



*making*sense@home

Croeso i'ch pecyn offerynnau cerdd!

Mae'r pecyn yn cynnwys deunyddiau i wneud tri offeryn gwahanol. Ochr yn ochr â'r deunyddiau mae trac sain cerddorol i'ch cynorthwyo chi i archwilio'r offerynnau newydd a chreu cerddoriaeth gyda'ch gilydd.

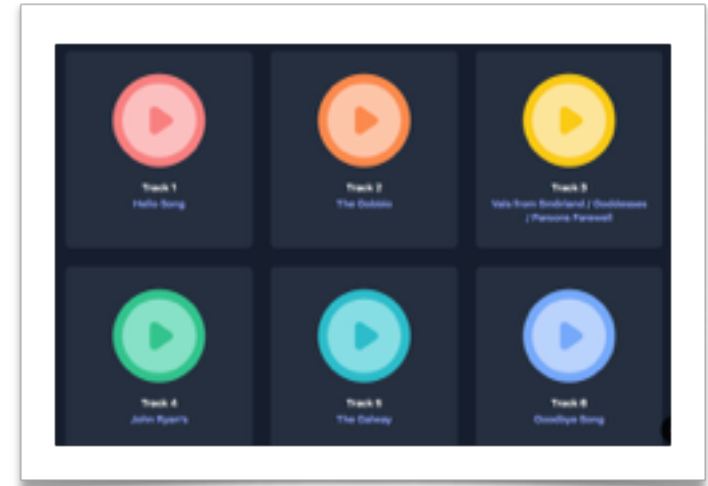
Dyluniwyd y pecyn hwn ar eich cyfer chi gan y cerddor a'r therapydd cerdd Rosie Angell.

Welcome to your musical instrument pack!

Within this pack are the materials to make 3 different instruments. Alongside the materials there is a musical soundtrack to help you explore your new instruments and to make some music together.

This pack has been designed for you by Musician and Music therapist Rosie Angell.

“There are so many different styles of music and I’m sure you already have favourite songs and musicians to listen to. Music can evoke very strong emotions and memories in us. Why not spend some time listening to a favourite song while you make your instruments? How does the music make you feel? Does it make you want to dance or move? Maybe it makes you want to sing!”



Once you have made your instruments follow this link

<http://www.tickyloze.com/music-box/>

“Here you will find several songs and tracks I’ve recorded for you to listen to and play along to. This could be something you do together every week. The tunes are traditional folk tunes. Folk tunes give me positive memories of the summer, being outside at music festivals and playing music with lots of people. They are also great to move and dance to. I hope that you enjoy listening to them.”





Track 1 – Hello Song

This is a short welcome song to help you get in the mood for some music making.

Track 2 – The Gobbie O (Trad)

Track 2 is a song to help you explore loud and quiet sounds with your instruments. Make sure you try loud and quiet sounds on all the instruments, some might be harder than others! Sometimes we want to play and listen to loud music or sometimes we might find quiet gentle music suits our mood better.

Track 3 – Vals from Smorland/Godesses/Parsons Farewell (Trad)

These tunes start slowly and gradually get faster and faster. Can you keep up with the speed change? How does the change in speed affect you?

Track 4 – John Ryans (Trad)

This tune is all about taking turns and listening to each other play. First you will hear the tune all the way through and then the second time there will be gaps for you to play in.

Track 5 – The Galway (Trad)

This is a traditional folk tune to play along to. Can you play in time with the beat?

Track 6 – Goodbye song

This is a short goodbye song to say thankyou for joining in and goodbye!



Tambourine

Two paper plates

8 jingles

Decorative items

Pipe cleaners

1. Decorate your paper plates! You can use paint or felt tips to draw pictures or add lots of colour. Stick on any of the decorative items to make your tambourine look bright and colourful
2. Place your paper plates together. Ensure that the holes align.
3. Use your pipe cleaners to attach two jingles to each hole and to hold the paper plates together
4. Play your tambourine!



Ocean Drum

2 plastic plates

Beads

Tape

1. Tip all of the beads into one of the plastic plates
- *
2. Using your tape stick the other plate onto the top of the first plate
3. Decorate your ocean drum if you want to
4. Enjoy playing! Watch the beads move around the plates – try tipping them slowly and quickly to hear the different sounds it makes

* Safety Guidance

Includes small parts, keep out of reach before use, then make sure the drum is well sealed all of the way around with sellotape to avoid losing beads!



Mandolin

Tub

Elastic bands

1. Place the elastic bands around the middle of the tub
2. Pluck the elastic bands to hear different pitches and sounds. Which bands make different sounds? Can you stroke them and pluck them harder to make loud and quiet sounds?
3. Decorate tub if you want!



More about Rosie

Rosie Angell is a qualified music therapist and performer. Before her training Rosie worked for many years as a music support worker in a day centre for adults with learning disabilities. As part of this role Rosie set up and delivered the entire music provision for around 60 participants. She set up a choir, samba group, song writing groups and organised many theatre and cinema trips.

Rosie has always had a passion for folk music since learning recorder at school and then going on to play in various barn dance groups in Somerset. She then went on to gain a BMus Hons at Birmingham Conservatoire in recorder performance. Alongside recorder Rosie also plays flute, piano and a little guitar. During her time at Birmingham Conservatoire she was part of the Conservatoire Folk Ensemble and was also part of a small folk group which regularly performed across the country.

Rosie moved to North Wales in October 2018 and has loved getting to know the local area and learning little bits of Welsh.

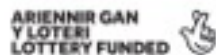
We would love to hear what you thought of this pack including any ideas for improvements

This pack has been put together by Ticky Lowe director of Making Sense CIC

Making Sense is an artist led community interest company specialising in sensory and creative activities and resources.

To find out more about our work visit www.makingsensecic.org.uk

or contact tickylowe@makingsensecic.org.uk



We would love to see photos or films of your activity in progress !

Please don't forget to tag **@Makingsensecic** if you are posting on Facebook ! Please fill in the feedback form and return it when you receive your next sensory parcel



