A Note from Mr. Heaton about Music

I want to say hello to everyone and wish you well in this tough time. I sincerely miss teaching you!

Music can be beneficial to creating a calm environment during times of stress. Sometimes it is good to put on quiet and calming music to increase focus and calm minds. **Classical and baroque music is particularly good for this** although if you really don’t like it, you can play anything you wish.

I have sent out some music activities for students to do. **These are meant to be fun and low-stress.**

Here are other simple activities you can do to keep music in your lives. Some will work better for you than others.

* Listen to some music and draw a picture.
* Learn the words to a song.
* Make instruments out of recycling.
* Watch a video of a concert online.
* Learn about the instruments you have at your house.

New activities will be sent out for each grade weekly. I will have more information go out as we figure out the best way to communicate**. I am happy to answer questions or even say hi! You can contact me at** [***jon.heaton@yesnet.yk.ca***](mailto:jon.heaton@yesnet.yk.ca)

Take care and do something nice for someone!

Jon Heaton

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Music Teacher