



ACTIVITIES RESOURCE- Primary Years

For more information:
www.wellbeinginstruments.com.au

Activities Resource

Foundation

1. Introduction to the Pentatonic Wellbeing Instrument

- **Objective:** Familiarize students with the Wellbeing Instrument and its sounds.
- **Activity:** Explore different notes on the Wellbeing Instrument by playing freely and matching notes to colours or shapes.
- **Victorian Curriculum Link:** *VCAMU016* - Explore how the elements of music can be used to create musical effects.

2. Matching Notes to Colours

- **Objective:** Develop recognition of notes through colour association.
- **Activity:** Match the sounds of the Wellbeing Instrument with coloured cards representing different notes.
- **Victorian Curriculum Link:** *VCAMU016* - Explore how the elements of music can be used to create musical effects.

3. Basic Rhythm Patterns

- **Objective:** Introduce basic rhythm concepts.
- **Activity:** Clap and play simple rhythmic patterns on the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU017* - Explore rhythm and beat through simple patterns.

4. Echo Games

- **Objective:** Enhance listening and imitation skills.
- **Activity:** Teacher plays a short melody, and students echo it on the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU017* - Explore rhythm and beat through simple patterns.

5. Musical Storytelling

- **Objective:** Encourage creativity and narrative skills.
- **Activity:** Create a simple story and use the Wellbeing Instrument to represent different parts of the story.
- **Victorian Curriculum Link:** *VCAMU017* - Explore rhythm and beat through simple patterns.

6. Exploring Dynamics

- **Objective:** Understand loud and soft sounds.
- **Activity:** Play notes softly and loudly, discussing the effects of dynamics.
- **Victorian Curriculum Link:** *VCAMU017* - Explore rhythm and beat through simple patterns.

7. Simple Melodies

- **Objective:** Begin to recognize and play simple melodies.
- **Activity:** Learn and play a simple, familiar melody using the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU017* - Explore rhythm and beat through simple patterns.

8. Musical Movement

- **Objective:** Connect movement with music.
- **Activity:** Play notes on the Wellbeing Instrument while moving in response to the music.
- **Victorian Curriculum Link:** *VCAMU016* - Explore how the elements of music can be used to create musical effects.

9. Call and Response

- **Objective:** Enhance interactive musical skills.
- **Activity:** Engage in a call-and-response activity using the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU017* - Explore rhythm and beat through simple patterns.

10. Introduction to Aboriginal Music

- **Objective:** Explore cultural aspects of music.
- **Activity:** Learn about Aboriginal musical traditions and play simple rhythms inspired by traditional Aboriginal music on the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU017* - Explore rhythm and beat through simple patterns.



Years 1 and 2

1. Exploring Pentatonic Scales

- **Objective:** Introduce pentatonic scales and their sounds.
- **Activity:** Identify and play different notes of the pentatonic scale on the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU018* - Explore how the elements of music can be used to create musical effects.

2. Creating Rhythmic Patterns

- **Objective:** Develop rhythmic skills.
- **Activity:** Create and play rhythmic patterns using the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU018* - Explore how the elements of music can be used to create musical effects.

3. Melodic Improvisation

- **Objective:** Encourage creative expression through improvisation.
- **Activity:** Improvise simple melodies on the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU019* - Improvise and compose simple melodies and rhythms.

4. Understanding Tempo

- **Objective:** Explore different tempos.
- **Activity:** Play notes at various tempos and discuss the effect on the music.
- **Victorian Curriculum Link:** *VCAMU019* - Improvise and compose simple melodies and rhythms.

5. Music and Emotions

- **Objective:** Connect music with emotions.
- **Activity:** Play different notes and rhythms to convey various emotions.
- **Victorian Curriculum Link:** *VCAMU019* - Improvise and compose simple melodies and rhythms.

6. Call and Response with Complex Patterns

- **Objective:** Build on call-and-response skills.
- **Activity:** Engage in more complex call-and-response patterns using the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU019* - Improvise and compose simple melodies and rhythms.

7. Composition with Wellbeing Instrument

- **Objective:** Compose simple music pieces.
- **Activity:** Create and perform a short composition using the Wellbeing Instrument.
- **Victorian Curriculum Link:** VCAMU020 - Create and perform original music.

8. Exploring Dynamics and Articulation

- **Objective:** Understand and apply dynamics and articulation.
- **Activity:** Play notes with different dynamics and articulations, such as staccato and legato.
- **Victorian Curriculum Link:** VCAMU020 - Create and perform original music.

9. Aboriginal Rhythms

- **Objective:** Learn about traditional Aboriginal rhythms.
- **Activity:** Play rhythmic patterns inspired by Aboriginal music traditions on the Wellbeing Instrument.
- **Victorian Curriculum Link:** VCAMU020 - Create and perform original music.

10. Musical Stories and Performance

- **Objective:** Create and perform a musical story.
- **Activity:** Develop a short musical story and perform it using the Wellbeing Instrument.
- **Victorian Curriculum Link:** VCAMU020 - Create and perform original music.

Years 3 and 4

1. Pentatonic Scale Exploration

- **Objective:** Deepen understanding of pentatonic scales.
- **Activity:** Explore the structure and use of pentatonic scales in different musical contexts.
- **Victorian Curriculum Link:** VCAMU021 - Explore and use musical scales in compositions and performances.

