

The Rhythm of Life Workbook





The Rhythm of Life Podcasts

This workbook is accompanied by a podcast where community members, groups and leaders talk about music and sound, and how it helps their mental and physical wellbeing in the rhythm of their day-to-day life.

Listen on Spotify

bit.ly/RhythmOfLifePodcast

or scan the QR code



Created in collaboration with People First
Keighley and Craven, Kirran Shah and
community members.

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About this workbook



hoot creative arts have met with various community members to explore what music means to them and how they can use it in their daily life. The exploration sessions culminated in this activity workbook, created by people who receive support with daily tasks or live in care.

This workbook can be completed individually, with carers or with friends. Each activity includes suggestions, ideas and inspiration by the group who created this workbook

This booklet provides examples of how music can help with:

communication

learning about others

relaxation

focus

having fun

After completing this workbook, you will have thought about how music impacts your health and how it can improve your wellbeing.

For carers and friends the workbook can be used to know better the likes and dislikes of the cared for person, and how they respond to music activities.

The names of people involved in creating this workbook are:

Scott, Richard, Emma, Linda, Graham, Patrick, Christopher, Joe, Jonathan, Ruby, Gavin, Tayyab, CJ, Kenny and Daniel.

Facilitator: Sharleen Shaha

Created with support from:

Joseph Watson, Kirran Shah, Adam Hopkins, People First Keighley & Craven and Laurel Court, Huddersfield.



Let's get your mind in the zone

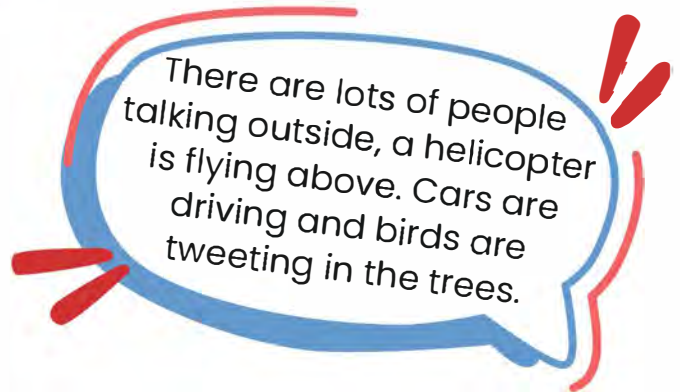
Try this short five minute listening task.

1. Sit in your garden or on your doorstep
2. Close your eyes
3. Listen to the noises and sounds you can hear
4. How do the noises and sounds make you feel?



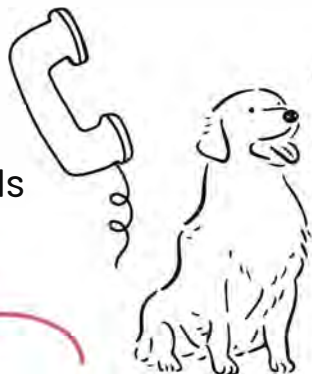
List five things you can hear:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

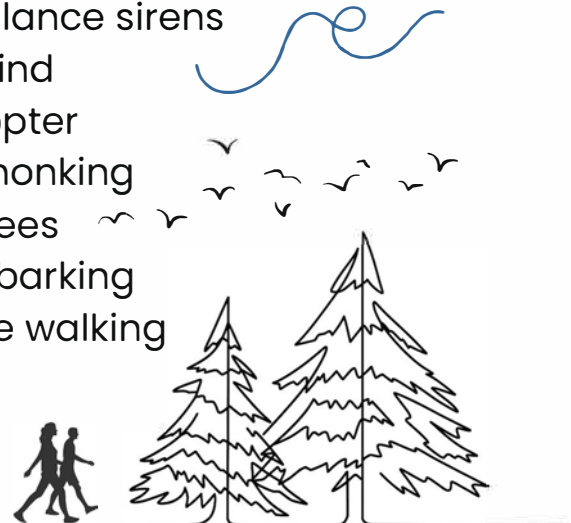


Here is what we heard when we sat in our garden:

