



# 50 MINUTE MUSIC & MINDFULNESS WORKSHOP

**10 min**

## **Introduction**

Establish a beat on the loop pedal and improvise a song about what we're going to learn. Circle up and have each student introduce themselves (name & a fun fact).

**5 min**

## **Breathe!**

Why is the breath important? Brief anatomy of the breath (lungs, ribcage, diaphragm and abdomen). Breathing exercise.

**10 min**

## **The Well-Rounded Voice**

Group voice lesson exploring the highs, lows, forward and back sounds of the voice. Brief anatomy of the voice (larynx/voice box, vocal folds/vocal chords) as related to the strings on the guitar or ukulele (thick strings=low notes, thin strings=high notes).

**5 min**

## **Connecting The Breath & The Voice**

**15 min**

## **Emotions are POWERFUL**

The “it’s not what you say, but how you say it” game; used to prove that we don’t always know how other people are feeling because we all express ourselves differently. And that’s okay :)

Sing a song as a group (usually Don’t Worry, Be Happy OR Sing, Sing a Song) and switch up the emotional expression each time through. Discuss how each emotion physically (breath, heart rate, body temperature, etc) made us feel when we were singing with emotional conviction.

**5 min**

## **Goodbye Song**

A closing song about how we’re all musicians,

“Heart Beat is the RHYTHM,  
The way I speak is my MELODY,  
And I can get along, that’s HARMONY,”

Reminder: when we return to the outside world,  
we’re capable of living in a way that promotes peace & harmony.

### Supplies provided by the artist:

- Guitar or Ukulele
- Looper Pedal (Ditto Looper or Boss 500 Looper)
- Power source for looper
- Dictionary of Emotions by Patrick Michael Ryan

### Supplies provided by event host:

- Two power outlets and/or a powerstrip with an extension chord
- Microphone & stand
- Amplifier