



**ROYAL
PHILHARMONIC
ORCHESTRA**



Tuning In: Mindful Listening

Wellbeing activities by the Royal
Philharmonic Orchestra and
Place2Be's Art Room

Tuning In: Mindful Listening

Place2Be's Art Room has teamed up with the Royal Philharmonic Orchestra to create a series of activities which combine music and art to support young people's mental health and wellbeing.

This project helps young people 'tune in' to their emotions and express them in a variety of ways using different art forms. It highlights how thoughts and feelings can be communicated, heard, and seen differently between people.

Activities

There are three activities of different lengths: 5, 10 and 20 minutes. Each one is accompanied by a video featuring musicians from the Royal Philharmonic Orchestra.

You can choose to do as many of the activities as you like, in any order.

The activities are all designed to help with noticing, expressing, and thinking about feelings without judgment.

Activity 1: helps you tune in to where you are and ground yourself.

Activity 2: helps you tune in to how you feel inside.

Activity 3: helps you tune into what is around you and how it makes you feel – either an art or musical prompt.

Materials

- Paper, card, recycled box, or any surface to work on
- Coloured pens, pencils, paint, crayons, and/or pastels
- Household objects you can make sounds with

Optional

- Recycled magazines/ newspapers / coloured paper
- Glue and/or tape
- Scissors
- Musical instruments

Inspiration

You are welcome to listen to our Spotify Playlist for further inspiration: [Tuning In: Mindful Listening Playlist on Spotify](#)



Royal Philharmonic Orchestra


The Art Room has teamed up with the Royal Philharmonic Orchestra (RPO) to create this project. The RPO is one of the UK's leading orchestras, performing nearly 200 concerts each year. The [RPO's community and education team](#) work to ensure meaningful music-making opportunities are available to as wide an audience as possible, using the transformative power of music to create happy, healthy and connected communities.

Activity 1:

Tune in where I am



Imagine

To get inspired watch this video of an RPO musician doing the activity. [It is here on YouTube to watch](#) .

Activity aims

- Find grounding with a mindfulness activity by noticing sounds in your environment
- Practice 'mindful listening' and noticing feelings

Create

You will need:

- A time keeping device (e.g: a clock on a phone, watch, or timer)
- A piece of paper
- A choice of something to draw or colour with such as coloured pens, pencils, paint, crayons, and/ or pastels

Creative activity steps:

- 1.** Find a spot where you would find it comfortable to sit, listen, and make marks on your paper. You may choose to be in different places outside and/or inside.
- 2.** Before starting this activity take a deep breath in and out to loosen any tension in your body and relax.
- 3.** Using your timer, take a minute to list the sounds you hear around you. You may want to keep what you hear in mind, or note it down on paper.
- 4.** Now, create a visual soundscape of what you hear around you. Lines, marks, patterns, symbols, colours and shapes of different sizes and thicknesses can be used to represent what you hear.
- 5.** As you listen, how do you feel about the sounds you hear? Does this change how you make your marks?
- 6.** Take a look at what you have made and use our 'Explore' questions to reflect on your art.

Explore

- What was it like to listen to the sounds around you in this way? Have you noticed a change in your mood or how you feel?
- How was it to show the sounds you heard by making marks and using art?
- Was there a specific sound that you tuned into more than others?



Share your creations


We'd love to see what you create. Share photos/audio on social media with #Tuningin and tag @Place2Be and @RPOonline

Activity 2:

Hearing what's inside



Imagine

To get inspired watch this video of two RPO musicians doing the activity. [It is here on YouTube to watch](#) .

Activity aims

- Practice 'mindful listening' and noticing feelings
- Encourage expression in different art forms

Create

- A piece of paper, card or the inside of a recycled box
- A choice of something to draw or colour with such as coloured pens, pencils, paint, crayons, and/ or pastels
- Household objects you can make noise with
- Optional: Musical instrument(s)

Creative activity steps:

1. Make 5 separate sounds using things that you find around you at home/school. This may include anything from household objects to a musical instrument if you have one (the video gives you some examples of how to do this!).
2. Listen to your first sound and think about what it makes you feel. For example, the sound of my fingers drumming on the table might sound like excitement. Feel free to close your eyes if it helps you listen.
3. On your paper, create a mark or an image related to this sound and feeling.
4. Repeat steps 2 and 3 for all your sounds. At the end you will have five pictures on your paper which link to five sounds and feelings.
5. If you want to label or add words on to your pictures you can. This can help you remember what object or sound connects to each picture.

