



Wednesday 13th September 2017 16:30 - 18:00

Staff:

Chris Groom - Music Practitioner (CG)

John Armbruster - Emotional Wellbeing Practitioner (JA)

JA is standing in for LW due to holidays. JA is well known to the group and has a good relationship with them. It has been over a year since JA attended the group and it has changed a lot in that time. Before the session I will run through the activities with John so that he can be involved in them. The young people may be excitable that a new face is in the group.

Resources Required

Lyric sheets
iPad
Music Stand
Digital Piano
Keyboard Stand
Power Cable
Extension Lead
Gaffer Tape
Sustain Pedal
Pencil
Note Paper

Activity 1 - Welcome/Warm Up (16:30)

Soca/Baci/Vier - Exercise to warm up coordination, loosen muscles, fricative consonants. Continue learning this activity.

Balloon Pop - Exercise to promote good breathing technique, encourage laughter.

Activity 2 - Discussion about activities (16:40)

Radio Performance and Recording - On October 24th, during the half term break, the participants will perform their original song (The Light Inside) on Zetland FM.

Pay attention to signs of nervousness during this section and talk through the process of taking part in a radio show from personal experience.

Activity 3 - Rehearse and create backing vocals for the original song (16:50)

CG will play the piano to accompany the young people while they rehearse the piece. The young people have written this piece so have a sense of ownership over it so it is important to avoid dictating changes and use questions to elicit thinking and creative ideas. This week we need to pay special attention to the ending and to backing vocals.

One participant has habit of disengaging from the group. Provide this participant with a specific task to maintain engagement levels throughout this section. Possibly provide task of creating backing vocals during choruses.

Break 17:20 - 17:30

Encourage participants to drink water and avoid singing to rest voices during break.

Activity 4 - Participant song choices (17:30)

Participants to choose songs to perform in this section. Use iPad to assess lyrics for suitability before performance. Completely free section so no need to provide musical direction unless asked for by the participants.

Activity 5 - Reflection, star of the week and Close (17:50)

Sit in a circle with group and ask what part of the session they enjoyed and ask question to find out specifics (Which part of the session did you enjoy the most? What was it about that that you enjoyed so much?)

JA and CG will leave room (maintain line of sight) to agree star of the week. When giving Star Of The Week prize, be specific about the reason the participant has won it.

Close

Reflection

What went well?

The group were engaged throughout the session and glad to be back together after the summer break. The age range in the group (11-14) was conducive to a productive session. The original song is sounding very tight and we were able to create backing vocals and decide on an ending befitting of the mood of the piece.

What didn't go so well?

During the rehearsal of the original song one of the participants disengaged for a short period, this could have been due to tiredness as it was the first day back at school.

Also, the internet connection in the building was not working so I was unable to access lyrics of the songs the young people wanted to sing.

Why did it happen?

The participant could have been tired or emotional due to the content of the song (anti-bullying theme).

How can it be improved/prevented?

I will ask LW for advice on how to help the participant maintain engagement or if I need to make any changes to my practice to help the participant stay involved.