

CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack

MUSIC & RADIO

On Air

MUSIC & RADIO

Activity Resource Pack

This resource pack offers ideas and activities to engage your child in Positive Activities at home.

We have several PDF resources packs to choose from as well as this one:

Performing Arts

Sports & Fitness

Arts & Crafts

Health & Wellbeing



All are FREE to downloadable from the www.barnetyouth.uk website. Just follow the instructions and let us know how you get on by sharing your creations with byes@barnet.gov.uk

Age Categories

The resource pack is divided into age categories:

Under 5s, 6-11yrs, 12-15yrs & 15+



Make sure you warm up and stretch before & after any exercise



Some activities you may need equipment. Look out for this symbol



Things to think about to keep yourself safe!

DID YOU KNOW?

We provide online sessions to get young people talking!

Check out www.barnetyouth.uk or to sign your child up and find out more email:

byes@barnetyouth.uk

UNDER 5S

Music & Radio Activity Resource Pack

USE DRAWING TO THINK ABOUT MUSIC

Drawing to sounds and music can be a lovely listening activity, you can invite your child to 'dance with their hands' whilst using their crayons, pencils, felt tips, paint brushes, encouraging them to listen to the music and respond to the music through their visual art.

You can explore this with different types of music – contrasting genres see if this affect how they draw or paint?

Experiment with different volumes, tempos, and vocal styles music with different languages. Does your child have a preference for pieces of music to draw/paint to?



AIM: - DRAW A VISUAL REPRESENTATION OF MUSIC



What you need

- A device to play music, a phone, laptop, computer, TV or music system
- Paper
- Coloring Pencils. Felt tip pens, pencils, Paint & paint brushes



Make sure your child has enough space to draw or paint or color in and make sure there aren't any toys or other object that they could distract or hurt your child. Lastly please make sure there aren't any wires from a laptop or computer of music devices

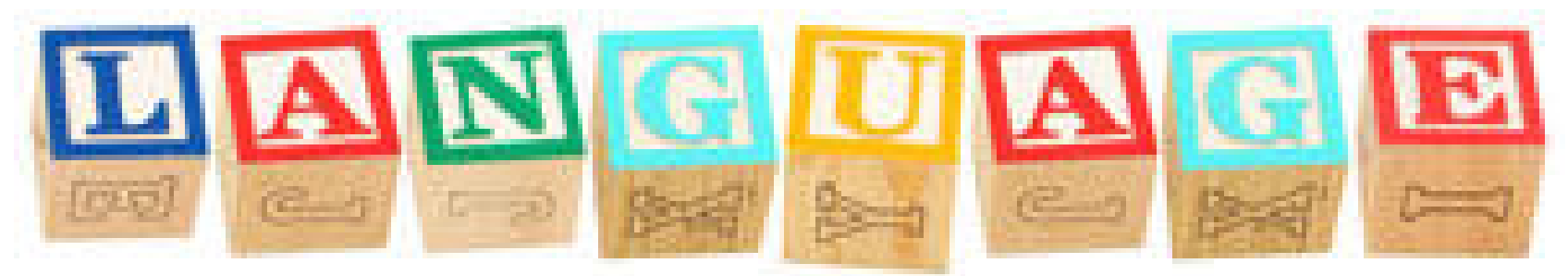
UNDER 5S

Music & Radio Activity Resource Pack

SING IMPORTANT WORDS AND PHRASES

This is a really simple activity and can be done where ever you and your child are in the house. It also has so many benefits So when you want your child to catch on or remember something, one of the simplest ways to do this is by making any simple phrase into a song. Try utilizing the same "Hello" and "Goodbye" songs in your child's routine, or implementing jingles like "The Cleanup Song," and soon it will become second nature for your little one to recite greetings or instructions back to you in song.

Repetition enhances memorization. Learning songs at a young age increases great memorization skills." Putting common phrases or instructions to a sing-along tune creates a pattern that children can recognize and recall with ease, and makes retention fun.



AIM: - HELP YOUR CHILD LEARN SOMETHING OR REMEMBER SOMETHING



Make sure your child warms up their voice and body before they start to sing



What you need

- A couple of phrases or important word that you want you child to learn
- Pick a jingle or nursery rhymes and change the words to the phrases or words you want your child to learn: - .e Mary had a little lamb can be changed to "Can you wave and say goodbye, say goodbye, say goodbye can you wave and say goodbye that's how to leave a place"
- Another example of a song that could be used is the clean up song : - Click on the link below for a version of the clean up soon:- <https://www.youtube.com/watch?v=WJ9uhDzN-rA>
- Lastly you can add actions to your words or phrases i.e. waving for goodbye, stretching arms or tired or sleepily, and rubbing arms for cold .

No matter what people think of you, always keep singing your own song. Always.



