

Resources can be found at: www.unitedsound.org/president-resources

Quick Reference Guide for Activities 	Getting Acquainted	Express Yourself	Just for Fun	Quick 5-minute fun	Reinforcing Music & Rhythms	Supplies Needed
Get To Know You Name Tags	x					cardstock, pens, markers, stickers (optional)
Dice Game	x					6-sided dice (if doing as groups, a dice for each group)
I Love My Neighbor Who . .	x					chairs (1 minus the number participating)
Draw What You Feel		x				paper, markers and/or colored pencils
Musical Tic-Tac-Toe			x			chalk or whiteboard markers, access to whiteboard or chalkboard
Beach Ball Pass	x					beach ball (write questions on it prior to rehearsal)
Create a Song			x	x	x	United Sound flash cards and/or blank staff paper
Full Band Trivia			x	x		Instrument, United Sound flash cards (optional)
Drum Circles					x	rhythmic percussion instruments OR tap on a book/your knee if none are available, United Sound flash cards
Watch the Conductor			x	x	x	Instruments
"Music is My _____"			x	x		None
Activity Days			x			Depends on activity chosen
United Sound Spotify Playlist	x		x			Phone with Spotify app
Four Corners			x		x	United Sound flash cards, masking tape
Memory Game					x	Memory cards - found on president resource page
Yoga		x	x	x		None - but you can find pose cards on president resource page
Rhythm Bingo					x	Bing cards - found on president resource page, markers for cards, prizes (optional)
Balance Beam		x	x			Masking tape
Do What I Say		x	x	x		None - just music to play
Freeze		x	x	x		None - just music to play
Imitate a picture		x	x	x		Pictures of various things to imitate
Scavenger Hunt			x			List of things to find inside and/or outside of the band room
Pass it on		x	x			None
Information Please	x					Bean bag or beach ball - something soft and easy to throw
March to Music		x	x	x	x	Marching music
Move to the Music		x		x	x	Any music
Laugh Olympics		x	x	x		None
Circular Art			x	x		Paper, pencils, crayons, or marker for each person
Circular Art (Version 2)		x	x			Paper, pencils, crayons, or marker for each person
Charades/Animal Antics		x	x	x		Slips of paper with things to act out

GAME AND ACTIVITY IDEAS

Submitted by United Sound mentors – Email us your ideas! info@unitedsound.org

Get To Know You Name Tags

Each group gets a piece of cardstock. Fold it hamburger style (half of it will hang over the stand). Have the New Musician write their name on the name tag. Encourage New Musicians to write their own name, but jump in to help them if they need it. Next, help them fill it up with anything (pictures, drawings, facts) about themselves. Stickers can be used if it makes it easier for the New Musician. Be sure everyone in the group participates and focuses on the New Musician. This will help the whole group start to bond and get to know them better!

Also, consider doing this for all the mentors in the group so the New Musicians get to know you too! Perhaps take a few minutes each week to feature a Peer Mentor.

Examples of things to include on the tag: family members, something you like to do, favorite movie, favorite place to visit

Dice Game

Have the New Musicians (if able) roll a 6 sided dice. Depending on what number comes up, come up with the answer to the question that correlates with the number. You may need to bring up some ideas, but allow them to answer - *don't forget wait time*. Try to learn more about them! Consider having mentors roll the dice and answer questions too.

Example (use these questions or come up with your own):

- 1 - *What is your favorite animal?*
- 2 - *What is your favorite food?*
- 3 - *Have you been in United Sound before?*
- 4 - *What is something you did this summer?*
- 5 - *What do you like to do for fun?*
- 6 - *What is your favorite color?*

I Love My Neighbor Who . .

Set up chairs in a circle. Set up one less than the number of participants. Someone stands in the middle and says, "I love my neighbor who (fill in the blank). Those that match whatever the fill in the blank option have to move to a different seat. If New Musicians have physical disabilities that don't allow for movement, they could raise their hand instead of moving seats. Repeat as many times as you want but switch out the person in the middle each time.

Examples: I love my neighbor who...

