



**MUSIC  
FOR  
YOUTH**

**THE FUTURE IS NOW**

# **PRIMARY WORKSHOPS**



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# **SOUNDSCAPE STORIES**

## **RESOURCE PACK**

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January 2021

# CONTENTS

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## INTRODUCTION

Music for Youth	3
National Education Union	3
Neil Valentine	3
Overview of this series	4
What do I need to take part?	4

## WORKSHOPS

Texture	5
Rhythm	6
Melody	8
Structure: Telling your story with a graphic score	11
Create: How to bring it all together, rehearsal & recording	13
Making your own soundscape story	15

RESOURCES	16
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CREDITS	19
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# INTRODUCTION

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## MUSIC FOR YOUTH

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Music for Youth (MFY) is a national arts charity providing young people aged 21 and under across the UK with life-changing performance opportunities through a large-scale programme of high-quality music festivals, public concerts and specialist events, including digital, delivered in partnership with major concert halls, arts venues, music education providers and professional artists.

Established 50 years ago, MFY is a unique national organisation with a strong and established reputation, reaching over 60,000 musicians annually, and showcasing the most talented young performers at its prestigious and spectacular Prom concerts in London's Royal Albert Hall.

Find out more about Music for Youth at [www.mfy.org.uk](http://www.mfy.org.uk).

## NATIONAL EDUCATION UNION

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The National Education Union stands up for the future of education by bringing together more than 450,000 teachers, lecturers, support staff and leaders working in maintained and independent schools and colleges across the UK.

Combining the expertise and experience of both the ATL and NUT sections, the National Education Union is the UK's largest education union. They are an effective and powerful voice – championing everyone who works in education.

Crucial to the full and enriched development of children and young people is the opportunity to enjoy and make music. The National Education Union is honoured to be a major sponsor of Music for Youth.

## NEIL VALENTINE - SERIES CREATOR & WORKSHOP LEADER

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Neil is a composer, conductor, viola player, educator, manager, and facilitator. He is currently the Creative Director at the University of Winchester Music Centre and an Associate Musician of the Bournemouth Symphony Orchestra working across all of the BSO Participate Strands. He studied at York University and Trinity College of music and was a member of Southbank Sinfonia in 2007. He has also delivered music projects, workshops and performances with the Philharmonia Orchestra, LSO, RPO, London Music Masters, Hatfield Chamber Music Festival, Spitalfields Music, Music for Youth, BBC SO, BBC Proms, Hatch My Ideas!, Voces8, Wigmore Hall and St Paul's Sinfonia.

He is passionate about music making in all settings and with all groups of people. He believes everybody is musical and that anyone can make music with anyone else. He is privileged to be able to facilitate this process; it is a source of unending inspiration and enjoyment.

His piece Flight will be performed as part of The Winter House family concert on 20th February with the Academy of Ancient Music and Narrated by Stephen Fry. <https://voces8.foundation/winterhouse-20-feb>

## OVERVIEW OF THIS SERIES

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Welcome to Soundscape Stories! A series of free, interactive music workshops created especially for primary school-aged children, brought to you by Music for Youth Music Mentor and workshop leader, Neil Valentine.

In this series, you will learn the following:

1. How to create your own piece of music using different sounds, melodies, and rhythms.
2. How to create different elements of music and then mix them together to create your own Soundscapes Stories based on any theme you choose.
3. How to use pitched and unpitched instruments, repeated patterns of music (ostinatos), graphic scores and words you use every day to help you turn your own ideas into musical pieces just like the lots of composers do.

Over the course of the workshops, you will be creating a piece called 'The Forest Walk' using simple ideas from nature, the forest, and animals. You will create a story that will inspire a brand-new piece of music which you can then replicate!

This resource pack is designed to help teachers prepare for each workshop, and contains examples to assist with understanding, links to useful resources and ideas for extension activities. The resources can be used by groups, bubbles or by individuals in the classroom or at home, and it is recommended that you adapt the activities mentioned to suit your individual circumstances.

## WHAT DO I NEED TO TAKE PART?

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- Yourselfes
  - Your brains, your bodies, your voices, your creativity
- Unpitched instruments
  - Drums, shakers, tambourines, claves, cymbals
  - If you don't have access to any instruments, why not try a saucepan or bucket with a wooden spoon.
- Pitched instruments
  - Chime bar, piano, keyboard, guitar, violin, etc.
  - If you don't have access to any instruments, why not try a piano or instrument app (examples can be found in the [resources](#) section at the end of this pack)
- Big piece of paper and some pens
- Something to record your finished Soundscape Story on:
  - Phone, tablet, camera, or laptop
- A theme or story of your own. Once you have completed and played this Soundscape Story you can then have a go at creating your own! This could be connected to something you are working on at school or something else which you are interested in.
  - Examples: Pirates, Great Fire of London, The Stone Age, School Values, Friendship, Myths & Legends, etc.

