



"Sometimes, music is the only medicine the heart and soul needs."

Today, our focus is on the role music can play in improving our well being and mental health.

You can choose from a range of tasks to do today (you may want to do them all) and share your work with me on Seesaw.

Possible Tasks

1. Complete the 'Express yourself through art—music' task on the website.
2. Find lyrics from your favourite song and use them to complete some black out poetry (instructions on the website).
3. Create your own dance routine to a favourite song.
4. Share a link to your favourite song with me on Seesaw and explain why you chose it.
5. Use <https://wordart.com/create> to create a music or lyric themed piece of digital art (there are musical note shapes to choose).