Likes to play video games

Is wearing the color red

Plays the saxophone

Draw What You Feel

The music director (or Peer Mentor) plays a song. The New Musicians then draw a picture of what they felt or thought of while the song was playing. Drawings could go home with the New Musicians or even hung up in the band or orchestra room. Mentors join in by drawing their own pictures.

Musical Tic-Tac-Toe

Draw a tic-tac-toe board on the chalk or white board. Divide the group into 2 teams. The chapter president or music teacher plays a well-recognized song (think, happy birthday, bingo, mary had a little lamb). Whichever group guesses the name of the song first gets to put their X or O on the board. You could even do this where the New Musicians sing part of a song or play part of a song for others to guess.

Beach Ball Pass

Pass a beach ball covered in questions. Whatever question is facing you when you catch the ball, that's the question you answer. You could also play this by playing music while you pass the ball. When the music stops, the person holding the ball answers the question.

Examples:

What is your favorite . . . (fill in the blank)

What kind of music do you like?

Do you have any pets?

Create a Song

Each person (or group) could create a measure of music. This could be just using flash cards/rhythms or even notes - just keep it simple. Then, pull all measures together and "play" the song.

Full Band Trivia

Have one person (New Musician or Mentor), play a rhythm on his/her instrument. Keep this short, so only 2-4 rhythms. Have others in the room try and guess the rhythm.

Drum Circles

Utilizing percussion instruments (drums, claves, etc.), work on the following concepts:

- **Rhythms** - have a New Musician come to the front of the group, create a rhythm using the flash cards, and then play for the group. Mentors can assist where necessary. After they perform, they lead the group on the rhythm they created.
- **Tempo** - sometimes New Musicians struggle with playing at faster tempos (could be physical inhibitors that cause them to drag). If you see that they are getting frustrated with their own instrument, consider bringing in some percussion instruments and using those to work on rhythms. Percussion instruments require less range of motion.
- **Creating** - have everyone in a circle with a percussion instrument (or see below if you don't have access to those instruments). Have everyone start playing a steady rhythm. Then, have a New Musician play whatever they want while others continue with the steady beat.

If you don't have access to percussion instruments, use a pencil to tap on a book, use your hands to tap on your knee, stomach, etc.

Watch the Conductor

- Divide into 3 groups (New Musicians stay with their mentor group) and tell everyone to watch the conductor.
- Group A plays a note on their instrument when the conductor touches their head, Group B when the conductor touches their stomach, and Group C plays when the conductor touches their toes. New Musicians learn to play solely on what they see the leader doing.
 - You could do this with boomwhackers (3 pitches), or xylophones, or other percussion instruments too. Just make sure everyone in the group (especially the New Musicians) has something they can play.
- You can repeat this having mentors and New Musicians be the conductors!
- For those New Musicians that need a challenge, you could assign a different note to each action - Play G when the conductor touches his/her head, play C when they touch their stomach, etc.

“Music is My _____”

In each group of New Musicians and Peer Mentors, talk about what music means and why it's important to each person. Do you prefer playing music or listening to music? Share your answers with the entire group.

What word(s) best complete the phrase, “Music is my _____”?

Example: “Music is my cake/donut because it is as awesome as a dessert.”

Activity Days

Consider having an activity day in place of a rehearsal - maybe the week after a performance. Plan to only do activities that day that your New Musicians enjoy doing - based on space and opportunities available to you. Do activities as an entire group rather than breaking up into your usual New Musician/Peer Mentor group.

Example: play board games, decorate and eat cupcakes, play an outdoor game

United Sound Spotify Playlist

Have your New Musician/Peer Mentor groups discuss their favorite songs (anything goes, just make sure it's school appropriate!) and compile everyone's into a Spotify playlist. Play that music at the beginning of rehearsals while everyone is coming into the room, during activity days, during dance parties at the end of rehearsals, etc.