# WORKSHOPS

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## TEXTURE

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*This section refers to the original workshop released during The Future is Now LIVE in Dec 2020.*

### **Overview:**

Dive into a world of musical textures and see how you can combine different types of sounds to make rich and vibrant soundscape using just your body and some simple instruments. You will be drawn in as we explore the musical soundtrack of a very special forest where you will create your own music that adds magic and mystery.

### **Requirements:**

For this workshop you will be using:

- Body percussion
- Pitched instruments
- Unpitched instruments
- Big piece of paper and some pens

### **Texture:**

In this workshop you will learn to improvise together controlling 3 elements of texture and dynamics with these instructions:

1. Unpitched sounds (number 1)



2. Pitched sounds (number 2)



3. Body percussion (number 3)



4. Volume/dynamics (arms up and down)



5. Stopping (arms across the middle)



# RHYTHM

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## Overview:

Find out how you can use simple words and phrases to make fun and exciting rhythms that will help tell your story. In this workshop, you will take a walk down a mysterious path and find out what is behind those trees using musical rhythms. Neil will break down how you can use a pulse and a tempo to keep your rhythms strong and how to make your own ostinato (repeated rhythms) for your own stories.

## Requirements:

For this workshop you will be using:

- Body percussion
- Unpitched instruments
- Big piece of paper and some pens

## Creating our key words:

Picture a forest. A walk through the forest. The trees, nature, birds, leaves, sunlight, a river. Now focus in on one thing that captures your attention in your mind's eye. I see a clear path through the words. It is a 'mysterious path'. Now I look outwards and I see the unknown. 'What is behind those trees?' I now have two sentences that we will use to create our ostinatos or repeated rhythms.

### 1. Mysterious Path

*@valentineneilmusic*

Mysterious Path



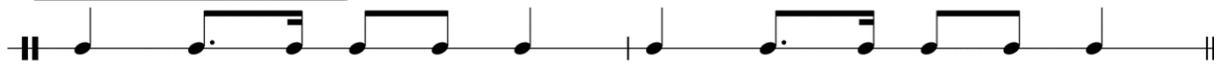
Mys - te - ri - ous path Mys - te - ri - ous path

The hand signal for Mysterious Path can be a flat hand (come up with your own signal if you want!)



### 2. What is behind those trees?

What is behind those trees?



What is behind those trees? What is behind those trees?

The hand sign for this is 'tree hand'



Now we have our rhythms it is up to you how you play them.

### **Finding a pulse:**

Getting a steady beat (pulse) can be really tricky. Why not use one of Neil's backing tracks found [HERE](#). You can also find examples on YouTube or in the [resources](#) section at the end of this pack. Choose one which you like the sound of and supports the story you are trying to tell.

### **Practicing the rhythms:**

Once you have set up your beat practice by clapping the rhythms, try clapping them together and saying the words at the same time.

In pairs try clapping them one after another.

Now try starting and stopping the rhythms all together. Try clapping the first one 4 times and then stopping and starting again.

Now split into 2 teams and try both rhythms together. Now swap over. Now try them together and after four times swap over for 4 more times and then back again.

### **Putting the rhythms onto instruments:**

Get yourselves into groups or choose two instruments or sounds if you are working by yourself.

Now decide how you want to play your chosen rhythm. Is the mysterious path quiet and mysterious or is it scared and terrified? Or a mixture? Or something else?

Now look at the instruments you have and decide how to get that effect through your instruments.

For example:

- 'mysterious' could be on a drum and 'path' could be on a tambourine. The drum makes a strong rhythm that builds to the shock of the tambourine.
- 'What' could be on a wood block 'is behind those' on a shaker and 'trees' on a cymbal or chime tree.

Try using the pulse and practice your rhythms together or by yourself. Now try playing them loudly or softly. And at different speeds. To start the pattern, look at each other and count in 4 with the pulse before starting.

If you have enough people in the group try having one group play Mysterious Path 4 times and then the other group play 'What is Behind those trees?' four times, swapping over. Now try playing them together.

Remember to always stick to the pulse.