2. Advanced Rhythmic Patterns

- **Objective:** Develop complex rhythmic patterns.
- **Activity:** Create and play advanced rhythmic patterns on the Wellbeing Instrument.
- **Victorian Curriculum Link:** VCAMU021 - Explore and use musical scales in compositions and performances.

3. Melodic Composition

- **Objective:** Compose original melodies.
- **Activity:** Compose and perform original melodies using the pentatonic scale.
- **Victorian Curriculum Link:** VCAMU022 - Compose and perform original music.

4. Understanding Harmony

- **Objective:** Introduce basic harmony concepts.
- **Activity:** Explore simple harmonic structures by playing harmonizing notes on the Wellbeing Instrument.
- **Victorian Curriculum Link:** VCAMU022 - Compose and perform original music.

5. Music and Cultural Expression

- **Objective:** Explore how music reflects cultural identities.
- **Activity:** Analyze music from different cultures and play associated rhythms on the Wellbeing Instrument.
- **Victorian Curriculum Link:** VCAMU023 - Investigate and perform music from different cultural traditions.

6. Improvisation Techniques

- **Objective:** Develop improvisation skills.
- **Activity:** Practice improvising melodies and rhythms in various musical styles.
- **Victorian Curriculum Link:** VCAMU023 - Investigate and perform music from different cultural traditions.

7. Performance and Audience Skills

- **Objective:** Prepare for and execute a performance.
- **Activity:** Plan and perform a group piece on the Wellbeing Instrument for classmates.
- **Victorian Curriculum Link:** VCAMU024 - Prepare and present music performances to an audience.

8. Dynamics and Expression

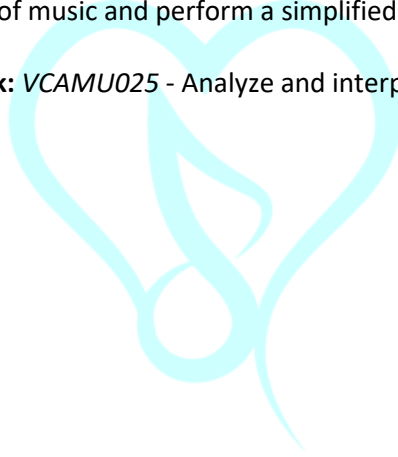
- **Objective:** Explore expressive elements in music.
- **Activity:** Apply dynamics and expressive techniques to Wellbeing Instrument pieces.
- **Victorian Curriculum Link:** *VCAMU024* - Prepare and present music performances to an audience.

9. Aboriginal Music Integration

- **Objective:** Learn about Aboriginal musical practices.
- **Activity:** Explore traditional Aboriginal music and rhythms, and play representative patterns on the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU024* - Prepare and present music performances to an audience.

10. Music Analysis

- **Objective:** Analyze and critique musical works.
- **Activity:** Analyze a piece of music and perform a simplified version on the Wellbeing Instrument.
- **Victorian Curriculum Link:** *VCAMU025* - Analyze and interpret music and performances.



Years 5 and 6

1. Advanced Pentatonic Techniques

- **Objective:** Master complex pentatonic techniques.
- **Activity:** Explore advanced playing techniques and applications of the pentatonic scale.
- **Victorian Curriculum Link:** VCAMU026 - Apply advanced techniques and explore complex musical scales.

2. Complex Rhythmic Patterns

- **Objective:** Develop and play complex rhythmic patterns.
- **Activity:** Create and perform intricate rhythmic patterns on the Wellbeing Instrument.
- **Victorian Curriculum Link:** VCAMU026 - Apply advanced techniques and explore complex musical scales.

3. Composition with Harmony

- **Objective:** Compose music incorporating harmony.
- **Activity:** Create a composition that includes harmonic elements using the Wellbeing Instrument.
- **Victorian Curriculum Link:** VCAMU027 - Compose and perform music with harmonic complexity.

4. Understanding Cultural Music

- **Objective:** Investigate and perform music from various cultures.
- **Activity:** Study and perform music pieces from different cultures, focusing on their unique features.
- **Victorian Curriculum Link:** VCAMU027 - Compose and perform music with harmonic complexity.

5. Improvisation Mastery

- **Objective:** Enhance improvisation skills with a focus on technique.
- **Activity:** Master improvisation techniques and apply them to performance.
- **Victorian Curriculum Link:** VCAMU028 - Refine improvisation skills and techniques.

6. Music Performance and Analysis

- **Objective:** Perform and analyse complex musical works.
- **Activity:** Perform a complex piece and analyse its musical components.
- **Victorian Curriculum Link:** VCAMU028 - Refine improvisation skills and techniques.

7. Music Production

- **Objective:** Explore music production elements.
- **Activity:** Use basic music production techniques to record and edit performances.
- **Victorian Curriculum Link:** VCAMU029 - Explore and apply music production techniques.

8. Collaborative Music Creation

- **Objective:** Create music collaboratively.
- **Activity:** Work in groups to create and perform a collaborative music piece.
- **Victorian Curriculum Link:** *VCAMU030* - Collaborate on music creation and performance.