Four Corners

- Make each corner or choose 4 areas in the room and make each a different rhythm (soup, cake, donut, or rest). Label each corner/area - maybe tape a flash card on the wall.
- One person stands in the middle of the room and then closes his/her eyes. Everyone else picks a corner/area to stand in. Without opening their eyes, the person in the middle chooses a specific rhythm - if they wanted to spin around and point, they could do that too, but be careful that they don't get too dizzy! If you're standing in the corner/area that corresponds to the rhythm they picked, you're out and go sit down.
- Now repeat - choose a different person for the middle, have them close their eyes, and everyone who wasn't out the first round selects a rhythm and stands in that corner/area. The person in the middle chooses a rhythm and repeats as above. EXCEPT - if no one is in the corner/area that the person in the middle chooses, everyone goes back in the game!

Note/Color Memory Game

This is a good activity to do in your New Musician/Peer Mentor individual groups. Just be mindful of the level of ability of the New Musician before deciding to do this activity. Some may not be ready for this activity for several weeks, months, or not at all - and that's OK! While others might enjoy this after only a few rehearsals. All notes from book 1 and book 2 are included, but just use the ones they know. Rhythmic percussion cards include rudiment names instead of note names.

- Play this memory game like any other one, but New Musicians will try and match the color of the note to the note/rudiment name.

Make sure you are using the correct set of memory cards for your New Musician's instrument! Memory cards found at: www.unitedsound.org/president-resources (you will need to print and cut out the ones specific for the New Musician's instrument)

Yoga

There are tons of resources on the internet for beginning yoga, so you can either google "beginning yoga poses" and do a few of those, or check out Animal Yoga for Kids (card deck can be found at www.unitedsound.org/president-resources). There are some really cute poses and affirmations that you could do as a group. – Animal Yoga for Kids <https://wyqualitycounts.org/project/animal-yoga-for-kids/>

Rhythm Bingo

The chapter president or music director claps or plays a rhythm (*all the cards have the same rhythms, but in different spots, so whoever is clapping/ playing will also need a card for reference*). With help from the mentors (if needed), the New Musician identifies the rhythm and marks it on his/her BINGO card.

You don't always have to use the traditional BINGO pattern to win, you could consider a different one for each round - 4 corners, "T", "L", etc.

Only rhythms from Book 1 are used so that everyone can participate.

BINGO cards found at www.unitedsound.org/president-resources, Provide something to mark the BINGO cards with (*you could even use Skittles or M&Ms and eat at the end of each round*), Prizes for winner(s) are optional. One school who did this previously played until each New Musician won a round and handed out stickers as prizes.

The following activities were found at <https://www.recreationtherapy.com/tx/txdd.htm>

Balance Beam

Make a line (or 2 parallel lines) of masking tape on the floor and have students walk on the line as if it was a balance beam (traditional balance beams are 4" wide). Try different movements on the "beam" and see who doesn't fall off! You could even play music while everyone does a trick on the "beam" and have the class cheer for each person as they do their trick. Be mindful of New Musicians with physical disabilities and help them to walk, do a trick, or even push them if they are in a wheelchair.

Do What I Say

Play music with catchy, rhythmic tunes. Start with everyday movements...walking, running, stretching, bending, twisting, etc. First, just do the movements - have the chapter president do a movement and then have everyone in the room copy that movement. After doing this a couple of times, say, "do what I say" and then say a movement, but don't move at all...participants will just listen to your direction. If you say "jump up and down", everyone must jump up and down (just like Simon Says). Be mindful of physical limitations of your New Musicians and help them if needed.

Freeze

Play fun, up-beat music. Everyone walks or dances around the room. When the music stops, everyone freezes and holds that position until the chapter president releases them. No one is out for this game. Continue playing music and Freeze! Be mindful of physical limitations of New Musicians and assist them if necessary to get around the room.

Imitate a picture

Show a picture of something (see below for examples). As everyone to act like the picture, act out the picture, or act like how the picture makes them feel. Don't tell people how to act, just see what everyone comes up with (it's ok if there are lots of different imitations!). Chapter presidents might need to do a couple examples first to show how this activity works..

Scavenger Hunt

Before rehearsal, make a list of things you would find around the band/orchestra room OR even outside if your chapter is able to go outside for this activity. Make 1 copy of the list for each New Musician/Peer Mentor group. Prizes are optional.