6 - 11YRS

Music & Radio Activity Resource Pack

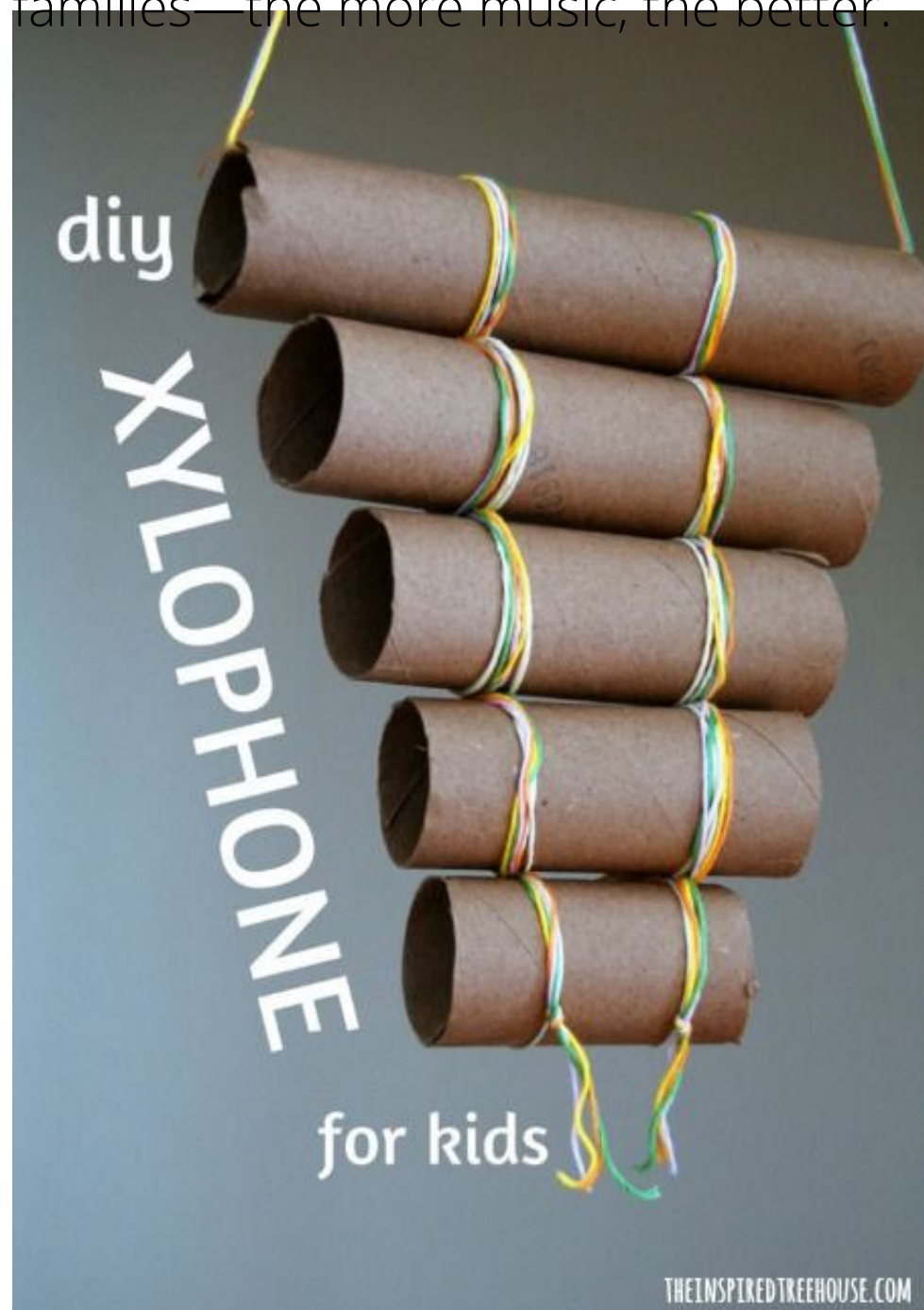
CREATE A HOMEMADE MUSICAL INSTRUMENT

This activity is really easy to do and is guaranteed to be loads of fun for all involved.

You can easily create a musical instruments out of household items and you and your child can then play the homemade instruments you have made. You can even pretend to be playing in a concert together.

Studies have shown that making and listening to music helps boost children's self-esteem and social skills and may even help young kids focus at school.

When it comes to kids' development—and happy families—the more music, the better.



AIM: - CREATE AND PLAY A MUSICAL INSTRUMENT

Make sure all the cutting and fastening is done by an adult.

Make sure your child warms up their voice and body before starting to sing or play their instrument

What you need

- Cardboard tubes (paper towel rolls, toilet paper rolls, wrapping paper rolls)
- Rubber bands
- Yarn, ribbon, or embroidery floss
- Scissors

What to do:

Cut your tubes so that you have 5 different lengths (about 1" difference in length between each tube).

