



Resources to Promote Music Engagement

Playing music, listening to music, and dancing to music can bring joy and togetherness. Just as the body needs movement, humans need creativity, song, dance, and other inspirational activities for mental and emotional well-being!

Tips for Music Engagement During Covid-19:

- **Get a little music in every day:** For many kids and families, a few minutes of making or appreciating music every day is more manageable than a long session once a week. This can include music theory practice, practicing an instrument, or watching one of the below livestreams!
- **Balance “making” and “appreciating”:** A good solid mix of mindful listening/watching and moving forward on instruments or theory is good for the growing brain. “Mindful listening” means paying close attention to music, often while minimizing other activities (eating, working out, etc).
- **Be mindful of the child and family’s music goals:** Are we trying to have healthier brains, start a family band, or play at Carnegie Hall in 2021? This will dictate how music happens in the home from day to day.
- **Include the youngest family members if you can:** It may seem like infants and toddlers are unconcerned with the Berlin Philharmonic, but their brains are getting better at processing and enjoying the tunes every time they are exposed.
- **Get a good variety in:** Children who are not exposed to the rhythms and tonality of music from different cultures will find it very difficult to process that music in adulthood. Some examples of different music to listen to include American jazz, West African Kiso, Japanese Kayōkyoku, Brazilian bossa nova, and Finnish Karelia!

Vermont Based Resources

Mr. Chris is everyone's favorite Vermont music educator and now the entire backlog of his show "Mr. Chris and Friends" is available free on the web.

<https://www.musicforsprouts.com/>

Additional Resources

The Met Opera is offering free nightly streams of classic and new operatic and orchestral works. This offer will not be available after the COVID-19 Crisis.

<https://www.metopera.org/about/press-releases/met-launches-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>

The Berliner Philharmonic is offering unlimited access to its super high-quality orchestral videos, some of which are child-oriented, with narration available in 50+ languages. This service is always available.

<https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/>

The Mighty Maestro is an online interactive kid's music platform that promotes instrument understanding, music theory, and general musicianship. The first three modules, sessions 1-19, are available free during the COVID-19 crisis.

<https://www.themightymaestro.com/>

My Fun Piano Studio has 50 free music theory/note learning worksheets for kids or any beginners. The answer booklet is also free. This service is always available.

<https://www.myfunpianostudio.com/music-theory/music-theory-worksheets/>