Give a list of items to find to each group. You could have them physically get those items and return to a central location in the band/orchestra room, or you have them take a picture of the group with each item (this would be way easier and super cute to have all those pictures!). Have a prize for the group that finds all the items or takes pictures of everything the fastest. If you have prizes, consider giving a prize to each group - come up with different prize categories: fastest group, best picture, etc.

Pass it on

Sit or stand in a circle. The chapter president starts a word, a phrase, a handshake, a funny face, etc. and “passes” it to the person on the right. That person then “passes” the word or motion to the next person. This continues until everyone has received and passed on the original word/ action.

Examples:

“Hello”

“You Are Awesome!”

Smile

Yawn

Hug

As a variation, when passing words, ask each person to use a different inflection or voice quality (talk high, whisper, etc.)

Information Please

You will need a bean bag or beach ball or something soft and easy to catch/throw for this activity.

Sit in a circle. The chapter president says, “My name iswhat’s yours?”. The president looks directly at the person questioned and throws the bean bag or beach ball to that person. The 2nd person repeats, “MY name iswhat’s yours?”, and throws the bean bag or ball to the 3rd person and the activity continues until everyone has a turn. Be mindful of physical limitations of New Musicians and help them to throw/catch if needed. Additional questions may include: “I like to what do you like to do?”; “My favorite food iswhat’s yours?”; “I’m feelinghow are you feeling?”

March to the Music

Play a piece of marching music or any music with a strong beat. March to the music. March together. March in different directions with everyone following or having fun going their separate ways. You could even pass out small rhythmic instruments to play as you marched along. Practice keeping a steady beat!

Move to the Music

You will need any type of music that is school appropriate. *This would be a great activity to play some classical music as well!*

Play a piece of music (anything will do - slow, fast, try lots of different types). To start, have the chapter president move his/her body to the music - this could include things like moving your arms like the branches of a tree, or marching in place. Have the rest of the group mimic what the president is doing. Then encourage the group to be creative and come up with their own movements to the type of music you are playing. Encourage large sweeping movements that use the whole body. Help New Musicians if needed.

Laugh Olympics

What makes you laugh? Do silly things to make each other laugh. Do group laughs - have the chapter president start a type of laugh (super high pitched, snorting, etc.) and have everyone mimic that laugh. Have everyone laugh in a different way. See you if you can tell who has the funniest laugh, who has the most contagious laugh. Do a staring contest and see who laughs first!

Circular art

Give each person a piece of paper and a pencil, crayon, or marker. Tell the group to listen to the instructions given by the chapter president.

Instructions by the chapter president (mentors help New Musicians if needed):

- Write your name on the back of the paper
- On the front of the paper, draw the outline of a face - large circle
- Pass the sheet of paper to your right
- Take the piece of paper that you were given and draw the right eye
- Pass the sheet of paper to your right again
- Now, take that piece of paper and draw the left eye
- Continue passing and having different parts drawn until the face is complete.

Return the picture to the original artist.

Circular art without specific instructions

Give each person a piece of paper and a pencil, crayon, or marker. Tell the group to listen to the instructions given by the chapter president. You could also play music during this activity since you won't have to give specific instructions each time you pass the paper to the next person.

Instructions by the chapter president (mentors help New Musicians if needed):

- Write your name on the back of the paper
- On the front of the paper, start drawing anything. Give them just them a few seconds - enough time to draw a circle or square or something
- Pass the paper to the person on the right who will add to the picture
- Continue until the picture makes it back to the original artist and see what masterpiece was created!

Charades/Animal Antics

You will need to make slips of paper or cards with things to act out before rehearsal begins.

Play charades as a group. Simplify and modify as needed. Utilize simple charades such as brushing your hair, driving a car, playing baseball or make it more complex such as Disney characters or movies. If you are trying to act out an animal, try and do it without making a sound!

You could even do this as a New Musician/Peer Mentor group where that group acts out something and everyone else tries to guess. This way the New Musician isn't doing it all by themselves (for some this won't be an issue, but for others, it can be scary!)