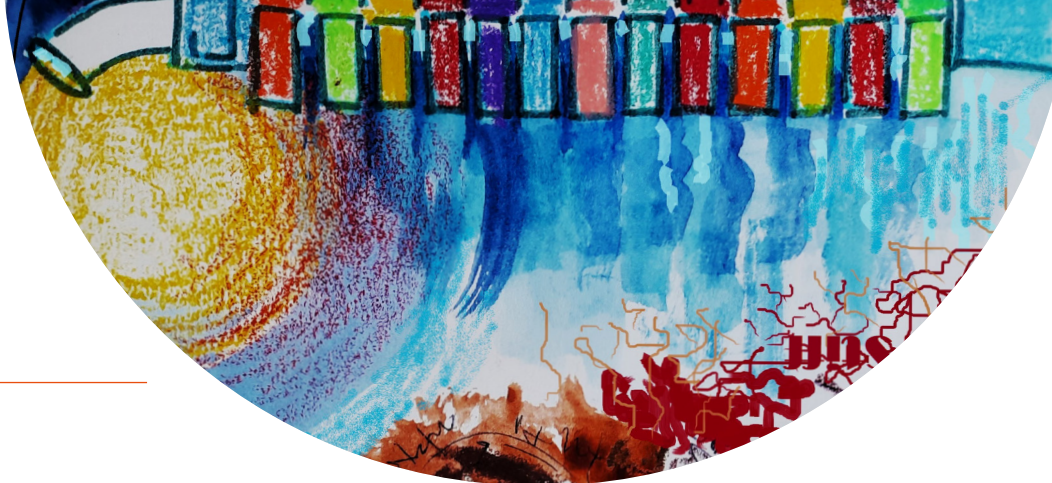
Explore

- Out of the sounds in your picture, which ones stand out to you?
- Notice how each sound made you feel. Which ones are you still feeling today, or would you like to be feeling?
- Pick one of your pictures. How might you describe it as a movement or gesture without words?



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Activity 3:

Creative exchange



Imagine

To get inspired watch these two videos: From Art to Music, or From Music to Art. They are on YouTube to watch.

[!\[\]\(74d4806277d7e73349d8e8c0897931e9_img.jpg\) From Art to Music](#)

[!\[\]\(0aff635c4179ba9e710b00f4b01d3b20_img.jpg\) From Music to Art](#)

Activity aims


- Develop an awareness of how our feelings can be influenced by what is 'heard' and 'seen' around us
- 'Translate' between music and art to include more possibilities for creative expression
- Increase understanding on how the world around us can be seen and interpreted in similar and different ways

Create

You will need:

- A piece of paper, card or the inside of a recycled box
- A choice of something to draw or colour with such as coloured pens, pencils, paint, crayons, and/ or pastels
- Household objects you can make noise with
- Your voice
- Optional: musical instrument(s)
- Optional: recycled materials, collage materials, glue or tape
- Optional: a phone to record your soundscape

Creative activity steps:

1. Choose your creative inspiration: either the music by the RPO or the painting by The Art Room. [You can find these here](#) 
2. Give yourself time to look at or listen to your inspiration and notice how it makes you feel.
3. Choose if you want to express yourself through music or art.
4. Now create something that expresses how you feel by

making either:

- a. A soundscape or composition – you can use household objects to create sounds, your voice, or play a musical instrument if you have one. You may want to record it.
- b. A picture – create a drawing, collage or 3D artwork.

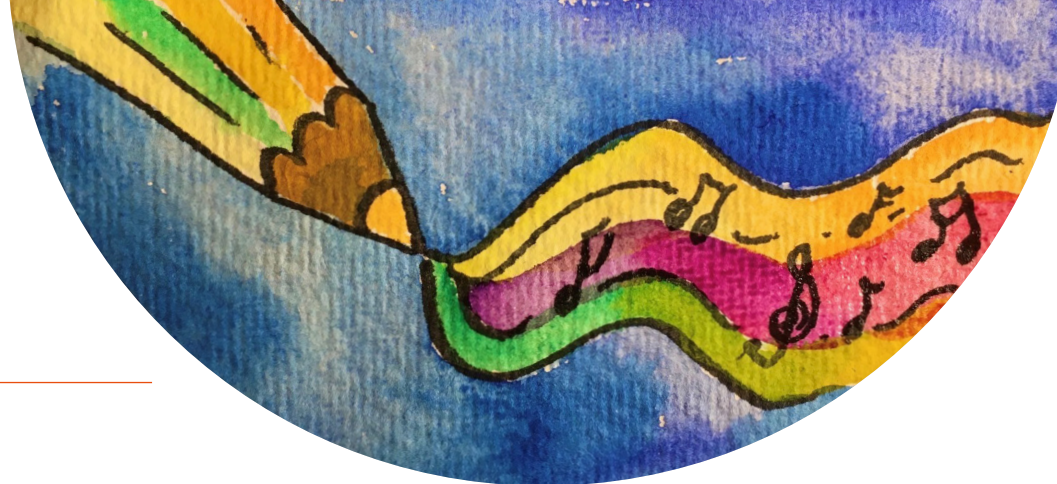
Explore

- Are there parts of your chosen creative inspiration that you relate to, or make you curious?
- What was it like to look at or listen to someone else's art and notice the thoughts and feelings it brought up in you? How was it to express them in a different type of art?
- Did you notice any of your thoughts and feelings changing when it came to using a different type of art?



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Keep listening and find your rhythm!



End of project reflection

- Did you learn or notice anything about yourself when doing these activities?
- What was it like to express yourself in different art forms? How was it to change between using art and music?
- To finish, let's take a moment to listen to how you are feeling now at the end of the project. Is there an image or sound inside of you? Imagine what it might look or sound like.

More from The Art Room


Have you seen our other Activities from The Art Room? [Visit the Activities from The Art Room website](#)  to see our other projects for families and teachers, including projects on Weather: Noticing Feelings, Portals: Exploring Changes, Calm, Growth, and many more. They are free to download and can be done at home or in the classroom!



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Royal Patron HRH The Duchess of Cambridge

Place2Be is a national charity working in England, Scotland and Wales.

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