- Bird Song
- Bees and bugs
- Chairs moving
- Coughing
- Church bells
- Doors opening and closing
- Leaves rustling
- Traffic sounds
- Keys jingling
- Pens tapping
- Cooking sounds



- Phone calls
- Gravel
- Insects
- Police sirens
- Ambulance sirens
- The wind
- Helicopter
- Cars honking
- The trees
- Dogs barking
- People walking

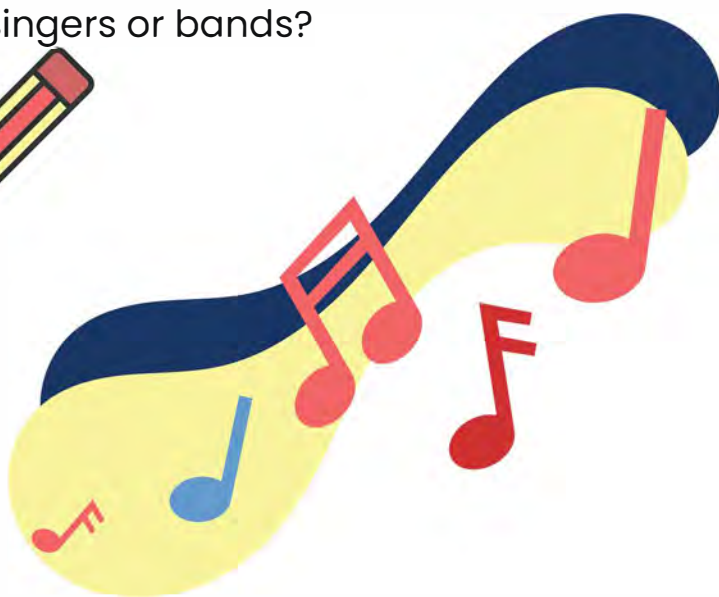


Music and you

What type of music do you like?

Can you list five of your favourite singers or bands?

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



Here is a list of our favourite singers and bands.

Do you like any of them too?

- Elvis
- Cliff Richard
- Kylie Minogue
- Chvrches
- The Killers
- Spice Girls
- Michael Jackson
- Pharrell Williams
- Elton John
- Sting
- Police
- Beethoven
- Bach
- Radiohead
- Johnny Greenwood
- Paradise City
- Eminem
- The Beatles
- Postmodern Jukebox
- Radiohead

