



# How Are You Feeling Today?

Me and My Family

All About Me



## Resources

- A box of musical instruments (enough for one each or one between two)
- [Emotion Flashcards](#)

Aspect

2

**Objective:** To explore the sounds that instruments make.

**Key Words:** instrument, quiet, loud, slowly, quickly

## Large Group Activity

10 minutes

1. 'Today, we are going to carry on thinking about ourselves and our bodies.'
2. Show the [Emotion Flashcards](#). Talk through how each character might be feeling.
3. 'We are going to use our musical instruments to make sounds to show everyone how we feel.'
4. Model this to the children. 'Today, I feel happy.' Show them the matching Emotion Flashcard.
5. 'How do you think I will make my musical instrument sound? If I am happy, will I play it quietly or loudly? Slowly or quickly?'
6. Invite children to copy this using their musical instruments.
7. Repeat the cycle, using shy, sad, angry, etc.

## Extension

8. Pair the children. Can the children show their friend how they feel by using their musical instrument? Can their friend guess how they feel? Encourage the children to copy the faces on the cards if their partner needs a clue.

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## Aspect 2: Instrumental Sounds

Strands covered:

- Tuning into instrumental sounds
- Listening and remembering instrumental sounds

## Enhancements

- Provide instruments and [Emotion Flashcards](#) for the children to explore independently.
- In the workshop area, provide a range of tubes, toilet rolls, boxes and craft materials for the children to make their own musical instruments.

## Look, Listen, Note

How well can the children...?

- listen and respond to an instrument that is being played
- act upon an instrument to make a sound

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