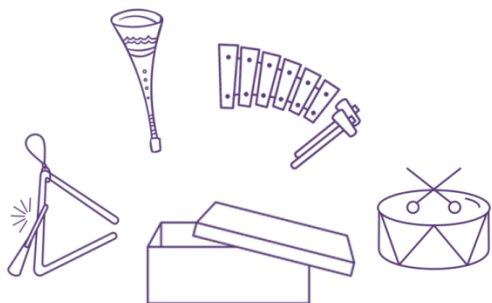


# What's in the Bag?



**Equipment:** a box/bag, selection of instruments

## Aims:

- Develop concentration skills and careful listening
- Increase confidence when leading the group
- Practice choice
- Experience leadership
- Encourage self-expression
- Experience greater freedom (choosing to play or not).
- Allows them to choose from a larger selection of instruments
- To provide each member an equal chance for individual attention
- Encourages them to wait their turn

## Method:

At the start of the activity the adult has a bag full of different instruments. They sing '*What's in the bag? What's in the Bag? [Child's name] can you tell me what's in the bag?*' The adult offers the child the bag and they pick an instrument. They can ask the name of the instrument, depending on their age and ability. When every child has an instrument the adult chooses too.

The adult then says '*Ready Steady Go!*' and everyone plays together (to mix things up and add a little humour for the children, you can change 'go' to a random word like 'bananas.' You can also wait a little longer before saying 'go' to build anticipation). Give them a bit of time (15-20 seconds) to express themselves and to get a fair chance with the instrument, then shout '*Stop!*' Next, say '*swap*' and everyone (including the adult) passes their instrument along one. Repeat this until everyone has had the chance to play all the instruments.

Once you've finished the 'Stop and Swap' activity get each child to sit next to you at the front of the semi-circle, and encourage them to lead by telling the other children when/how to play the instruments. For example, Child K is the leader and tells the children to play their instruments fast and then shouts "Stop!" This will help the child's confidence and improve their leadership skills.

The first few times some children won't want to speak yet, so they may tell you their instructions, for you to instruct the other children. Some children may become withdrawn - still encourage them but don't push them if they clearly do not want to act, as you don't want them to feel negatively about music sessions. It may take time with some children, but they will get there.

Clare Matthews