

Teaching Mental through Health Music

Music's valuable role in mental health is being recognised. Singing and music-making are the ultimate health boost because they promote connectedness, improve emotional intelligence, contribute to mental health and foster spiritual well-being. It's great therapy for the soul, and you can sing yourself better. Singing doesn't have to cost a penny and could be the most effective way of addressing mental health issues in schools. [Youth Music](#)

[The Sound of the Next Generation](#) - Listen to how young people feel about music.

Music Mark. "Music Mark works to support music teachers and the organisations they work for, to build connections within and beyond the music education ecosystem, and influence music education policy and practice." Bridget Whyte – Chief Executive.

Use music as part of meditation.

Key Stage 3	Key Stage 4
<p>Music young people could use the music of nature: for example, bird songs. How does it make you feel? This could inspire their own compositions, which could be developed into mini clips for meditation. This could be done at a more advanced level in KS4.</p> <p>They could also write 'protest songs' or raps about environmental/mental health issues. Make links to design and technology by exploring the musical properties of natural and pre-used objects or materials and make musical instruments (e.g. rain sticks, wind chimes, drums, shakers). This could be done at a more advanced level in KS4.</p>	<p>Young people can use music to express their feelings. Write a play and perform it for the rest of the school linking it to mental health.</p> <p>Young peoples develop a thought of the week which can be composed, written or sung to be used throughout the school.</p>