

# Listening and Responding to Music

Home Learning - Mrs Harris - North Lancing Primary School



Classical music can be a powerful tool for relieving everyday stress, helping you sleep and supporting your mental health. Try to find a time in the day to listen to beautiful music. Maybe as a family, listen to **CLASSIC FM** on the radio or visit [classicfm.com/discover-music/mood/relaxing/music-relaxation](https://www.classicfm.com/discover-music/mood/relaxing/music-relaxation)

You can:-

- Listen and just relax!
- If you have enough space, move/dance in response to music.
- Produce a piece of artwork or a poem in response to music.
- Try some Mindfulness colouring, drawing or painting while you listen to music.
- Practise your handwriting skills while you listen to music.

## Here are some pieces to listen to:-

**On the nature of daylight** (Composer - Max Richter) <https://www.youtube.com/watch?v=rVN1B-tUpps>

**Vocalise** (Composer - Sergeii Rachmaninoff) <https://www.youtube.com/watch?v=-DgIfRXwPPI>

**Movement 2 (Adagio assai) from Piano Concerto in G major** (Composer - Maurice Ravel)  
<https://www.youtube.com/watch?v=W1hyEjZros8>

**Adagio from Oboe Concerto in D minor** (Composer - Alessandro Marcello)  
<https://www.youtube.com/watch?v=E0BaIQMrVDU>

**Lux Aurumque** (Composer - Eric Whitacre) <https://www.youtube.com/watch?v=0j2JRcC6wBs>

**Adagio from Piano Concerto No.1 in D Minor** (Composer - Johannes Brahms)  
<https://www.youtube.com/watch?v=sxZ0yATM0Oc>

**March from The Dam Busters** (Composer - Eric Coates) <https://www.youtube.com/watch?v=K32Adi8nmzA>

**Theme from 633 Squadron** (Composer - Ron Goodwin) <https://www.youtube.com/watch?v=XWXQUhBsUVM>

**Theme from The Great Escape** (Composer - Elmer Bernstein)  
<https://www.youtube.com/watch?v=MbsuAbTTsV8>

**Peace Piece** (Composer/Performer - Bill Evans) <https://www.dailymotion.com/video/x24lcuw>

**Can You Hear Me?** (Composer - Thomas Hewitt Jones) <https://www.youtube.com/watch?v=VSyzRn2Jmuo>  
This song is quite emotional! It's probably more suitable for the older children. It's a song written to spread mental health awareness during the COVID lockdown. The song is performed by soprano Laura Wright and the choir of Royal Holloway.

## Also visit:-

**BBC Ten Pieces** <https://www.bbc.co.uk/teach/ten-pieces>

In particular, look at **Ten Pieces at Home**

<https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home/zjy3382>

Also look at **Get Creative with Classical Music at Home**

<https://www.bbc.co.uk/teach/ten-pieces/get-creative-with-classical-music-at-home/z6tqqp3>