

Music as Mindfulness

Need to feel calmer?

Try these music activities and see how they make you feel.

Breathe in slowly as you count 4 beats.
Now make a 'sshh' sound as you
breathe out for 4 beats.

Can you breathe in for 4 beats, then 'sshh' for 8?
See how close you can get before needing to
breathe in again.

What other sounds can you make?

Play!

Dance!

Make a playlist of calming songs.

Make a playlist of songs that make you feel happy.

What is it about the songs
that makes you feel that way?

Make a sound that you can sustain.
You could use your voice, an instrument,
or even a repeated clapping sound.
Focus fully on the sound you make.

Start your sound very quiet (pp)
Gradually get louder (crescendo)
As loud as you can! (ff)
Now get quieter (diminuendo)
until the sound can't be heard

Sing!