

Singing

Singing continues to play a key role in bringing the nation together.

Check out our VE Day activities for your pupils:

- Mrs. Derham's VE Day Activities – Listening, creating, singing and performing: [Worksheet](#) and [YouTube tutorials](#)
- At your street parties, sing along with *We'll Meet Again* (see attachment)



Out of The Ark's [Singing Resources](#) – Week 7

Sing Up's [Song of the Week](#) – *What Makes a Family?*

Why Sing?

- Singing releases hormones associated with a feeling of happiness
- Singing helps to boost your immunity, improves blood circulation and oxygen flow, and helps fight disease
- Connections made within a choir reduce depression and loneliness, whilst promoting friendship and social bonding
- Singing keeps your brain active, and improves cognitive behaviour, leading to high IQ levels
- Reports show that singing leads to better mental health and a longer life expectancy

Sing From Your Sofa

The People Orchestra – Supportive Hub Partners of Sandwell Music Hub

Bored at home? Join 'Sing From Your Sofa', an online choral course with members of The People's Show Choirs. Learn some brand new arrangements of classic pop songs and join online Sing-Alongs with our Choral Director, Ula Weber. She would like to offer you the option to you upload your songs to our virtual choirs. No auditions or prior musical experience needed.

The 'Sing From Your Sofa' tool kit includes:

- Vocal tracks for all voice parts
- Backing tracks & Demo Tracks so you can sing along with us
- Sheet music
- Song lyrics
- Rehearsal notes with hints and tips, to help you get the most out of the experience

Weekly Sing-Alongs with Ula Weber: Every Monday evening from 7:30pm

Special Offer: We're offering you a saving of **£28** per month with our new student subscription, which now includes all siblings and a parent or guardian. 'Sing From Your Sofa' is an easy and fun way to sing together as a family.

<https://thepeoplesorchestra.com/join-sing-from-your-sofa/>

Your invitation: Once restrictions are lifted we would love to invite you to join any of our local choirs in person and to join The People's Orchestra on stage to perform pieces from 'Sing From Your Sofa.'

Creative Listening

Here is a link from the [BBC Ten Pieces](#) for weekly activities for primary schools, home educators and parents to share with their students. Each includes a Ten Pieces film to watch and enjoy, and a linked creative activity that can be completed by children at home, without any special materials or preparation. A perfect, simple and easy way to keep listening, enjoying and creating music at this time.

Music Making

Below are some video tutorials to share with your young musicians, featuring SIPS Music Tutors:

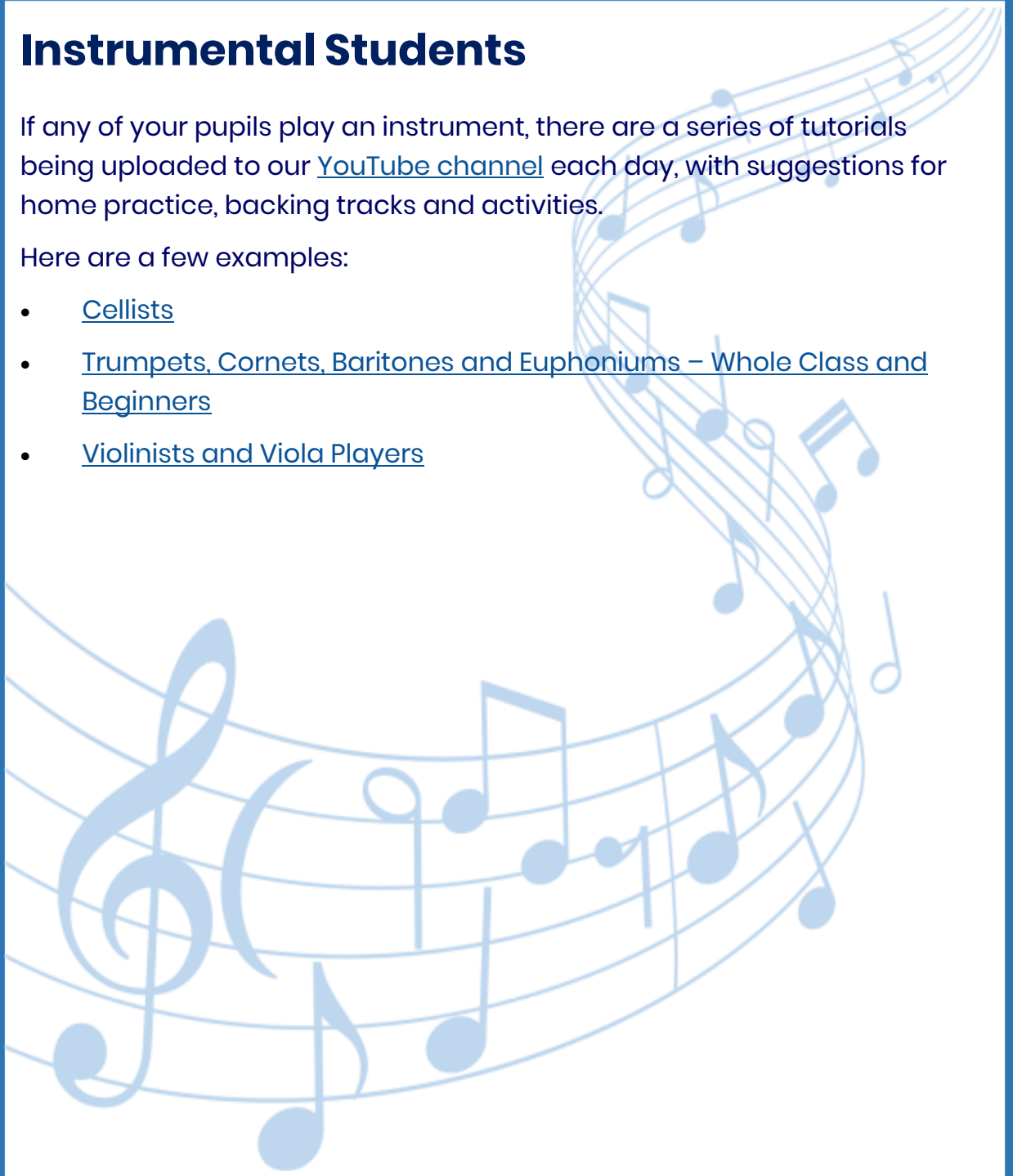
- Mrs Hill has put [these activities](#) together to enjoy at home or school, for EYFS/KS1/ SEND.
- [Pitch Games](#) with Mrs Kinsella

Instrumental Students

If any of your pupils play an instrument, there are a series of tutorials being uploaded to our [YouTube channel](#) each day, with suggestions for home practice, backing tracks and activities.

Here are a few examples:

- [Cellists](#)
- [Trumpets, Cornets, Baritones and Euphoniums – Whole Class and Beginners](#)
- [Violinists and Viola Players](#)





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