



*It starts with a song!*

And our song is...  
**One moment,  
one people**



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## Together with Music and Sing Up!

Welcome to this very special home-schooling pack created in partnership with Together with Music and Sing Up! We know that life is filled with many challenges and obstacles, rules and restrictions and through our Together with Music home-schooling pack, we want to guide you through unique and creative ways to support those most vulnerable, creatively process feelings whilst staying connected to your community.

### What is Together with Music?

Together with Music is an intergenerational campaign created to encourage and inspire community connections both now, in this new virtual world and in the future when we can be together in person once again.

At a time where we cannot connect in person, our FREE online intergenerational community provides holistic, tailored support with the aim to fight loneliness, spark joy, create strong local links and support both the young and the old through music. Together with Music will empower care staff, teachers and community members; providing them with the tools and confidence to adopt music and intergenerational practice for years to come.

***“Sing Up is delighted to be Together with Music’s education partner. 2020 has been a tough year, particularly for our oldest and youngest communities. Sharing music provides a powerful means of reaching out and spreading some joy.”***

MICHELLE JAMES, SING UP CEO & SING UP FOUNDATION TRUSTEE



### Who is Sing Up?

Sing Up makes transformative change happen in schools to enhance children’s development and learning as well as promote wellbeing through the power of song. Their wide range of resources act as a foundation for music across the school, empowering teachers and children to sing regularly and develop skills and musical understanding whilst bringing communities together through song!



## Why Music?

We all know music has the ability to connect, to transcend across age, race and background and to empower individuals to raise their voices.

Intergenerational Music Making uses the power of music as the vehicle to bridge social divides, build community, expand horizons and open up new perspectives and relationships. Intergenerational practice challenges convention and creates spaces for new conversations and otherwise marginalised voices.

Intergenerational music has the ability to:

- Tackle loneliness and social isolation
- Create stronger, cohesive communities whilst tackling ageism
- Improve the mental health and wellbeing of both the young and the old
- Create lasting relationships through the sharing of culture and heritage
- Build a thriving network built on music connections
- Improve the lives of those living with dementia
- Bridge the gap between generations, promoting connection and compassion

It is imperative, now more than ever, that we encourage a culture of participation!



***“Individuals and their stories, whether sung, spoken, written, drawn, enacted, young or older must be heard, exchanged and recognised. It’s through stories, whether factual or imaginary, that people tell us who they are, where they’ve come from and where they dream of going next.”***

CHARLOTTE MILLER, DIRECTOR OF INTERGENERATIONAL MUSIC MAKING





And our song is...

## One moment, one people

What better way to kick this off than with a song!

Music is a universal language and has the power to transcend across generations, share culture and heritage, empower voices and bring people together!

The whole pack is centered around the song – ‘*One moment, one people*’ and we have designed activities and challenges to help children think about community, isolation and the power of music.

We have created this pack to be used in 2 ways:

**1.**  
You can choose to lift out specific sessions or worksheets and embed them within your home-school, learning platform

**2.**  
You can upload just the ‘Workbook’ section to your school’s online learning platform and children can work through it during the term, sharing specific moments with you!

### About the song

Words and music are by Beccy Owen and it was commissioned by Sing Up to be the anthem for **Sing Up Day 2019**.

The song is about working together and making positive connections with each other.

The age guidance is 5+, style is pop ballad, has themes of compassion, inclusiveness, kindness.

Beccy said this about the song: ‘This is a song about togetherness, it’s about looking out for each other, it’s about no matter how different we might feel and how on our own we might feel, actually we’re all in it together as one human race.’

For access to the track,  
lyrics and teaching video

[GO TO SONG](#)

# Sign Up to Together with Music

## Join the first Intergenerational Community



**Step 1:** Sign up your school on the Together with Music website

<https://www.togetherwithmusic.org.uk/>



**Step 2:** Await your confirmation and first contact from your personal TwM Connector.

They will be there to help support and guide you through.



**Step 3:** Share your song

There may be a song that the whole school sings together in assembly, or a previously recorded performance that you can upload as your initial HELLO!

Dear Parents/Carers,

We are writing to you to let you know about an exciting newly launched programme we are taking part in at insert name of school / organisation. Together with Music (TwM) is an intergenerational membership platform centred around connection, community and music! The aim is to link every care home in the UK with a local school or community group.

In these particularly challenging days, we are delighted to be able to provide some positivity and joy through music to our local care home link, insert name of care home. This partnership will not only tackle loneliness and isolation to some the most vulnerable in our community but will also encourage self-confidence, creativity and community spirit amongst the children who take part.

