



Wellbeing Playlist: Uplift, Calm and Connect

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Introduction

Music can influence how we feel. It can also bring us together with others through culture and faith, as well as shared experiences, memories, and interests.

This art and music activity was put together by Place2Be's Art Room and the Lang Lang International Music Foundation.

It is all about helping children and young people feel calmer by listening to music and drawing to its sound. There is also a chance to make a music playlist to encourage personal expression and togetherness. This activity is suitable for children aged 6-13 years.

Activity aims

- Help feel calmer and less worried through music and art
- Encourage personal expression and a sense of belonging



Lang Lang International Music Foundation

For this project Place2Be has teamed up with world renowned pianist Lang Lang and his International Music Foundation, joining in the mission to inspire children and young people through music.

Share your creations

We'd love to see your artwork!
Share photos of your creations
with us on social media:



ACTIVITY 1:

Creative Activity



Imagine

To get inspired, watch [this video on YouTube](#)



Create

You will need:

- Paper, card, or any surface to work on
- Coloured pens, pencils, paint, crayons, and/or pastels
- Access to a music app like Spotify, YouTube, Microsoft Media Player, or Apple Music.

Creative activity steps:

This activity has 3 simple steps:

Step 1: Choose a song from one or more of the categories below:

- Uplift (lifts you up, helps you feel happier, brings joy, and gives energy)
- Calms (helps you feel relaxed and less worried)
- Connect (brings you together with others through something enjoyed or shared in common)

Think of why you chose that song/those songs.

Step 2: If you chose multiple songs, create a playlist. You can either create your own personal playlist or make one together with others.

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- Optional: [A printout of the Draw to the Sound, 'Keys to Inspire' sheet to colour in.](#)

Step 3: Listen to your playlist and draw along to it.

You can draw freely, or colour in a Draw to the Sound, 'Keys to Inspire' colouring sheet.

(If the colouring in option is preferred but you are unable to print it out, then it can also be copied, traced or directly coloured in on the computer using a drawing app like Microsoft Paint – or draw some keys of your own!)

Tips for free drawing:

As the music changes, you might find yourself changing the colour, speed, pattern and movement of what you're drawing. You could make marks, squiggles, and doodles on your page, or you might have specific things that come to mind as you hear the music.



Further inspiration

As further inspiration or if you get stuck with making your own playlist, you might like to listen to [The Art Room's Wellbeing Playlist: Uplift, Calm and Connect on Spotify here.](#)



Explore more

End of project reflection

- How does music bring you together with others and help you connect?
- If you had to name your artwork or give it a slogan, what would it be?
- The Art Room Team came up with 3 categories of music: uplift, calm and connect. If you could add your own category of music that helps you feel a certain way, what would it be? For example: focus - music that helps me think.

More from the Art Room

Have you seen our other creative resources? [Visit the Activities from the Art Room website.](#) for projects including 'Playful Patterns: Connecting with others', 'Calm: Soothing Worries', 'Tuning In: Mindful Listening', 'Weather: Noticing Feelings' and 'Creative Gardener: Nurturing Self-Belief'. They are free to download and can be done at home, in the classroom or youth settings.

More from the Lang Lang International Music Foundation

At the Lang Lang International Music Foundation, we believe that all children should have access to music education, regardless of their background or circumstances. Our unique programs encourage both music performance and engagement at all levels as a means of social and emotional development for today's youth. By igniting a child's passion for music, we help children worldwide aim for a better future.

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