# MELODY

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## Overview:

We all love a good tune! But how do you write one? In this workshop, Neil will show you how you can use simple codes and chance to help choose the notes you like and make your own melodies. There really isn't much too it - just find a simple way to make some musical decisions and go for it playing simple melodies which tell the stories of two creatures in the forest; a bird and a spider. How will they sound? Watch to find out!

## Requirements:

For this workshop you will be using:

- Pitched instruments - chime bars and xylophones are great as the names of the notes are on the keys.
- Big piece of paper and some pens

## Developing Characters:

Who are the characters on our walk today?

I have decided upon a Bird and a Spider, but they could be anything. Short names work best when you start this, but you can use longer names as you progress or if you want to create these on your own.

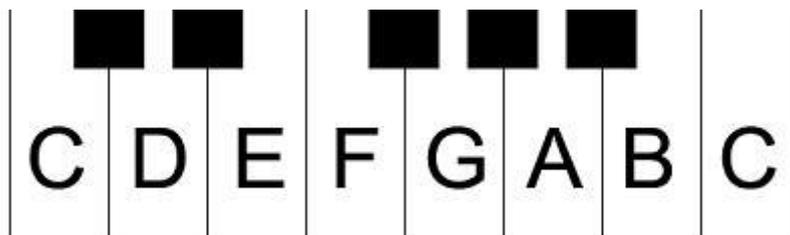
## Using Codes to compose:

This is a method used by many composers to generate ideas. It is a great way to get creativity flowing. It uses a simple code based on the alphabet, combined with a simple musical scale. We will be using the notes A-G, but you could take any scale or selection of notes and apply it if you want.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
a	b	c	d	e	f	g	a	b	c	d	e	f	g	a	b	c	d	e	f	g	a	b	c	d	e

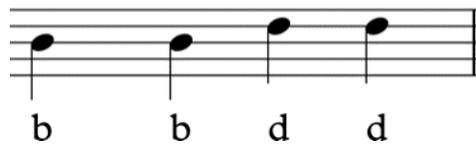
The top row are the letters of the alphabet and bottom row are the notes A-G which we will be using.

This is what they look like on a piano:



If we take the first character's name 'BIRD', we can use the code to work out the notes from his name:

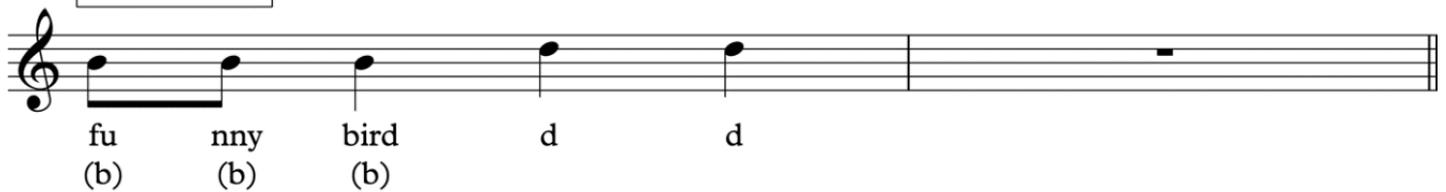
B=b  
I= b  
R=d  
D=d



We have b, b, d, d. A simple and strong melody.

Try playing this to the pulse from the last session. Try playing it twice as fast and twice as slow. Now try adding a rhythm to it. What kind of bird is she? Is she dangerous or funny?

**BIRD Melody**



Now we have a finished melody.

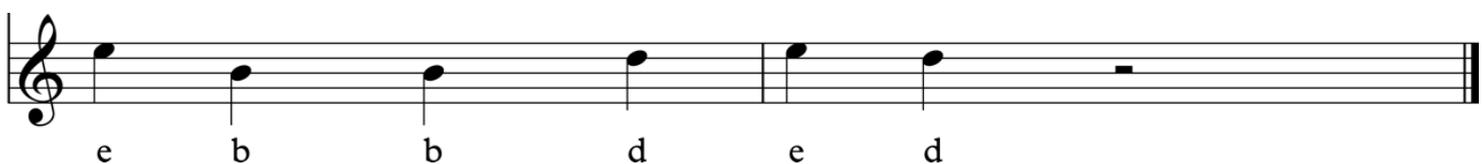
The hand signal for this is bird mouth:



Play your pulse and try playing the BIRD melody along with a gap of 4 beats in between each time. Try and get some humour in it. How can you play the rhythm to make the bird funny? Smile? Shorter notes? Louder? Quieter? Try playing it in lots of ways to the pulse. If you are in a group take turns playing the melody one after the other with a gap of 4 beats. Try to make each other laugh!