You may like to take a look at the following videos for more information and inspiration as well as seeing some of the work of TwM in action:

Together with Music <https://vimeo.com/487788775>

A recent intergenerational TwM project in Richmond, Surrey <https://vimeo.com/496227548>

Look out in the coming weeks for more information on how we will be taking part!

Best wishes,

Headteacher / Head of Music





# Make sure you have signed up to Together with Music! Once you have, your local TwM Connectors will be there to help you!

## 1 HOW DO YOU FEEL?

During this time of uncertainty and distance, it is important to be in touch with our emotions and how we feel inside.

**Tip** – Encourage the children to think about emotions, maybe relating to how they have felt during different times or emotions they have seen around them.

**Have a go** – Encourage the children to draw their own feelings jar, thinking about how they feel right now!

**Activity** – Ask the children to use their feelings jar to create a poem. There is a special poem written by Colin to inspire the children to get their creativity flowing!

## 2 COMMUNITY

We have seen how important community has been over the past year and we know just how important it will be to help us rebuild and recover!

**Tip** – Encourage the children to think about what community means to them and what communities they are part of.

**Have a go** – Make a school display of all the hands as a beautiful way to celebrate how the pupils have reached out to their community!

**Activity** – Ask the children to draw around their hands and decorate the space around it with things that make you smile. Inside the hand, write down all of the things you could do to make someone feel included.

## 3 LONELINESS

Social connection is a fundamental aspect of a person's life and the pandemic has made it much harder to connect with those around us

Social distancing does not mean isolation.

**Tip** – Encourage the children to think about how they can spread joy. We all have the power to make someone's day just a little bit better!

**Have a go** – Using the template, encourage the children to send a 'Message of Hope' to their local care home or elderly neighbour. Our Special TwM Connectors can help you find local connections!

**Activity** – Ask the children to have a think about the metaphors in the song 'One moment, one people'. Do you think the songwriter means someone is literally being locked out? Why might people feel locked out and how can we make them feel welcome and included?

## 4 MUSIC

Music is a universal language and has the power to connect across age, background and COVID.

We may not realise it but music is always there to help us express how we are feeling, to bring joy to others and connect people from all walks of life.

**Tip** – Encourage the children to think about how they use music day to day

**Have a go** – We have received some wonderful songs from our TwM members, and this is just one that we wanted to share! Ask the children to listen to the song and watch the video and right down THREE things it makes them feel

**Activity** – Now it is time to Share your Song!

Encourage the children to pick your favourite song to share with their local connections. They can play it and record themselves singing along, playing along, dancing or just listening to it!

Once you have them – send them to your TwM Connector so we can bring some joy to those who are isolated in your area.





Workbook for students



And our song is...

**One moment, one people**





## Let's warm up

### Musical Mark Making

You will need:



**PEN**



**PAPER**



**A SONG**

**CLOSE YOUR EYES AND PUT YOUR PEN IN YOUR NON-WRITING HAND. PLAY THE SONG AND LET YOUR HAND MOVE TO THE MUSIC FREELY – TRY NOT TO THINK TOO MUCH ABOUT IT!**