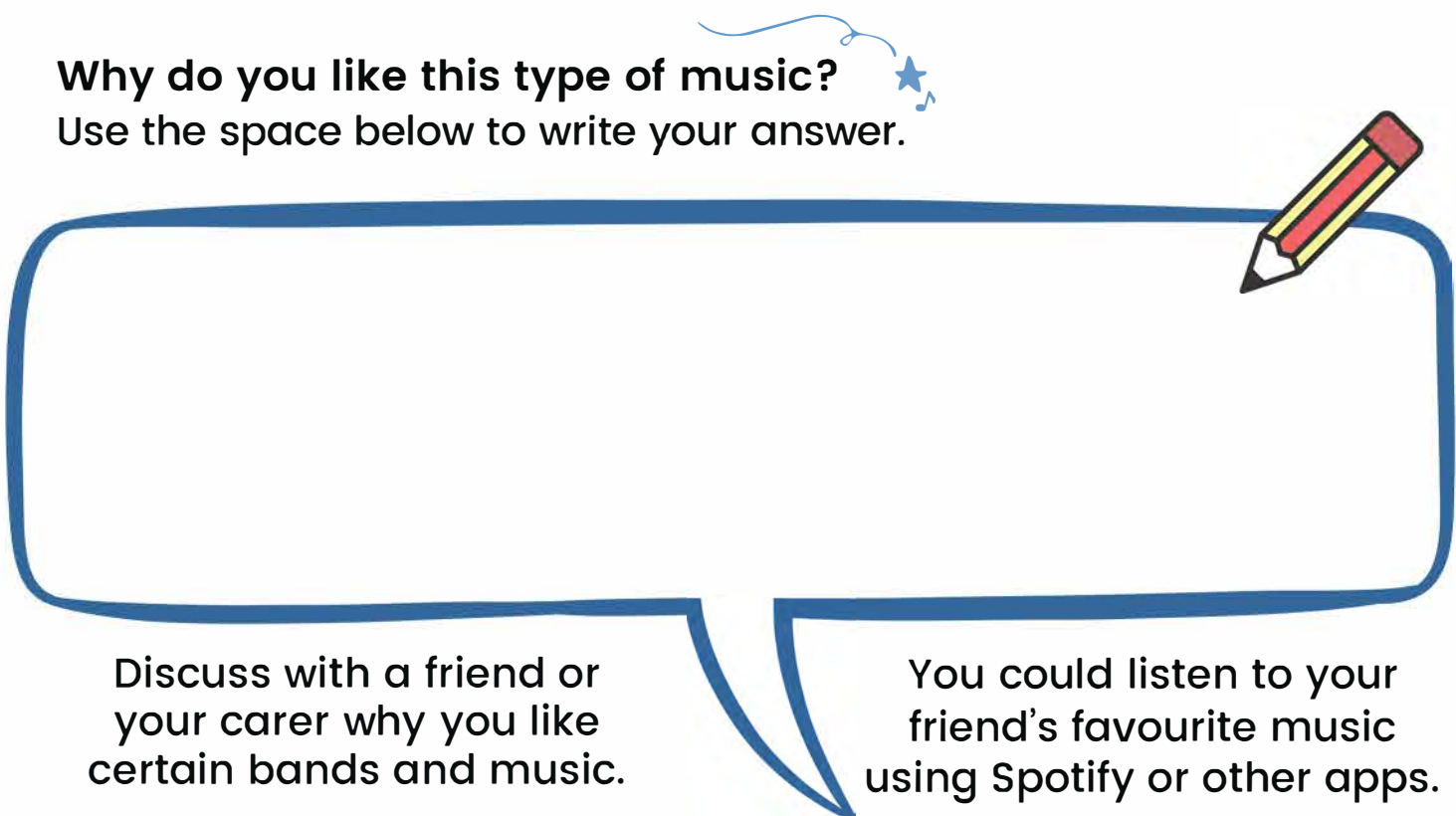


These are the types of music and sounds we like:

- Indian Classical music is wonderful
- Cats purring is my favourite sound
- Mash ups
- Train on the tracks
- Religious or Spiritual Music, with no instruments just voice
- Command and Conquer franchise soundtracks are my favourite
- Turkish Music
- I am only thirty, but I love music from the sixty's, seventies and even the fifties
- I love the organ and music I can make
- Piano
- A beat
- Natural sounds
- Singing without musical Instruments
- Clapping my hands and tapping my fingers
- Yes, I live in a care home, I love Classical Music. I have an organ in my flat. I also love Music from the 60's and natural sounds

Why do you like this type of music?

Use the space below to write your answer.



Discuss with a friend or your carer why you like certain bands and music.

You could listen to your friend's favourite music using Spotify or other apps.

Here's what we said:

Dad listened
to Elton John

They are soundtracks to
my games; I played the
game in my youth; this
is where I heard it first

My Grandad
introduced me to the
King, he would always
have him playing in
the morning

The YouTube
algorithm introduced
me to Dead Pony,
Texas and Keane.

