



# Keep Calm and Make Music

One Hit Wonder Song Workshop  
Balancing



Hampshire  
County Council



Getting creative with a song



# When I am balancing...the song

- Listen to the song

You can listen more  
than once

- What does it make you think about? Draw a picture to show your thoughts
- Count how many times you hear...



- Balancing
- Goal
- Everyone

- Listen again and move your head from side to side in time with the steady beat, then try tapping your knees in time to the steady beat.
- How else could you keep the steady beat?
- Listen again and find the bell chime sound  
– trace it in the air with your finger
- Listen again and see how much of the song you can join in with



# When I am balancing...the movie!

Click play on the blue square to watch some amazing balancing

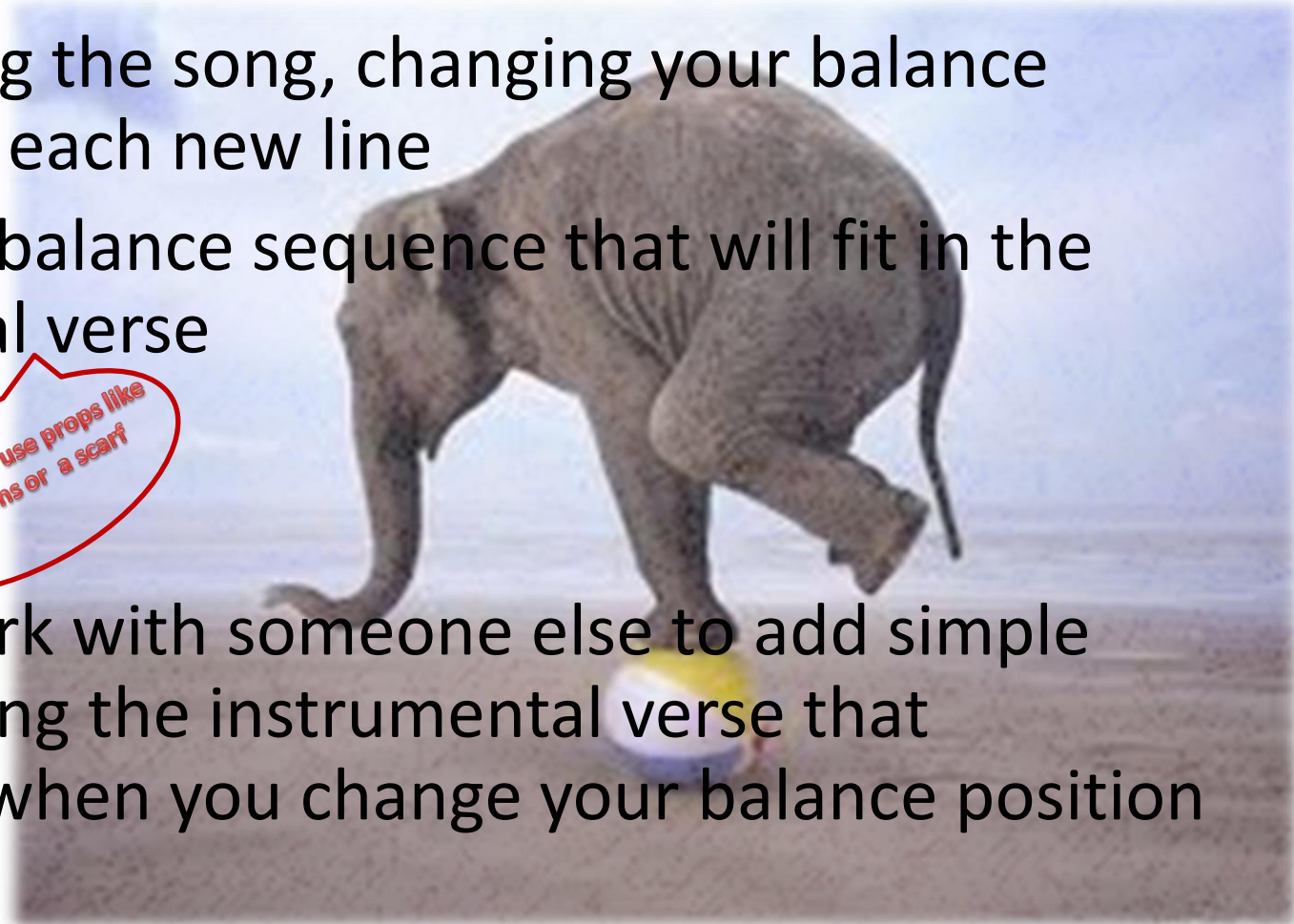


# When you are balancing...

- Find a nice big space and try some of your own balances - don't forget to hold your position
- Play and sing the song, changing your balance position for each new line
- Work out a balance sequence that will fit in the instrumental verse
- Can you work with someone else to add simple sounds during the instrumental verse that emphasize when you change your balance position

...no wobbling...

You could use props like ribbons or a scarf



# ...and show yourself off...

Share your performance with someone – maybe you could record it on an iPad and share it with someone else in your family or class.

If you're at home, maybe you could perform whilst face-timing a friend or relative

Enjoy !!