### Song suggestions:

#### *"Surprise" (Symphony no. 94)*

Franz Joseph Haydn



#### *Nutcracker Suite*

Tchaikovsky



#### *Léo Delibes (1836 - 1891)*

Pizzicato

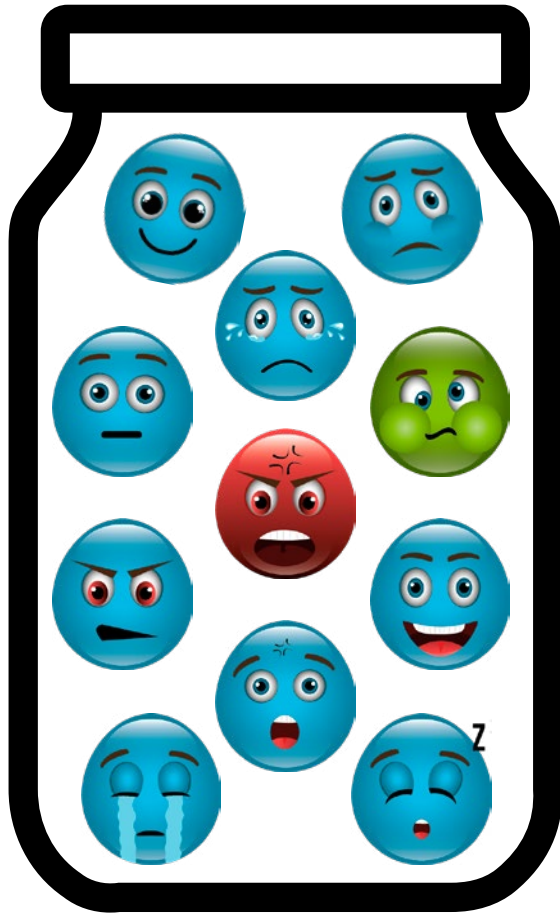


# How do you feel right now?

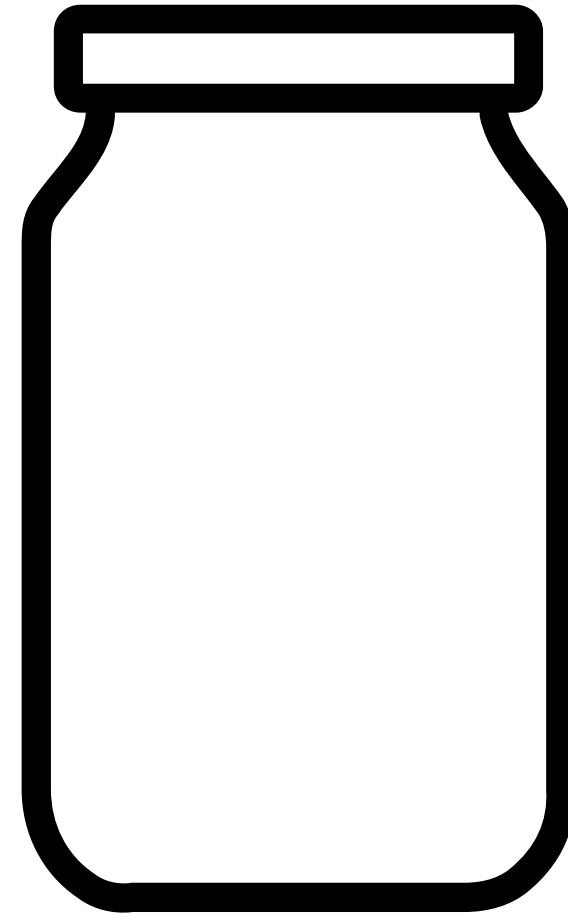


## The Feelings Jar

Sometimes it's hard to label our feelings, why not try and draw them instead?



Can you list all of the feelings in the jar?



Can you draw your feelings?

# How do you feel right now?

## Create a Poem

Sometimes putting our feelings into poetry can help. Can you create a poem thinking about what you drew in your jar?

I felt ... ..

I saw ... ..

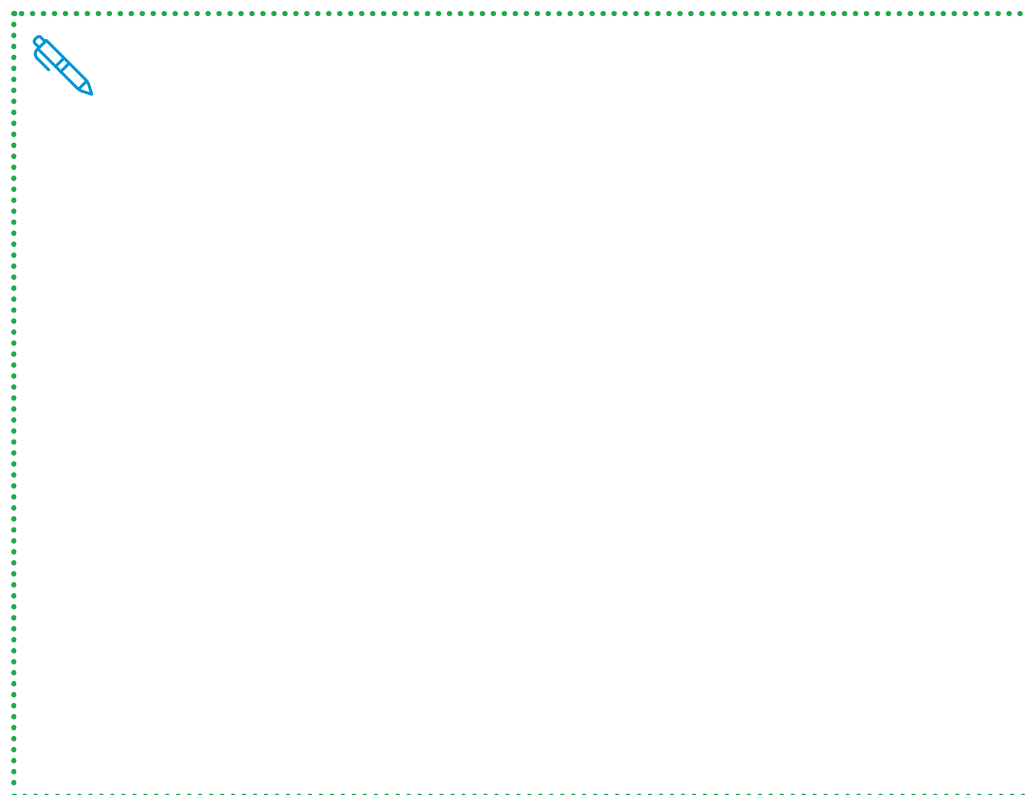
I am ... ..