At first I listened to what my
parents did but now I have
choice, and I have found
what I like by exploring

I love Musicals, and the
soundtracks to movies

I use my tablet to
choose what I
want to listen too

Mum loves
Michael
Jackson

Write a rap or a poem about music



Here are some ideas we came up with:

Bird song
Happiness
Oh yes!
My keyboard can also play
Birdsong.
Happiness
But from the sound of the wind
I can hear a storm coming.
Oh yes!
The sound of the wind
Happiness
I don't know why,
I like the whoosh whoosh and
tweet tweet
By Christian

Clap,
Clap
Listen to this!
Just clap.
I like it.
It makes me happy.
By Joe

I wouldn't change a
single thing,
sealed with a kiss,
training seasons over,
Freak me out,
Wild child, just come on
around.
By Linda

Tapping, it's alright!
Its relaxing
Tapping is making
noise, with my pen.
And my fingers on
the bench
By Richard

Listen to the whistle!
The bird song
It is relaxing.
By Graham

How does music help your health?



Here's what we discussed:

Music makes vibrations and this heals me

I can engage in a musical activity for longer

It helps my confidence

Your brain changes, it makes lots of little sparks

It helps me to focus

Music helps me make connections

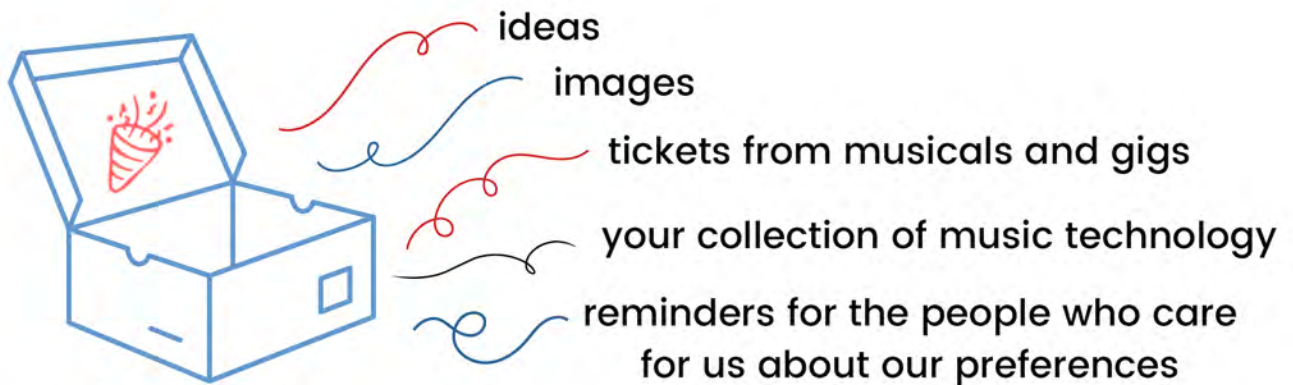
Broaden your horizon, listen to different genres and music from different cultures

