



# Mindful Music

Have you been listening to music over lockdown?

Is there a song that you like but don't know too much about yet?

Think of a song that you hum along to but don't know what most of the words are.

Sit down, close your eyes and listen to it. Jot down on a piece of paper how it makes you feel and why.

Now, listen to it for a second time, and try to write out the lyrics. Don't look them up online! Take as many wild guesses as you need to. Listen to sections you aren't sure about again and again until you have a good idea.

Once you are happy with the lyrics you have, read them all through, or try singing along with the song.

Which line do you like best?

Are there any lines that you don't like?

Is there anything strange about it?

Jot down your thoughts and feelings about the song.

Why not share which song you have explored on Class Dojo?!