I heard ... ..



First check out Colin's poem all about his feelings around the time he spent in an intergenerational music session.

PLAY



# Community

What does community mean to you?

Can you list all of the communities you are a part of?

Why are you a member of that community?


Have you ever felt separated from your community?

How might you be able to reconnect with your communities?

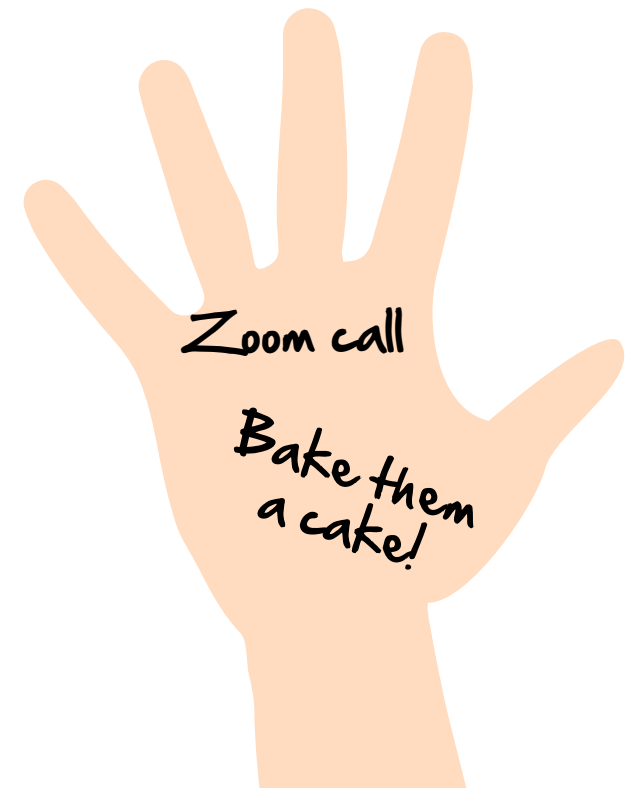


# "If you feel different, we will take your hand"

We all have the power to do something simple to make another person's day better!



**INSTRUCTIONS:** Draw around your hand and decorate the space around it, write inside the hand all of the things you could do to make someone feel included, e.g. invite them to a Zoom call, wave to them on the street.



# Loneliness



**What is the difference between being alone and loneliness?**

.....

.....

**Why might loneliness be hard to talk about?**

.....

.....

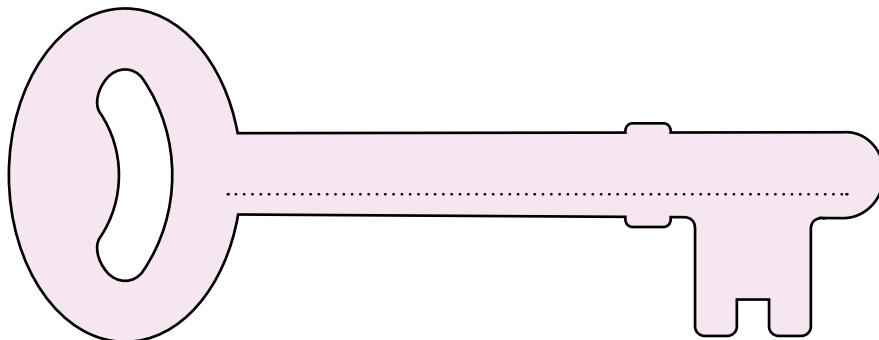
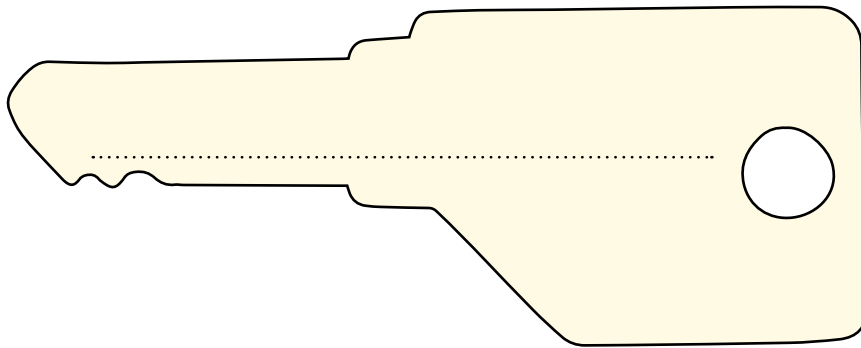
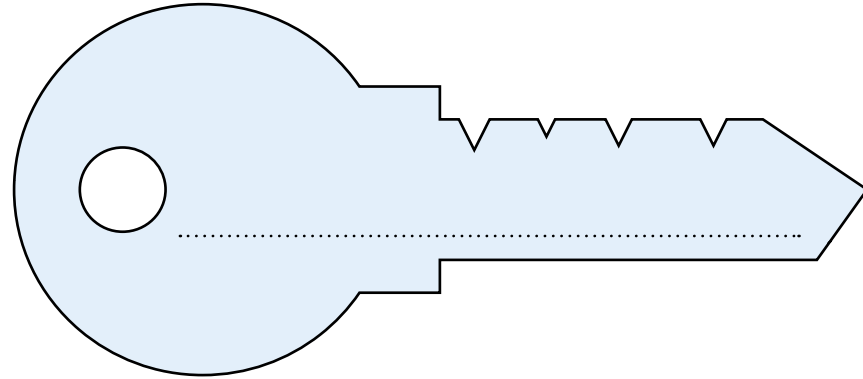
**Can you think of any examples where people may have felt lonely or connected during Covid-19?**