Start with your two smallest tubes and use a rubber band to fasten them together. Put the rubber band around one tube, twist it (so it makes a figure 8) and put the other loop around the next tube. Hold them in place and put another rubber band around the two tubes the same way.

Then, add the next biggest tube using the same method with the rubber bands. Keep going until you've added all of your tubes.

Next, use your yarn, ribbon, or embroidery floss to weave in and out of your xylophone tubes for decoration. Take a length of embroidery floss, put it through the largest tube, and tied a knot so that your child/ children can wear it around their necks!

6 - 11YRS

Music & Radio Activity Resource Pack

MUSICAL TRIVIA

This is a fun activity with not a lot of set up or clearing up. Every one can get involved and have fun taking part.

So if your child love music, then why not put their knowledge to the test with a Music Quiz.

Have trivia questions relating to musical notes , instruments, tunes and artists.



AIM: - TO WIN THE MUSIC QUIZ



Make sure your child has enough space to draw or write their answers.

Secondly please make sure there aren't any wires from a laptop or computer of music devices



What you need

- Paper & Pen to keep score

- Prizes for the winner/s

- A Set of questions (If you are struggling for questions then try some of these questions out (Clicki on the links below):-

- <https://www.beano.com/posts/the-ultimate-music-quiz-for-kids>

- <https://www.kids-quiz.com/questions-music-quiz-1.htm>

- If you want to challenge yourself use the stop watch on a mobile phone and set a time limit to answe each question



12 - 15YRS

Music & Radio Activity Resource Pack

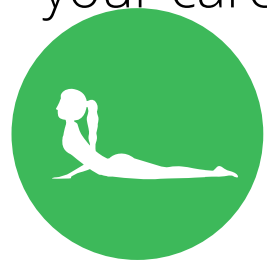
A RADIO ADVERT

This activity is definitely a challenging one, radio advertising is still a multi-million pound industry and with the increase of internet radio shows. Radio still commands one of the largest collective audiences in the world.

So come and give it a go even if it isn't something you have ever thought about doing. Who knows you might have a knack for writing and recording adverts and this could end up being the first step in your career in advertising.



AIM: - TO CREATE A RADIO ADVERT



Make sure the space around you is clear and you are in a space that is quiet and you won't be distracted. Make sure you warm up your voice before recording your advert



What you need

- Think of a product or service that you want to advertise
- A laptop or computer or Paper and pen to write your down your advert
- A devices to record your advert and share your advert i.e a smart phone or or laptop
- A device to watch these two YouTube videos and read this Blog to help with your understanding and process of Writing and recording an advert: -
 - <https://www.youtube.com/watch?v=SbnwRL-1YTA>
 - <https://www.youtube.com/watch?v=eXYb1ZZN5NM>
 - <https://www.voices.com/blog/audio-ads/>



12 - 15YRS

Music & Radio Activity Resource Pack

SONG WRITING

This activity is definitely a great one for all you budding musicians.

However even if you aren't the most musical person you still can give this a go and have a great time trying something new.

So get those creative think caps on and see what you create.



AIM: - TO WRITE A SONG



Make sure the space around you is clear and you are in a space that is quiet and you won't be distracted. Make sure you warm up your voice so you can try singing the lyrics you have written



What you need

-- A laptop or computer or Paper/notebook and pen to write your down your Lyrics

- A device to able to look at these Templates , blogs and YouTube to help with your writing process

