ATTAINMENT THROUGH EXPRESSIVE ARTS



**Music,  
Dance &  
Wellbeing  
Programme  
21/22**



# PROGRAMME OUTLINE

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At SoundSational, we offer a unique music, dance and wellbeing programme targeted at Second Level pupils. The programme has been delivered for the past decade but is continuously evolving to meet the new challenges and changing circumstances young people in Scotland are facing - none more so than the last year.

The main aim of the programme is to allow children to live in the moment and feel good while learning to deal with the emotions we all have in our daily lives. This is achieved while also accessing top level arts tuition.

Our tutors ignite interest and engagement by utilising culture and music enjoyed by pupils, encouraging them to connect creatively with their personal experiences. Pupils are always active participants in choosing the music and songs to perform. In doing this they learn to use music as an emotional outlet (HWB 2-07a, EXA 2-18a).



There are no barriers to participation. Pupils of all levels and skill sets are assisted to have fun and achieve their goals. Over the course of the programme, the students will take part in weekly, hour long sessions focusing on melody, harmony, rhythm, dance, team building, music theory and deep breathing and relaxation techniques (EXA 2-17a).

The end goal of the programme is participation in either a joint concert with other participating schools, an in school concert or filmed performance, dependent on COVID restrictions.

We also map every pupils mood at the beginning and end of each session using an emotional scaling system. Any obvious changes in a child's mood are highlighted to their class teacher in real time with the overall results fed back to your school as part of each term report.

## Tommy Chambers

MANAGING DIRECTOR/LEAD TUTOR

# 21/22 CONTENT

Due to the developments made during the pandemic, our 21/22 programme is our most diverse yet. The programme consists of singing, dance, mindfulness, body percussion and traditional percussion in a range of different musical styles. Alongside the practical skills, pupils also learn about the history of dance and music from around the world. As part of this, we also offer a "make your own" percussion session using household objects.



## Music

### **Singing (when permitted)**

- Taught singing technique, melody, harmony, pitch, dynamics and style

### **Percussion**

- Learn to play rhythms together on a range of percussion instruments
- Learn to use your body as an instrument  
(EXA 2-16, 17, 18, 19a)

- Developing a variety of musical techniques and cultivating natural rhythm, teaching focus and performance direction (EXA-217a)
- Numeracy & Motor/Coordination Skills
- Understanding that rhythm is all around, learning to connect rhythm and time with music

## Rhythm

# 21/22 CONTENT

## Dance & Movement

### Stretching

- All sessions begin with a stretch to relax and feel comfortable in the session

### Dance and Choreography

- Simple energetic warm ups that allow us to relax and have fun
- Learning choreography for multiple styles of dance (EXA 2-08a, 09a, 10a)

- Breathing techniques
  - Relaxation
  - Monitoring emotions using emotional scaling
  - Mindfulness
  - Understanding tension in the body
  - Dealing with stresses/anxieties
  - Charting mood using an emotional scaling system
  - Feeling of achievement, taking steps toward goal
- (HWB 2-02a, 06a, 07a)

## Wellbeing

As some elements of the programme are dependent on COVID restrictions in your area at the time of delivery we are prepared to quickly adapt content to meet the needs of your school.

The wide ranging content makes this year's programme the most inclusive yet, in which every pupil has attainable goals and can leave each session feeling a sense of achievement. Each session is structured to provide pupils a steady focus throughout the course.

Some goals may include:

- improving their understanding of music/dance
- utilising new techniques taught
- increasing participation
- developing their performance
- taking part in an activity they generally find challenging



# UNDERSTANDING THE BENEFITS

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There are many personal and academic benefits from programme participation.

They include:

- **Building Confidence**
- **Resilience**
- **Music Performance**
- **Dance Performance**
- **Numeracy skills**
- **Literacy skills**
- **Motor Skills**
- **Coordination**
- **Teamwork**
- **Leadership**
- **Improved mood and emotional regulation**
- **Reduction in stress/anxiety**
- **Learning to challenge yourself**

We understand that many children of this age have confidence and self esteem issues, so may have inhibitions when participating in music and dance. Throughout the programme, tutors use various activities that allow every child to feel comfortable and confident enough to open up emotionally and enjoy taking part.



As pupils form a relationship with our tutors they begin to share more of their thoughts and feelings, particularly in their emotional scaling diary.

Our emotional scaling system was designed in partnership with educational psychology to give a detailed overview of every child's wellbeing on a weekly, monthly and yearly basis.