.....

.....

# "If you are locked out, I will bring the key"

How can we make sure people don't feel locked out?

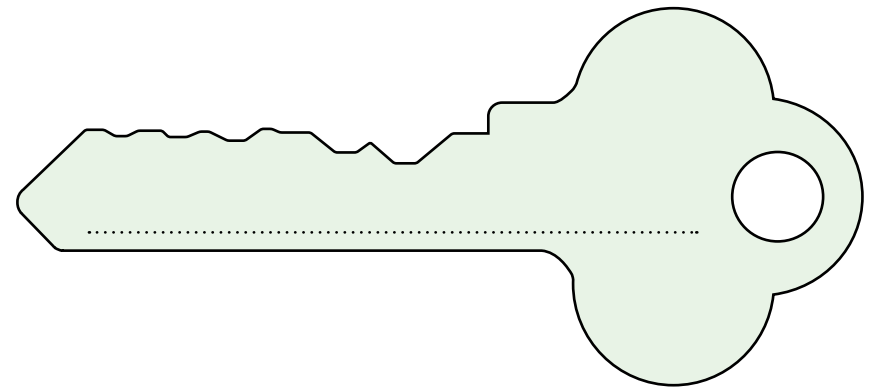


## INSTRUCTIONS:

Have a think about the metaphors in the song 'One moment, one people'. Do you think the songwriter means someone is literally being locked out?

Why might people feel locked out and how can we make them feel welcome and included?

Have a think and write your answers in these keys!





# “The world keeps getting kinder, singing out side by side”



There is now an opportunity to be creative and to share some joy across your community. We are challenging you to write a message of hope to share with your connection. During this time, it is important to remind those around you that you care and we think a message of hope is the perfect way to do it.

You could think about things that make you happy or maybe things that calm you when life gets a little crazy! You could even put your thoughts into a poem or a positive picture!



## Message of Hope



My name is .....

My age is .....

My message to you is ...





Can you think of a song ...

... that makes you feel happy when you are sad?

.....  
.....

... that makes you want to dance around the kitchen?

.....  
.....

... that you enjoy listening to with friends or family?

.....  
.....

... that you know someone else loves? Who is the person you are thinking of?

.....  
.....

Now listen to Que Sera Sera and write down THREE things it makes you feel?

This is a song that Campbell Snowdon House in Scotland shared with us!

<https://vimeo.com/500448704>

.....  
.....



# Now it is time for you to ... share your song

## Challenge

### Step 1:

Pick your favourite song

### Step 2:

Play the song on YouTube or on an instrument and record yourself singing along, playing along, dancing or just listening to it!

