

## **TEACHER RESOURCE GUIDE**

### **Nature Wellness Project – Activity 2**

#### **WIND SOUNDS**

(For Grades 4-8)

#### **How to Use the Resources**

- At the start of the activity, ask your students to relax their body and their minds, breathe in and out, let go of tensions and worries for a minute, and focus on the here and now.
- Play the video again featuring Elder Nk'xetko talking about Nature and how it connects to Wellness (at the top of The Nature Wellness Project page).
- Ask your students to discuss any new words, thoughts, feelings, ideas that might come up to them after creating and sharing their own wellness music.
- Next, watch the “Wind Sounds” video with your class.
- Ask your students what feelings, thoughts, and ideas came up for them when they watched this video? What did they notice (in terms of sounds, light, colours)? What feelings/emotions could the Wind Sounds be representing? What do they think might happen next?
- While the Wind Sounds video is fresh in their imaginations, have your students open up the YouthBeat App at: <https://learn.rcmusic.com/youthbeat-app/>
- Play the “Activity 2” video, pausing as needed to help students begin the process of creating their wellness songs.
- Students can work in teams of up to four if you are short of computers/tablets or have limited Wi-Fi bandwidth.
- When students have created their musical idea, have them share their music with each other.
- Ask students to listen to the music with their eyes closed, then ask them to write down right away what they imagined when they heard the music, and how it made them feel.
- At the end of the activity, ask students for words that capture how they felt while they were working on the musical expression.

