Keep Calm and Make Music

One Hit Wonder Workshop

Sound Seekers – Rhythm of Life

Hampshire Music service

Hampshire County Council

Sound seekers

Mini sound explorations and discoveries

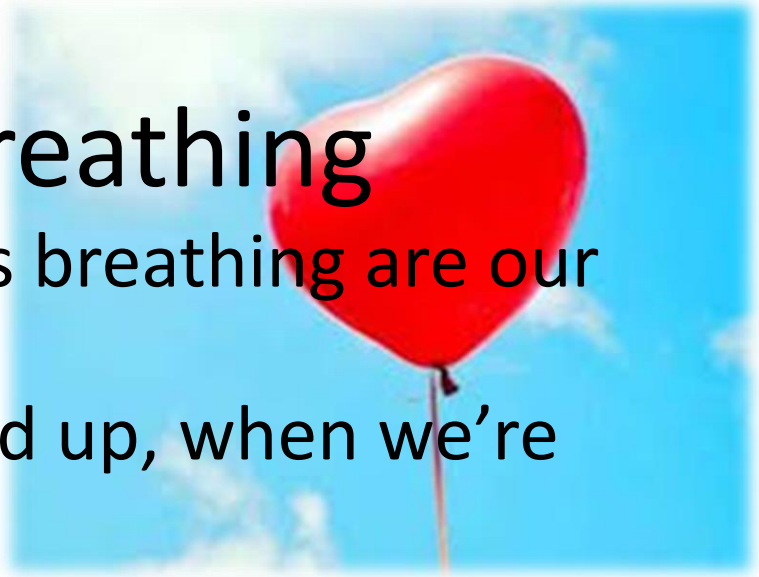
Rhythm of life

- Find a place to be really quiet and find your heart beat
- Listen to it, feel it beating
- Tap your feet in time to your heart beat

- Run up and down the stairs / on the spot / around your garden for 30 seconds – 1 minute
- Find your heart beat again – feel it, tap it – what do you notice?

- Try breathing in for 4 heart beats and out for 4 heart beats
- Try breathing in and out for a longer count of heart beats – what do you notice?

Beating and Breathing



- Our heart beat and our lungs breathing are our natural body rhythms
- When we exercise they speed up, when we're calm they slow down

- Listen to this song, listen for the heart beats at the beginning (introduction) and at the end (coda)
- Try singing along with the song
- Try adding a steady tapping beat as you sing
- Try adding steady movements while you sing

e.g. arms up / down to the count of 4, arms left / right to the count of 4

Make each second count

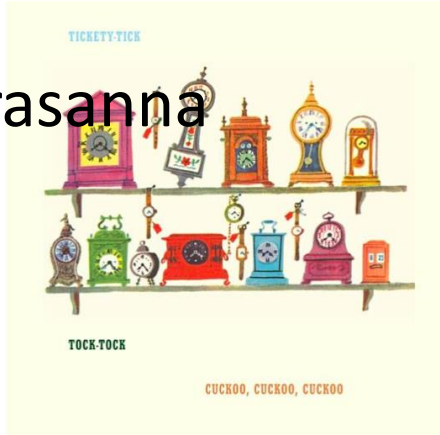
- Find a ticking clock
- Tap in time to the ticks
- Walk around your room in time to the ticks
- What else could you do in time to the ticking clock?
- Is there anything else you can find that makes a regular / steady beat like your heart or a clock?

Tick tock…

- Find a piece of paper and fold it in half
- Write Clockwork on one half and Clocks on the other
- Try drawing or writing underneath each heading while you listen to each piece in turn

- Listen to the first piece - clockwork by Philipp Klein
- Listen for the clock sound, can you hear the ticking all the way through?
- What happens at the end?

- Now listen to this music – clocks by Guru Prasanna
- How is it different to the first piece?
- How does it start / finish?



…and now….

- Which one did you prefer?
- Can you say why?

- Can you find any other music inspired by clocks? Perhaps you could do some research and make a poster to share with someone else…or make your own power-point presentation to send to someone?

- There is a fabulous film called Hugo which features a clockmaker – see if you can find it and watch it

(*Pssst – here is a sneak preview…*Hugo)