### Step 3:

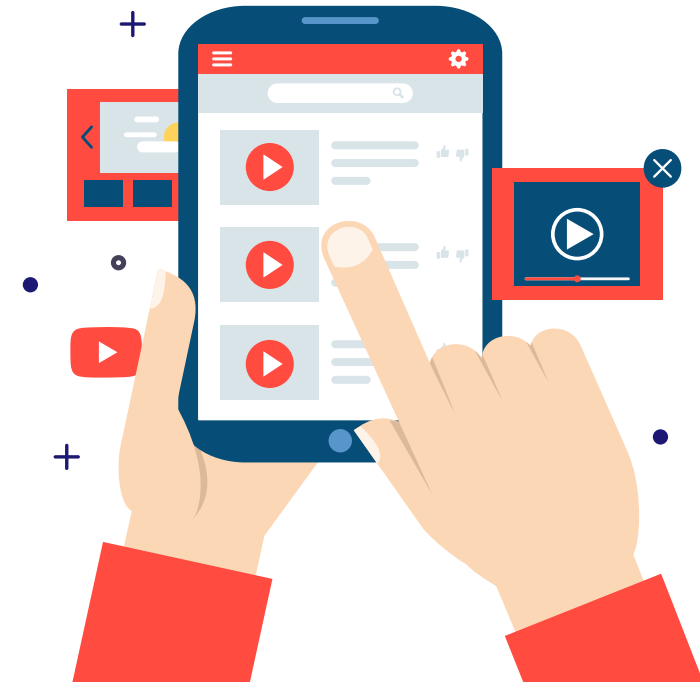
Send it to your teacher or upload it to your learning portal

### Step 4:

We can help you share your song with care homes and elders in your community!



Join us on social media by  
posting your song using  
**#itstartswithasong @IntergenTwM**

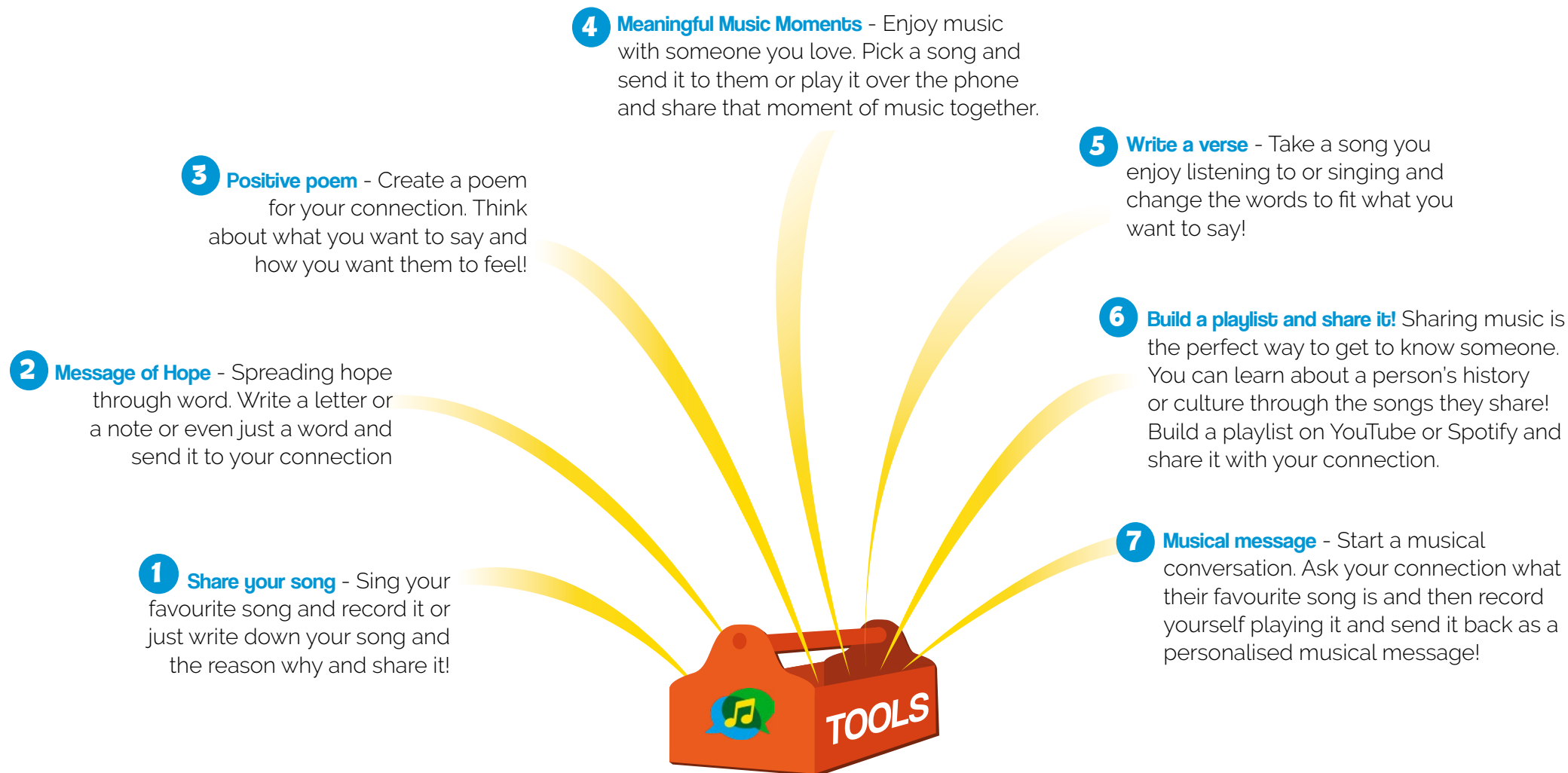


# Toolkit into Musical Connections

By now you will know all about what community means, why people could feel lonely and the power that music has to help us connect and feel better! It is time to put your learning into practice!

