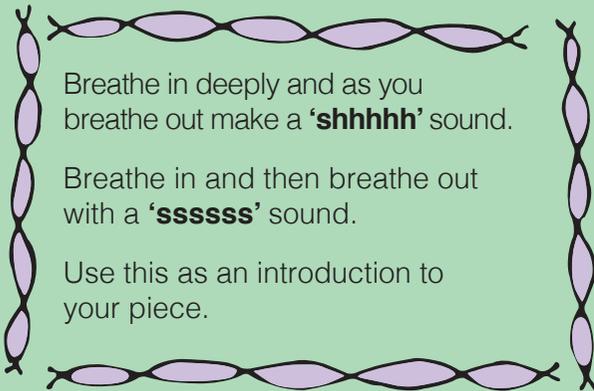


Chance Cards

Using scissors, cut out each double-sided card along the red dotted line 

Ideas



Breathe in deeply and as you breathe out make a 'shhhhh' sound.

Breathe in and then breathe out with a 'ssssss' sound.

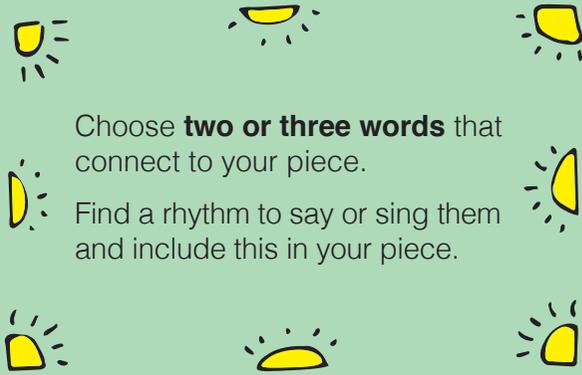
Use this as an introduction to your piece.



Add this rhythm to your piece:

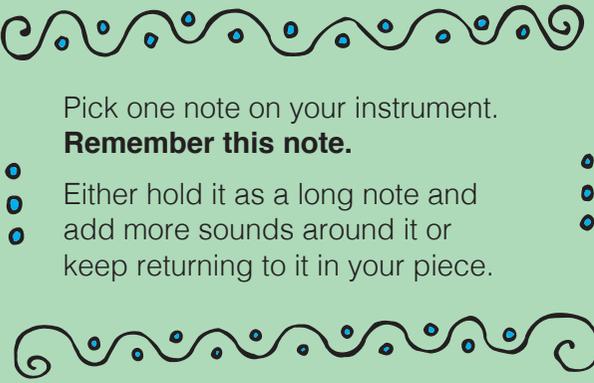


or you could create a rhythm by saying, "I like to create" or any sentence you like. Repeat this at least 3 times in your piece.



Choose **two or three words** that connect to your piece.

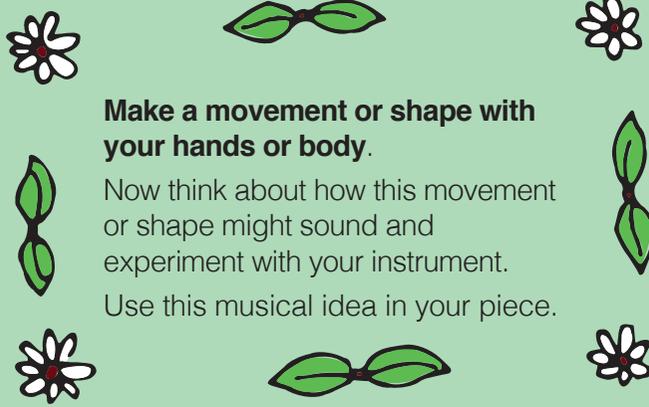
Find a rhythm to say or sing them and include this in your piece.



Pick one note on your instrument.

Remember this note.

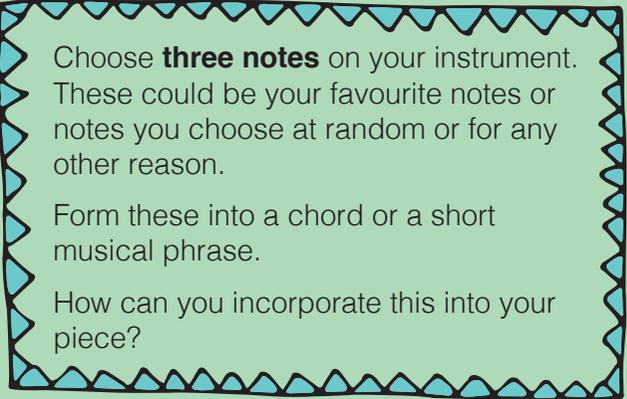
- Either hold it as a long note and add more sounds around it or keep returning to it in your piece.