- <https://www.pinterest.co.uk/pin/47569339791869254/>

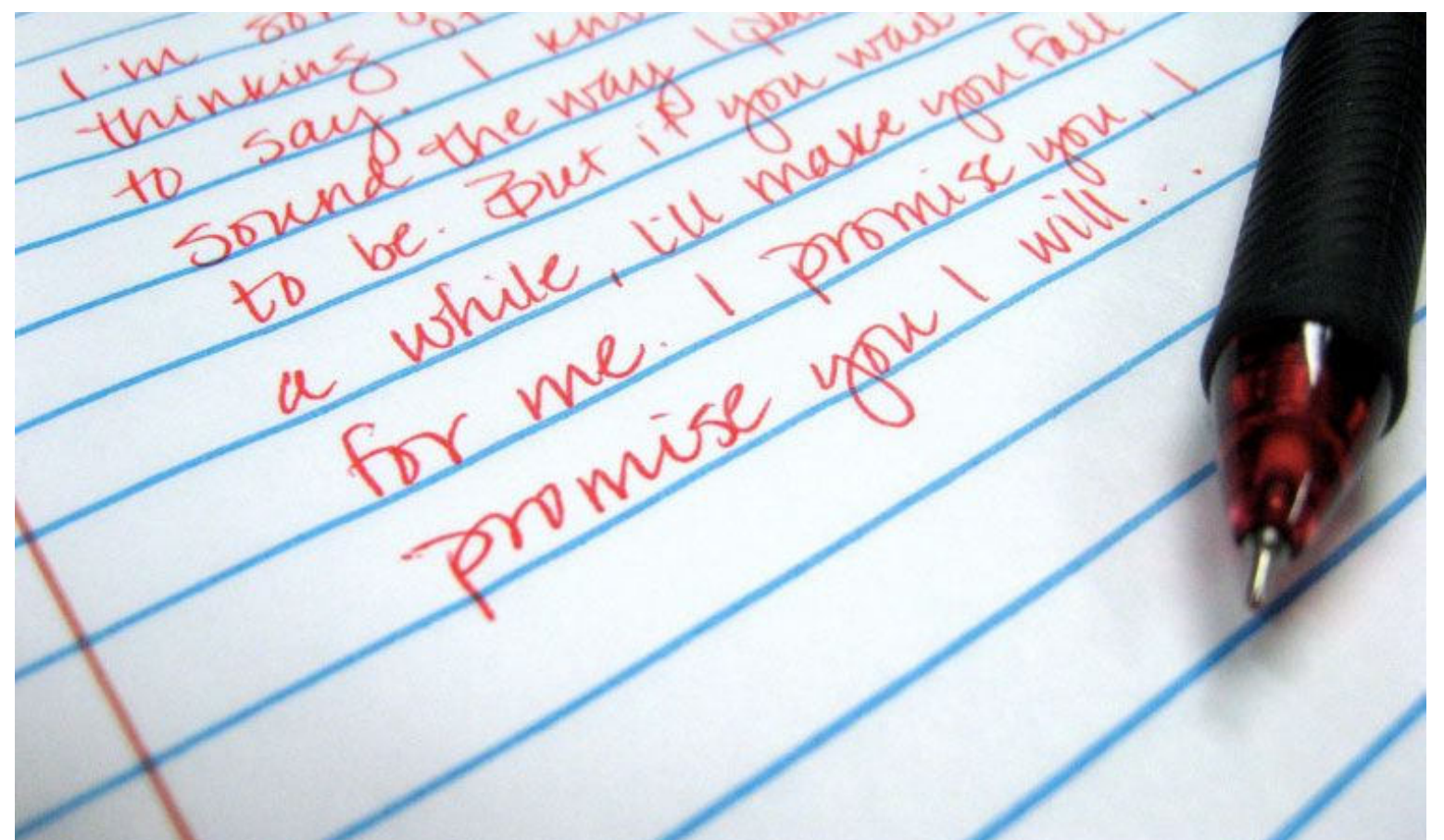
- <https://www.song-lyrics-generator.org.uk/rhyming/>

- <https://tomhess.net/Articles/SongwritingPart1.aspx>

- <https://www.openmicuk.co.uk/advice/songwriting-techniques/>

- <https://www.youtube.com/watch?v=UcmrgTNE9Cs>

- <https://www.youtube.com/watch?v=DsmW4GYrydY>



15+

Music & Radio Activity Resource Pack

POD CAST

This activity is one that everyone can participate in. We all have topics and subjects that we can discuss, dissect and debate. Why not do all of that on your very own podcast.

You can start this on your own but can easily get a friend or a couple of friends involved .



AIM: - TO CREATE YOUR OWN PODCAST



Make sure the space around you is clear and you are in a space that is quiet and you won't be distracted . Make sure you warm up your voice before you start talking and recording



What you need

- A laptop or computer or Paper/notebook and pen to write your down your ideas and notes about you podcast
- A device to able to look at these step by step Tutorial for starting up a Podcast
- <https://www.podcastinsights.com/start-a-podcast/>
- <https://www.spreaker.com/create-a-podcast>



15+

Music & Radio Activity Resource Pack

INTERVIEWING

This activity is definitely one with a lot of benefits.

The ability to speak to someone and make them feel comfortable and confident to share their thoughts is a skill.

There are different techniques and styles of interviewing. Try this activity out and see what interviewing style comes to you naturally.



AIM: - TO LEARN INTERVIEW TECHNIQUES



Make sure the space around you is clear and you are in a space that is quiet and you won't be distracted. Make sure you have your questions written down in your phone or a notebook so you can refer to them. Warm up your voice so you feel comfortable speaking and your questions are clear.



What you need

- A laptop or computer or Paper/notebook and pen to write your down your questions
- A device to able to look at these journalist interview techniques and tips
- <https://www.rev.com/blog/journalist-interview-tips>
- <https://matadornetwork.com/bnt/13-simple-journalist-techniques-for-effective-interviews/>
- <https://www.scholastic.com/teachers/articles/teaching-content/how-conduct-journalistic-interview/>



0-19 EARLY HELP SERVICE

Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

