

# How To Use Your Bundle

Your Figurenotes bundle includes some fun activities to do yourself or to share with your pupils.

- **Ye Banks and Braes**

- Follow the powerpoint. You might like to share your screen if you are teaching online.
- You can adapt the wording to suit your pupils.
- Have a look at what each pupil will need for this lesson. You may want to provide symbols, use instruments or use body percussssion.

- **Music as Mindfulness**

- If you need to relax and calm down, try focusing on these activities one at a time
- Some are simple (e.g. dance) and designed to release built up tension
- Others get you to focus on breath or sound to keep you grounded
- Teachers may want to record a guided version for their pupils

- **Composition Worksheets**

- Use these sheets as starting points for composition
- These include blank Figurenotes bars to use in whatever way you want
- Try working out some rhythms to use before starting the notes
- Share your finished composition on social media and tag us so we can see!
- Record a performance of your piece or do a concert for your household

- **Rhythmic Canon**

- First, clap all the rhythms.
- Now try clapping them in canon
- Add body percussion
- Now try playing with body percussion in canon
- Now you have got it, mix up the canon. Shuffle it, play it backwards or create your own.
- Try playing along to the video with the backing track or make up your own.