Make a movement or shape with your hands or body.

Now think about how this movement or shape might sound and experiment with your instrument.

Use this musical idea in your piece.

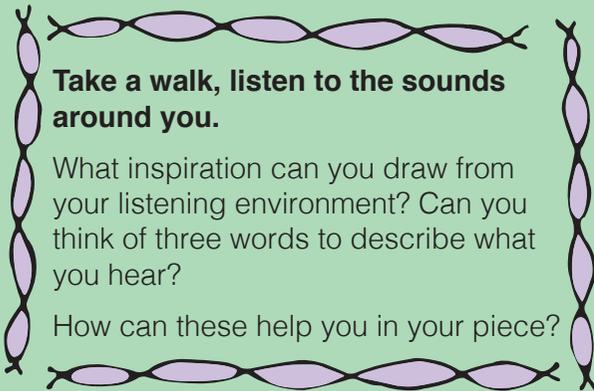


Choose **three notes** on your instrument. These could be your favourite notes or notes you choose at random or for any other reason.

Form these into a chord or a short musical phrase.

How can you incorporate this into your piece?

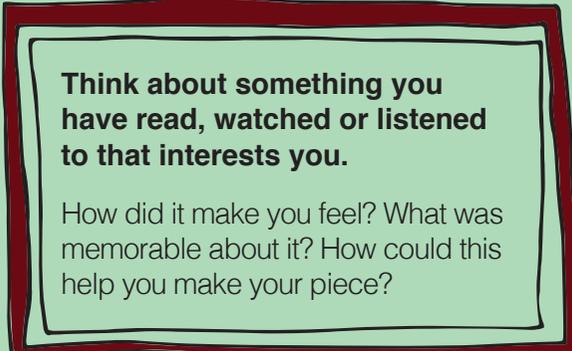
Ideas



Take a walk, listen to the sounds around you.

What inspiration can you draw from your listening environment? Can you think of three words to describe what you hear?

How can these help you in your piece?



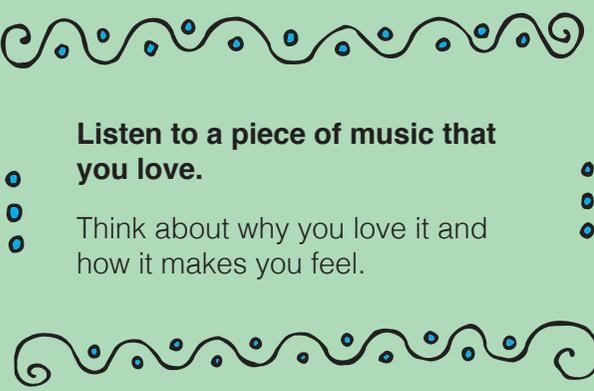
Think about something you have read, watched or listened to that interests you.

How did it make you feel? What was memorable about it? How could this help you make your piece?



Find a moment to talk to someone you trust.

Share your music with them and see what feedback and ideas they have.



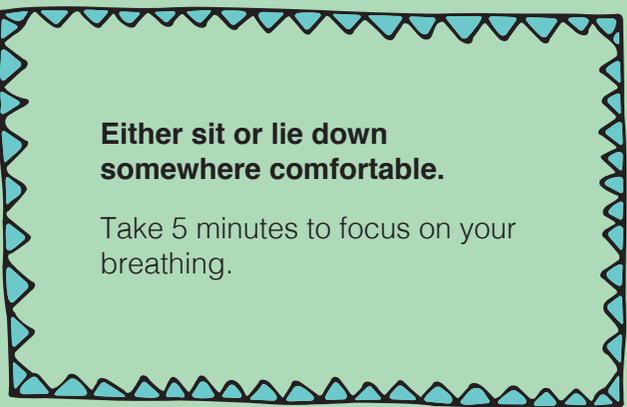
Listen to a piece of music that you love.

Think about why you love it and how it makes you feel.



Take some time out.

Do something different for at least 20 minutes before coming back to your piece.



Either sit or lie down somewhere comfortable.

Take 5 minutes to focus on your breathing.