

## ThoughtBox project: The sound of happiness

**What is happiness? What does it mean to be happy? What are the ‘bare necessities’ we all need to feel happy? What can we do to support our own emotional health and that of the people around us?**

### Learning objectives

To explore ways to develop our sense of happiness and wellbeing through music.

### Music curriculum links

- Make and combine sounds musically
- Improvise and compose music
- Appreciate a wide range of live and recorded music

### Introduction

Happiness is a state of being that many of us are looking for. Exploring some of the activities that can make us feel happy is a good place to start. Music as a strong link to emotions, whether it's joyful, sad or nostalgic. By experimenting with musical sounds and considering the relationship between music and how we feel, we can start to engage and understand a little more the choices and actions we can all take to shift our abilities to find happiness.

### Activity

Take a look at the following video: [Welcome back](#)

Music has the power to connect people. For some, it is seen as a universal language, for others it almost goes beyond language and connects us in much deeper ways to a sense of happiness. Whatever its impact, music has the capacity to allow us to connect, to communicate without words and to feel a sense of happiness.

You are going to create a short musical piece to explore the following statement:

**“The sound of happiness”**

To start off with, think about how you feel when you listen to music. Are there particular sounds, notes or rhythms that make you feel happy or joyful? What sorts of sounds are they? Have a go at creating one of those sounds or a rhythm – you can use your voice to sing or make a sound, or another object to create a sound or rhythm. Think back to the video for inspiration.

We will now put our sounds together. This will be improvised so we don't need to plan the piece. When you are ready you can make your sound, it doesn't have to be all at once – join in when you are ready.

Variation – let's hear the sounds more slowly, then quietly, then faster, then louder!

### Reflection

We will reflect on what the music felt like to us, think about the following questions and we can discuss them as a class:

- What kind of happy sounds did we each choose individually?
- What was it like when we put it all together?
- How could you use sounds to help with feeling happier?