Can you build your own special toolkit full of fun ways you could connect with people through music!

We've given you some ideas to test out.



# Letter to your local MP

\*edit as appropriate

Dear *(insert name of MP)*,

*I/We*\* wanted to tell you about an exciting new project *my/our*\* school is taking part in called Together with Music!

Together with Music (TwM) is an intergenerational membership platform centred around connection, community and music! The aim is to link every care home in the UK with a local school or community group to begin a journey of musical connection in order to tackle isolation and loneliness within our communities.

*I am/We are*\* excited about this project because....

*I/We hope*\* this project will...

*My/Our*\* favourite song is...

*I/We*\* we would like to know what your favourite song is and what kind of music you like listening to?

You may like to take a look at the TwM website here – [www.togetherwithmusic.org.uk](http://www.togetherwithmusic.org.uk) and these videos for more information and inspiration as well as seeing some of the work of TwM in action:

Together with Music <https://vimeo.com/487788775>

A recent intergenerational TwM project in Richmond, Surrey <https://vimeo.com/496227548>

Yours sincerely,

*Name of class/pupil/family\**





# CERTIFICATE

## I COMPLETED IT!

Congratulations on becoming a 'Together with Music' Ambassador!

\_\_\_\_\_

MY NAME IS

\_\_\_\_\_

MY AGE IS

\_\_\_\_\_

ONE THINGS I LEARNED WAS

## Contact Us

### Video Link



### Websites:

<https://www.togetherwithmusic.org.uk>

<https://www.singup.org/>

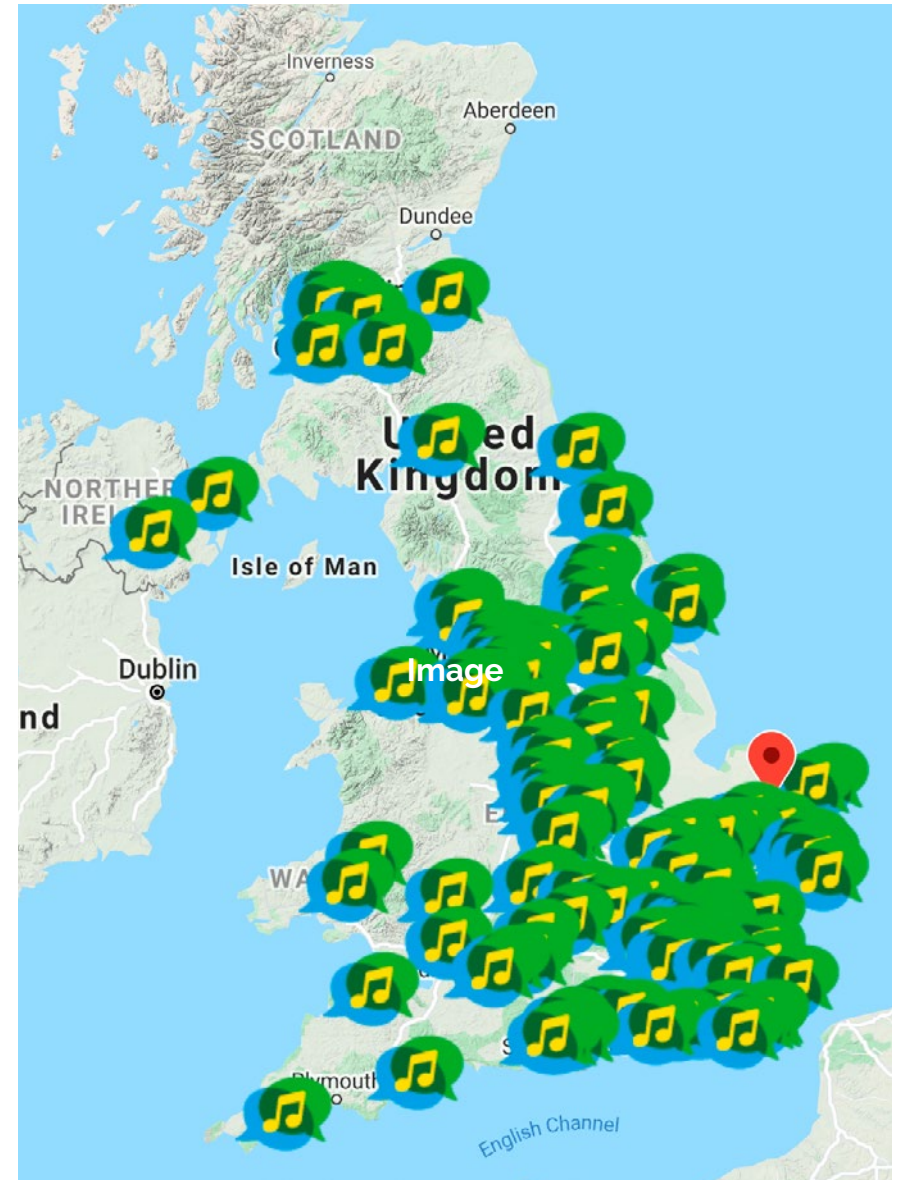
### Together with Music LIVE

Kicking off on Monday 15th February at 11am (members only!)

