**Year 7:** Listen to the first/next 3 pieces from the table below (using the link) and complete the questions. If you have already listened to some in our lessons then please follow on from the last piece we listened to. Complete digitally and email back, email a photo of your work, or hand in when you return to school. **Music for Mindfulness**  
  
Classic FM have compiled a list of 13 of the best pieces of music for Mindfulness reflection.  
  
<https://www.classicfm.com/discover-music/mood/best-meditation-music/>

Listen to the pieces and fill out the table below.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Piece** | **Composer** | **What does this piece make you think of?** | **Which emotions does the piece make you feel or think of?** | **What instrument(s) can you hear?** | **Use as many musical words as possible to describe the music (e.g. pitch, tempo, dynamics etc.)** |
| **1** | **Spiegel im Spiegel (Mirror in the Mirror)** | **Arvo Pärt** |  |  |  |  |
| **2** | **Radiate** | **Alexis Ffrench** |  |  |  |  |
| **3** | **Det är en ros utsprungen** | **Jan Sandström** |  |  |  |  |
| **4** | **Dream 3 (in the midst of my life)** | **Max Richter** |  |  |  |  |
| **5** | **Clair de Lune** | **Debussy** |  |  |  |  |
| **6** | **The Last Sleep of the Virgin** | **John Tavener** |  |  |  |  |
| **7** | **O Magnum Mysterium** | **Morten Lauridsen** |  |  |  |  |
| **8** | **Gnossiennes** | **Erik Satie** |  |  |  |  |
| **9** | **Any Other Name** | **Thomas Newman** |  |  |  |  |
| **10** | **The Bluebird** | **Charles Villiers Stanford** |  |  |  |  |
| **11** | **Gymnopedie No.1** | **Erik Satie** |  |  |  |  |
| **12** | **Lux Aurumque** | **Eric Whitacre** |  |  |  |  |
| **13** | **Satyagraha, ‘Evening Song’** | **Philip Glass** |  |  |  |  |