

NAME OF ACTIVITY/PROJECT/ACTION/INTERVENTION

Sensitive ears - the calming activity

DESCRIPTION (MAX 300 WORDS)

Pupils can sit in their own seats, they close their eyes. The teacher plays an instrument with a long-lasting resonant sound (for example a triangle), just once. Pupils listen carefully and raise their hand when the sound stops.

WHO ARE THE ACTIVITIES AIMED AT? (MAX 100 WORDS)

Children in pre-school and school. I've used this activity with lively, restless groups to calm them in the beginning of the lesson or before they should learn something new.

WHERE DO THE PROPOSED ACTIVITIES COME FROM? (MAX 200 WORDS)

I work with groups, so I have had to come up with different ways to reassure them in the beginning of the lesson.

SOCIAL AND EMOTIONAL SKILLS (MAX 200 WORDS)

They have to calm down, listen carefully and concentrate. It develops their self-regulation.

HOW IS INCLUSION ACHIEVED?

Although pupils are in a group, they can focus on their own subjective experience. As they listen to the sound with their eyes closed, the reactions of others do not disturb them.

THE PECULIAR AND INNOVATIVE ASPECTS OF THE MUSIC CURRICULUM.

Active listening is the basis for everything when we're studying music and especially in a group. This exercise prepares pupils to focus on the next thing they should learn.