

Using Music for Well-being

Teacher briefing sheet using Primary Resource Pack (Folder) & Charanga

[CLICK HERE](#) – Charanga Sing

Extensive research has shown the undeniably positive impact singing has on emotional, physical and mental well-being. This is the reason why singing features so highly in music curricula and on educational agendas – as well as simply being a great thing to do!

1. Using the voice for mindfulness

- Primary Music Resource Pack Folder p. 14 – Deep breathing → p. 17 adapting familiar tunes
- Charanga → Sing → Warm-up activities (on right) → 06. Breathing exercises
- Charanga → Sing → Classic Vocal Warm-ups (on right) → 2. Breathing

2. Feel-good songs to sing

Find these through [search](#) or [All songs A-Z](#) → all on Charanga.

- EYFS
 - ABC of Trees – great for phonics of a, b, c
 - If you're happy and you know it
 - I am in the groove
 - Boing
- KS1
 - ABC Song
 - 10 Alleluia – links to Christmas
 - Big Bear Funk
 - Hey You
- KS2
 - Charanga → Sing → 2 part well-known songs (on right side) → Easy Hits – Easy Novello
 - “Happy” by Pharell Williams
 - “Roar” by Katy Perry
 - “Shake it Off” by Taylor Swift (+ body percussion)
 - Charanga → Sing → 2 part well-known songs (on right side) → Easy Soul
 - Feeling Good”
 - “Lean on Me”
 - “Stand by Me”

3. Listening for mindfulness

Charanga → Freestyle → Listening Centre → Active Listening

As students listen, you can show them: artwork, fast facts, history, then discuss “questions”.

Our suggestions are:

- Autumn term: “Adiemus” from Songs of Sanctuary by Karl Jenkins
- Spring term: Hedwigs Theme from Harry Potter by John Williams
- Summer term: “Dance of the Sugar Plum Fairy” from The Nutcracker by Tchaikovsky

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