### Social Media links:



Click on icons





**WARM-UPS.**

**HELLO SONG**

An activity using call and response. All you do is follow my hand gestures and do what I sing.

**HELLO!**

HOW ARE YOU? (SING) HOW ARE YOU? (SING)

HOW ARE YOU? (SING) HOW ARE YOU? (SING)

HOW ARE YOU? (SING) HOW ARE YOU? (SING)

HOW ARE YOU? (SING) HOW ARE YOU? (SING)



**IMM FAMILY FUN DAY**

**15th AUGUST**

**Disney Hour**

Sing-A-Long & Guest!

Our Disney guests from 11am to 5pm! Top Secreters will win a prize no matter what! It's all about the music when you're done!

**3PM!**

**NORTH WEST SURREY Listening Event**

Connecting Our Community

We want to Hear from you!

LAST SEATERS! Book Now!

Book Now!

TO BOOK YOUR FREE PLACE

**Care to Create Hub**

Wake up, shake up, get yourself some bubbles!

**Patreon Page**

IMM Care to Create Hub

**Bring generations together through music, stories and art**

**Care to Create Hub**

Wake up, shake up, get yourself some bubbles!

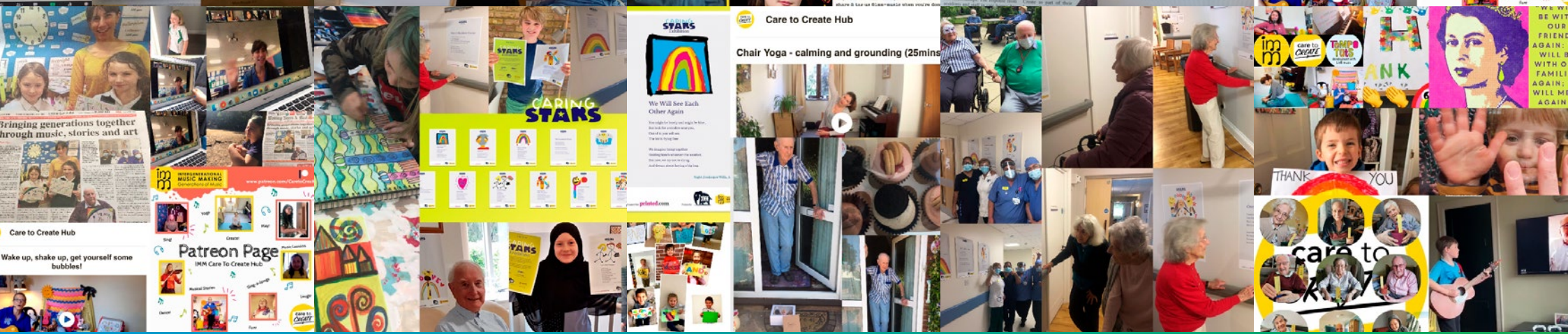
**Patreon Page**

IMM Care to Create Hub

**WE WILL BE WITH OUR FRIENDS AGAIN! WILL BE WITH OUR FAMILY AGAIN! WILL ME AGAIN!**

**THANK YOU**

**care to create**



**SYARS**

**Caring Stars**

**What We Will See Each Other Again!**

We will see each other again! We will see each other again! We will see each other again! We will see each other again!

**Chair Yoga - calming and grounding (25mins)**

**Care to Create Hub**

**THANK YOU**

**care to create**

**WE WILL BE WITH OUR FRIENDS AGAIN! WILL BE WITH OUR FAMILY AGAIN! WILL ME AGAIN!**

**THANK YOU**

**care to create**

**WE WILL BE WITH OUR FRIENDS AGAIN! WILL BE WITH OUR FAMILY AGAIN! WILL ME AGAIN!**

**THANK YOU**

**care to create**