



## Tuning in



**Type of activity:** Connecting with family members, and reflecting

**Who is it for?** All the family

**What do I need?**

- Access to audio or video recordings, or instruments
- A reflective mood, openness to share your thoughts

### Introduction

The sound of your favourite song coming on to the radio is sometimes just what we need to get our bodies moving or at least to get our feet tapping under the table. It takes you on a journey to a faraway place and time, where you languish in a memory of times, people and situations.

Some of our favourite songs can lift us up out of sadness and sorry, and make an otherwise horrible day suddenly seem like it's not so bad. World Music Day (21 June) celebrates music in all its forms and the impact it's had on the world and our spirit.

Getting to know your family through the lenses of music can be both exciting and bonding.

### Here's how to...

1. Sit together with your family members; if some of you are self-isolating in different houses you can still come together to take part by using video call or even a phone.
2. Prepare slips of papers - preferably in two different colours (one for your name and one for your favourite music); if that's not possible, prepare two separate containers. Ask everyone to write their name on one colour slip, and the title of their favourite music piece on the other. Ask everyone to try to slightly change their handwriting 😊 so it's not a leading cue.
3. When you are done, place the slips in the container (a hat or a jar, whatever you have handy); if your paper is the same colour, use one container for names and the other for favourite music.
4. Now take turns to draw a name slip and a favourite music slip and say/guess whether they match, if you guessed listen to the tune together. If you have no clue, listen to the tune and let the rest of the family guess.
5. After the tune is over ask the person whose favourite tune/song it was to tell you a bit more about their choice. You can talk about times, places and people that this

tune/song remind you of, say what it makes you think of, how it used to make you feel and how it makes you feel now.

### What now?

- If your family group is made up of different generations, you can enjoy listening to music from different devices: for example, a CD player or a record player. Encourage younger family members to figure out how to use the different devices can be fun too 😊.
- If you happen to be one of the lucky families who have members who play musical instruments, you can ask them to play the music live while you try guessing the tune and its 'owner'. Everyone else can join in with hand-made improvised instruments (from my experience, the kitchen proves to be the best source of them 😊!).
- There is a specific genre called 'World music' - why not go on a musical journey around the world and listen to songs and tunes inspired by different cultures. As you listen you can draw your impressions. Here is the link to the Putumayo label compilation and website: (Putumayo World Music is a New York City-based record label that specialises in compilations of world music) - it has a kids music section on the website too.

<https://www.youtube.com/watch?v=Ms0zC9N4qIO>

<https://www.putumayo.com/>

<https://www.putumayo.com/kids-music>