



Wellbeing

I N S T R U M E N T S

ACTIVITIES RESOURCE- Year Levels 3 & 4

For more information:

www.wellbeinginstruments.com.au

Activities Resource

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.