

WET BREAK · PRE-K TO Y4

# Music & Listening Pack

Wet break activities that lower the volume

## When to use this pack

First 20 minutes of wet break: physical games, paper crafts, board games — high energy is fine. Last 20 minutes: shift to these. Calm activities reset the room before the next lesson. A class that returns to learning regulated and quiet learns better than one that returns wired and loud.

## Listening activities (no preparation)

<b>Mystery sounds</b>  Adult makes a sound (paper crumple, chair scrape, water pour) behind a screen / door. Children guess. Take turns making sounds for the class.	<b>Sound count</b>  60 seconds of total silence. How many different sounds did you hear? Children list. Share. Often 12-15 sounds in a 'silent' classroom.
<b>Speak around the world</b>  Adult says hello in a different language. Children repeat. Aim for 8-10 across the break. Bilingual children teach the class their language.	<b>Listening drawing</b>  Adult describes a scene aloud (a beach, a forest, a market). Children draw what they hear. Compare drawings — same words, different pictures.

## Music activities (need a speaker)

<b>Mood music</b>  Play three short clips. Children write a one-word feeling for each. 'Sad', 'excited', 'sleepy', 'angry'. Compare answers — interesting how similar/different they are.	<b>Silent disco</b>  Music plays quietly. Children dance in their seats — only their hands or only their heads. Adult freezes the music; everyone freezes. Continues for 5-10 minutes.
---	--



**Where's the music from?**

Play short clips from different traditions — flamenco, koto, sitar, bagpipes, gamelan. Children guess country / continent. Discuss.

**Story behind the song**

Play a song with a clear narrative. Children write the story they think it tells. Compare. Look up the actual story. Often surprising.

**Recommended quiet music**

---

---

---

---

---

---

---

**If you have no audio equipment**

---

---

---

---

---

---

---

**Setup checklist**

- Speaker or laptop ready (if using music)
- Playlist saved offline (no internet wobbles)
- Volume set BEFORE children come in (lower than you'd think)
- Two activities prepped in case the first doesn't land
- Space cleared at front for children to come up if needed

