MAKING MUSIC

Body Percussion – where your body is the instrument! There are many ways to use the body to make sound and rhythm. The four main body percussion sounds are **clicking, clapping, patting and stamping**. Also try tapping your chest, slapping your thighs or rubbing your hands together. Listen to the different types of sounds produced by the different actions.

Create a simple rhythm like *clap, clap, stamp, click, click, stamp*. For variety, add more actions to the sequence, repeat them, change the order, speed them up or slow them down!

Need more inspiration? Watch Anna Meredith demonstrate body percussion moves in this BBC Ten Pieces video of her composition *Connect It.*

WORLD OF WORK

Key worker of the week: NHS

3 examples of NHS key workers are:
- Nurses
- Doctors
- Cleaners

Nurses and Doctors look after sick people to help them get better. Cleaners make sure that hospitals are safe and clean so that diseases do not spread.

ACTIVITY:

Ask an adult to help you put together your very own first aid kit so that you can practice being a health professional from home!