Music helps my vocal chords

Writing about music helps me tell my story

Let's create a keepsake box

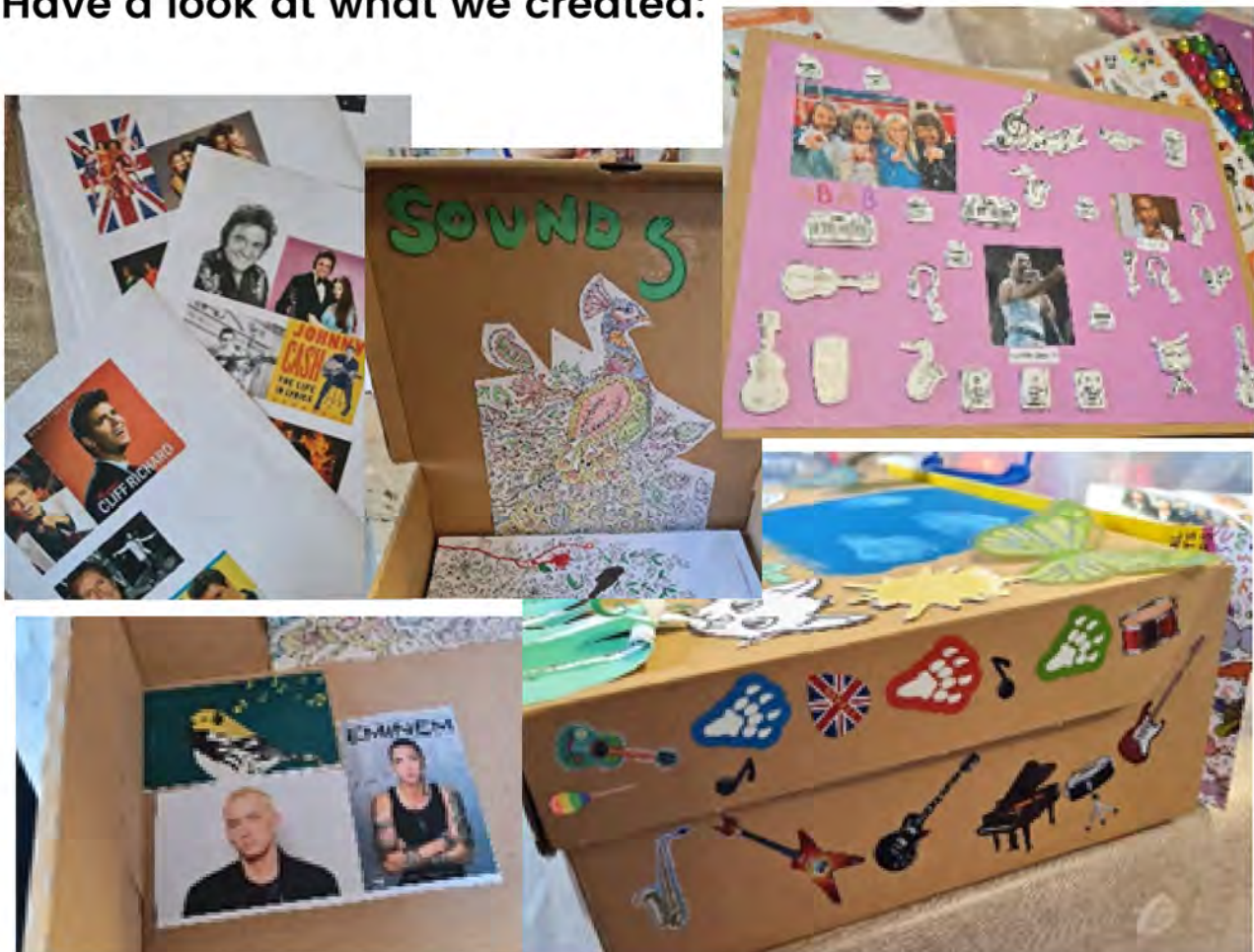
You can make this on your own or with your carer. You can use the box to store:



Here are the steps:

1. Choose a box - an old shoe box will do
2. Decorate it with wallpaper, cut outs from magazines or print out your favourite singers and musical images
3. Write on the box and add information about what you like

Have a look at what we created:












Chatting about music with others

hoot invited community members to discuss music and its impact on their lives. Questions were developed and a podcast episode recorded with support from People First Keighley and Craven.

Use these questions to discuss music with others:

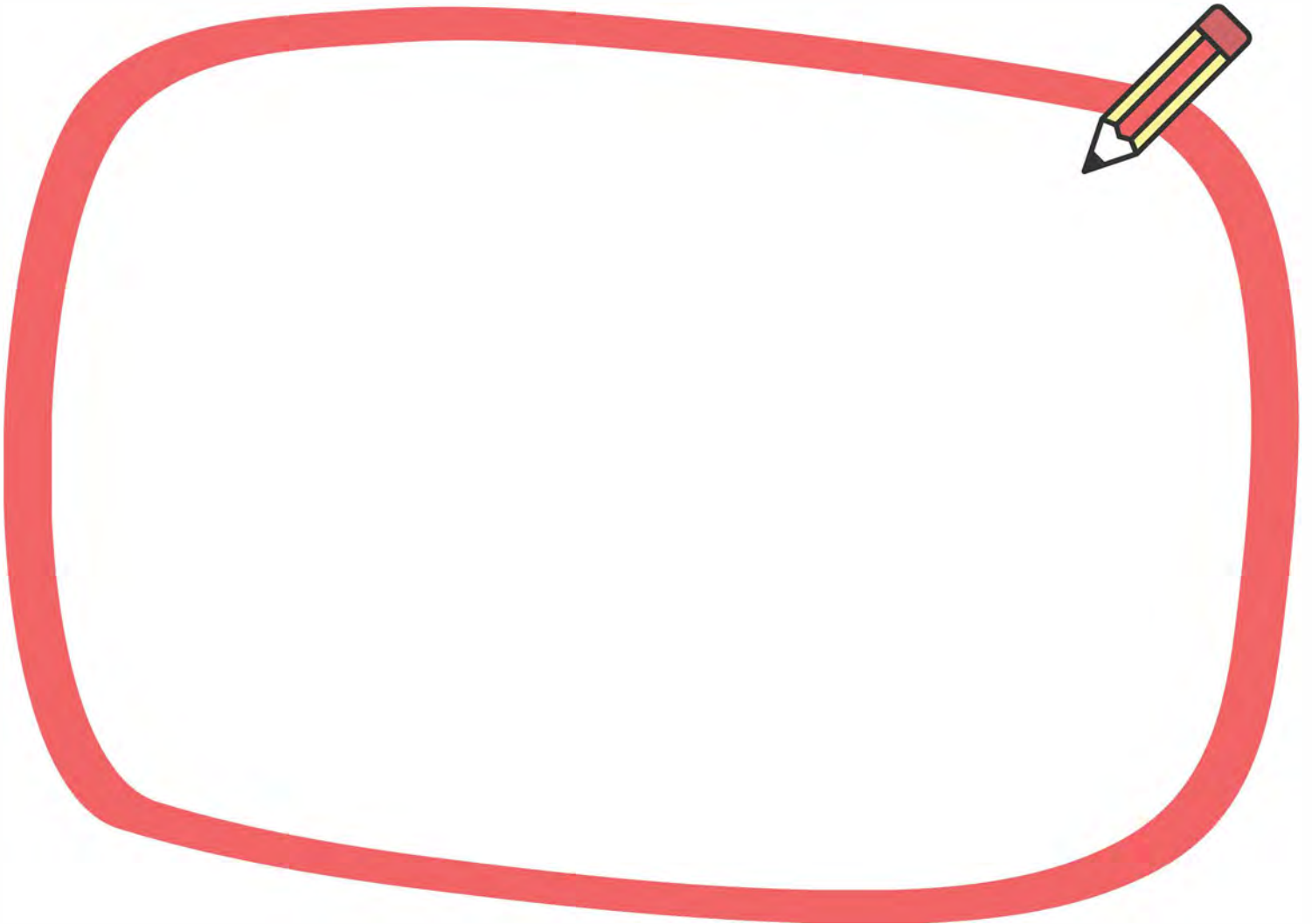
-  What support do you need to live a good life and enjoy music?
-  What goals do you have? Why do you want to do it? Were you inspired by someone else?
-  Do you enjoy musical activities and do they fit your lifestyle?
-  How does music make you feel?
-  How do you experience musical activities?
-  Does music help you make friends?
-  What support might you need to make friends in life and around music?





Final thoughts

How have you been inspired to take part in more musical activities? How can you use music in your day to day life? Write down what you would like to do that involves music.



We hope that you have enjoyed this workbook



Acknowledgements



This project was funded by Kirklees Year of Music 2023. The workbook, Rhythm of Life podcast and toolkit series are part of **hoot's Health and Wellbeing programme** for Kirklees of Year of Music 2023.

About **hoot creative arts**

hoot creative arts is an arts and mental health charity based in the town centre of Huddersfield, West Yorkshire. We offer a whole range of creative activities to help people to look after their mental health and wellbeing.

More information on other projects within the programme:

www.musicinkirklees.co.uk

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Registered Charity 1146358
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Supported using public funding by
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Funded by
UK Government