Some groups of children who have particularly benefited are:

- Children with English as a second language
- Children with ASN
- Children with low confidence/anxiety

# UNDERSTANDING THE BENEFITS

## THE SCIENCE



### TAKING PART IN MUSIC:

- REDUCES STRESS/ANXIETY
- REDUCES PAIN
- IMPROVES SLEEP QUALITY
- IMPROVES MOOD
- IMPROVES MENTAL ALERTNESS
- IMPROVES MEMORY
- IMPROVES COMMUNICATION
- BOOSTS YOUR IMMUNE SYSTEM
- IMPROVES EMOTIONAL REGULATION

Music is part of everyone's life in some capacity and is deep rooted in all cultures throughout history. There are few things in the world that stimulate the brain like music does.

Research consistently shows participating in musical activity is one of the best ways to have a complete brain work out. MRI scans show both left and right hemispheres of the brain stimulated simultaneously.

It is not only experienced musicians who feel the physical and mental benefits of music. Taking part in music to any level engages the parts of our brain responsible for motor skills, coordination, timing, memory, hearing, written language, speech and, importantly, emotional regulation and response.

Further to this, making music and dancing in groups has been shown to create a greater sense of bonding and togetherness between participants.

If you would like to find out more about the science behind music, please watch the following Ted Talk -

<https://www.youtube.com/watch?v=R0JKCYZ8hng>

**The amount of processing the brain undertakes while making music is so large the parts that create negative thought and stress have no space to work, allowing us to fully relax and switch off. This is why music is the perfect subject to easily improve wellbeing. We simplify understanding of mental wellbeing and provide an accessible way to improve mood making it a perfect programme for primary aged children.**

# A WORD FROM OUR CUSTOMERS

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“SoundSational have just completed their first block of work with our current Primary 7 pupils in St Ignatius' Primary School in Wishaw. What a wonderful experience for our children. Tommy and his team are truly fantastic at what they do. From music theory to fun and laughs, the children were engrossed from the first week. To have the opportunity for our boys and girls to work with such professional and talented musicians is truly a once in a lifetime experience. This block of work culminated in a performance for parents during our graduation day. Quite simply, this was sensational! Pupils who would never dream of singing on stage found themselves performing contemporary hits and singing solos in front of proud families and staff. Every child had built their skills to a level which surpassed even our own most ambitious predictions. Our pupils as a whole are more confident in so many ways, and for a number, this experience has opened doors into a new and exciting world of performing that will be with them for their whole lives. We cannot recommend SoundSational enough!

Stephen Fionda, DHT, St. Ignatius Primary

Children have responded extremely positively to the Soundsational Wellbeing Programme. There are no barriers, every child can take part and participate in at least one part of the lesson. The importance of maintaining positive wellbeing and building resilience has never been so critical since returning from Winter Lockdown. Of significant benefit to our school community and the diversity of languages spoken in our school, 32 different languages are spoken by our school children, is the limited use of spoken language in the sessions which helps to break down barriers to learning due to the universal appeal for all children regardless of their level of language acquisition as well as the importance of celebrating and experiencing music and dance from other cultures. The experience is hugely positive as it is a time where all children can achieve and be successful.

Isabella Montgomery, St. Maria Goretti Primary

# APPENDIX

## EXAMPLE PAGE FROM EMOTIONAL SCALING DIARY



Name: \_\_\_\_\_



1

2

3

4



5

6

7

8

9



10

Session	My Numbers		What I'm Thinking
	In	Out	
1			
2			
3			
4			
5			
6			
7			
8			

## EXAMPLE EXPERIENCES AND OUTCOMES MET THROUGH THE PROGRAMME

**Expressive Arts** - 2-01a, 2-08a, 2-11a, 2-16a, 2-17a, 2-18a, 2-19a 2-18a, 2-19a

**Health and Wellbeing** - 2-01a, 2-02a, 2-04a, 2-05a, 2-07a, 2-14a, 2-15a, 2-20a, 2-21a, 2-45a

**Social Studies** - 2-19a



# CONTACT US

At SoundSational, we appreciate that every school community has their own unique challenges and needs. We tailor all the aspects of our programme to best meet the needs of the pupils in your school.

Please contact us on the details below if you would like to find out more about what SoundSational can do for you.



[enquiries@soundsationalmusic.co.uk](mailto:enquiries@soundsationalmusic.co.uk)



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