



Week 7

BSHARP@HOME

Supporting you to make music during the lockdown and beyond

Hello and welcome to B Sharp@Home music activities

While we are not able to meet to make music together as a group, we will be sending you fun and easy ways to carry on making music and connecting together.

**Parents - please see here to give consent
for music and videos to be shared on social media.**

Send your emails with videos/audios of your music to
bsharp@home@bsharp.org.uk

We'd also like to know what you think of the newsletter and anything you'd like to see in it in the future. Enjoy...

B Sharp@Home YouTube playlist

You can watch any of the videos from our newsletter on our YouTube playlist called B Sharp@Home. This week Jacques has used Lyme Regis based words/sentences to build up different rhythms on the Djembe/percussion.



B SHARP@HOME
YOUTUBE PLAYLIST 

B Sharp online sessions

To mark the last half term of this year, we would like to offer some interactive sessions to all our participants. Using the video conference platform Zoom, we will be doing four different musical online activities. This is open to anyone regardless of your age or which group you would normally attend. In order to book your place into the session, just email the bsharp@bsharp.org.uk address. Once you have emailed your interest, we will let you know all the details of the activities and how they will work.

B SHARP ZOOM SINGALONG

Monday 1st June:

5.30 – 6.10pm

Ellie & Hannah lead a Zoom singalong.



We will pick four well known songs to sing together, no experience of singing in a group necessary.

LIVE SONGWRITING SESSION

Tuesday 16th June:

6.30 – 7.10pm

Jacques & Harvey lead an interactive live song writing experience.

Open to instrumentalists and singers



B SHARP BUSKING FESTIVAL ONLINE

Saturday 4th July – All Day

B Sharp Busking Festival ONLINE.



Watch this space for more information about everything that will happen on this day.

B SHARP VIRTUAL END OF TERM PARTY

Thursday 16th July:

4 – 4.40pm

Kelly hosts a B Sharp virtual end of term party. Fancy dress encouraged...



You can do one or all of the sessions, it's entirely up to you. We need written consent from a parent or guardian in order for you to participate in any activity. All you need to join in:

- a fairly decent internet connection
- a computer or tablet with a microphone and video enabled

The Zoom sessions are free though we would ask for a small donation to B Sharp via our [JustGiving page](#) to help keep us going through this difficult period.

Harmonies with Harvey - part 3

We are taking the harmonies we have learnt over the last two weeks and layering them up over a melody, using the Acapella app. Hopefully it will show you the advantages of using harmonies, and maybe influence you to use them in your own music. Make sure you have a set of headphones with you.



Beginner violin with Hannah - part 2

We hope you enjoyed last week's video. This week we will look at tuning the violin, using the bow, the best techniques to use when playing with the bow and how to create a lovely sound to help get you started in making music on your violin.



Mindful music

We all love music and we know music can help distract from troublesome thoughts and feelings. As part of [Mental Health Awareness Week](#), here are some thoughts on how music can help improve your well-being and help you feel calm.

Gentle instrumental music is good for relaxation and helps relieve anxiety. Sit or lie down and breathe slowly while listening – maybe write about your feelings when listening to the music afterwards. There are guided meditations too like these, called [Mindfulness for Teens](#).

It may seem a bit weird at first but you might grow to enjoy it.



Photo credit: Quentin Blake

Or you could write your own – or make up and add verses to existing ones like this lovely little song called [Be A Rainbow](#) by Ha Du'O'ng Thanh of Mindful Music.

Sometimes you can express through music what you might struggle to say with words. You can use music to capture your mood and express how you feel with the [Cove app](#) from the NHS.

Kindness is the theme of this week and most of all be kind to yourself. Take care.

www.bsharp.org.uk email: bsharpathome@bsharp.org.uk



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