

*LET'S MOVE!*

# BODY ORCHESTRA

1. Listen to a song or music you really like.
2. Try to listen to each individual instrument and/or voice.
3. Pick different body parts to become those instruments. Maybe the violins are your right knee, and maybe the piano is in your head. Maybe the drums are your left ribcage and maybe the singer is in your nose.
4. Try to follow each sound as best as you can. How many instruments can you play with your body at the same time?
5. Have fun with this and try it with different songs!



**story  
planet**