



# Instrument Exploration

## Music

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### WHAT MAKES IT MEANINGFUL

The "Instrument Exploration" activity is designed to introduce students to a variety of musical instruments and foster an appreciation for different sounds and techniques. By engaging with a range of instruments, students gain hands-on experience and develop their auditory skills, creativity, and musicality. This exploration encourages curiosity and experimentation, allowing students to discover their own musical preferences and talents. Additionally, it provides an opportunity for collaborative learning, as students may work in groups to explore and create music together. This activity can lead to a more meaningful day by enhancing students' understanding of music, promoting self-expression, and building a sense of accomplishment as they experiment with and master new sounds.

### TIME

The activity can take between 45 to 90 minutes, depending on the number of instruments available and the depth of exploration.

### MATERIALS

- Variety of musical instruments (e.g., drums, xylophones, keyboards) (varies, typically \$50-\$200 per instrument)
- Sheet music or instructional guides (free to \$20)
- Audio recording device (optional, typically \$50-\$100)
- Metronome (optional, typically \$10-\$30)
- Chairs or stools (free if provided)
- Notebooks or paper for notes (typically \$5-\$10 per notebook)
- Pens or pencils (typically \$2-\$5 per pack)
- Tuning devices (optional, typically \$10-\$20)
- Headphones (optional, typically \$20-\$50)



## INSTRUCTIONS

1. Begin by setting up a variety of musical instruments around the room. Provide brief introductions and demonstrations for each instrument, highlighting its unique features and sounds. Explain to students that they will have the opportunity to explore each instrument and experiment with different playing techniques.
2. Divide students into small groups and assign each group to a different instrument station. Allow them to rotate through the stations, spending a few minutes with each instrument. Encourage students to experiment with creating different sounds, rhythms, and melodies. Provide guidance and support as needed to help them understand how to use each instrument.
3. After the exploration phase, gather the students for a group discussion. Ask them to share their experiences and observations about the different instruments. Facilitate a conversation about what they enjoyed most, what was challenging, and how their perceptions of music may have changed. If using an audio recording device, playback any recordings made during the exploration for further reflection.

## RESOURCES

No resources were used.

## SUPPORTS NEEDED

Ensure a facilitator or instructor is present to guide the activity and offer assistance with the instruments.

Provide clear instructions and demonstrations for each instrument to help students get started.

Consider having additional assistants or peer mentors available to support students with varying levels of musical experience.

## OTHER THINGS TO NOTE

Encourage students to handle all instruments with care and respect.

Be mindful of any noise levels, especially if working in a shared space, and consider using headphones for quieter exploration.

Adapt the activity based on the number of students and the variety of instruments available, ensuring that everyone has an opportunity to engage with each instrument.