

## Making Music at Home - KS1 - Keeping Healthy

W  
A  
R  
M  
U  
P

Hello there! Today we are going to warm up with Choonbaboon

<https://www.youtube.com/watch?v=K5ibRYDBFTw>



She sees  
cheese

Snap,  
crackle,  
pop!

Fred fed Ted  
bread and Ted  
fed Fred bread

Have a go at a tongue twister. Think about something healthy you do - can you make a tongue twister to tell us what it is?

S  
I  
N  
G  
I  
N  
G



What do you think is important to be healthy?

Think about your body -

What do you eat?

How do you keep your muscles and bones healthy? Do you exercise, do you get lots of fresh air and do you sleep?



Now think about your thoughts - that's harder - the sorts of things you put into your head - what do you watch or listen to - do they make you happy?

This song might help you - Water, Food, Rest and Exercise. Sing along - maybe you could find some of your favourite foods in the kitchen to use as percussion instruments (hitters, shakers or scrapers)

<https://youtu.be/SEGCDtdY95s>

There's an activity sheet attached to the song which might help you.

A  
C  
T  
I  
V  
I  
T  
Y

"Keeping Healthy Yoga story" - there are movements to learn - a soaper hero song and all in a story.

What sounds would you add to your movements? They might help you to remember the 6 steps hand wash.



It would be fabulous to see what you are doing to keep healthy. Don't forget to share your work. Bolton Music Centre are now on Twitter, Instagram and Facebook, please tag in both your school and @BoltonMusicCent

so that we can see them too and don't forget the #keepmakingmusic



Stay Safe! Mrs Becker

