



**ACTIVITIES RESOURCE- Year Level 1 & 2**

For more information:  
[www.wellbeinginstruments.com.au](http://www.wellbeinginstruments.com.au)

## Activities Resource

### 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.