

## Kai, Musicians!

At KidZania London, we LOVE music! It doesn't matter what **musical genre**... everything from rock to classical - music keeps us moving! But, did you know that music can be used as a form of therapy to help people?

Music can help people of all ages and abilities. **Music Therapists** can use music to help a wide range of people, from helping babies and their parents, people with physical issues, to supporting those who are experiencing mental health issues.



**Genre** is the style or category of music. Examples of popular musical genres are Rock, Jazz, Classical, Pop and Rap.

**Music Therapist** - a person who works to help others by using music.

## Music Project 1:

At the Roland Music Studio, we are working with our friends at Alder Hey Children's Hospital to use music to help patients. We need your help! As a Musician, you are an expert of all things sounds!

We want to look at music which can be played in the waiting room of our Hospital. The music needs to be calming, relaxing and enjoyable. Your job is to create a playlist of music and sounds which can be played to help those waiting to be seen by a Doctor.

### My choice of songs are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why did you pick these tracks?

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Music can provide a distraction from the business of life, it can slow the rhythms of the body, and it can even change our mood!

## Music Project 2:



Why not try some relaxing breathing exercises while you listen to your playlist?

1. Close your eyes and sit up straight.
2. Imagine you are smelling a flower. Breath in deeply through your nose.
3. Now, image you are blowing out the candles on a birthday cake. Blow out through the mouth.
4. Repeat this a few times. And RELAX

There are so many songs to choose from which can create a calming atmosphere for people

Use the hashtag [#RolandAtKidZania](#) and tag us at [@KidZaniaLondon](#) to show us what songs you picked!