Let's take SPIDER next

S= e  
P= b  
I= b  
D= d  
E= e  
R= d



What kind of SPIDER is he?  
Creeping crawling spider?



Now try playing this SPIDER melody to the backing pulse in the same way. Try adding some direction and phrasing to make it exciting. Try playing it one after another with a gap in between. Can you make it sound as creeping and crawling as you can?

The hand signal for SPIDER is spider hand:



We now have two melodies to go along with our two rhythms and 3 textures. Let's try putting them all together to finish!

*If you find playing this difficult, why not take the bars that you are not using, or mark the ones up that you are using so you can find them easily? Or take turns playing the notes to make the melody in a team?*

## EXTENSION

Another way to choose notes for a melody if you do not want to use notes is to use chance!

Take a normal 6-sided dice and assign a note to each number. You can choose any notes for this. Choose your favourite 6, or your favourite 3 twice or even use a number to be a space in the melody.

1	2	3	4	5	6
A	C	D	F	space	space

If I roll 8 times, I will get a melody.

I rolled 2 = C, 2 = C, 5 = space, 1 = A, 1 = A, 3 = D, 5 = space, 4 = F



See what melodies you can come up with!

# STRUCTURE: TELLING YOUR STORY WITH GRAPHIC SCORES

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## Overview:

Now you have all the elements of music you need to create a musical story; you will complete the Forest Walk narrative and Neil will show you a simple three-part structure and a really easy graphic score which you can use to help you remember how your music goes!

## Requirements:

For this workshop you will be using:

- Graphic score (templates found [HERE](#))
- Big piece of paper and some pens

## ABC Structure:

In this workshop you will be using a 3-part structure of composing using graphic notation - the ABC structure.

<b>A – The Adventure</b>	<b>B – The Set back</b>	<b>C – The Solution</b>
What is the start of your story?  Where are you going?  Who is in the story?  What happens at the start?	Something goes wrong!  What is it?  An accident, another character, a loss or something else?	How do the heroes set this right?  How do the solve the problem and overcome the setback to save the day?

## The Forest Walk:

This is a simple story that we will use to create our piece of music:

<b>A – The Adventure</b>	<b>B – The Set back</b>	<b>C – The Solution</b>
Bird and Spider going along the mysterious path	What is behind that tree? Something scary looking?  What is it? It is a river. How can they get across?	Spider gets onto birds back and they fly across together!

We are going to use graphic notation to create a score of this, so we know how our piece goes! You can write yours by hand, but I have typed mine up here:

# Soundscape Storyboard Example

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Team name: Team Awesome

Team members: Neil, Music for Youth, Young Musicians of the UK

Class theme: Nature

Title of piece: Forest Walk

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## 1 – Adventure

WIND (1)

+TREES (2)

+BIRDS SING (3)

+Mysterious Path

quiet----getting louder

+BIRD x 4 then stop

+SPIDER x 4 then stop

Call and Answer melodies x4  
(BIRD then SPIDER then BIRD etc)

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## 2 – Setback

ALL: What is behind that tree x 8  
(volume controls)

LOUD/quieter/louder/LOUD – STOP

(Any notes you like)

River (1 &2)

quiet and tense Tense and scared sounds!

add Splashes and crashes

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## 3 – Solution

BIRD has an idea!

BIRD Melody – LOUD with gaps quiet----getting louder Loud

Everyone else stops

Mysterious Path Joins

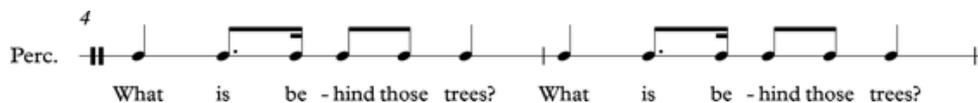
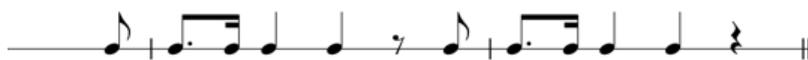
SPIDER melody JOINS

All add improvisation extras as the characters soar over the river – play loudly!

ALL: What is behind that tree x 4 Loudly: END

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Rhythms:



Melodies:



# CREATE: HOW TO BRING IT ALL TOGETHER, REHEARSAL & RECORDING

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## **Overview:**

Now you have a completed piece of music with texture, melody and rhythm, Neil will show you how to bring it all together in this final workshop of the series. You will learn how to rehearse your final piece and how to perform and record your music so you can share your hard work with friends, family and Music for Youth!

## **Requirements:**

For this workshop you will be using:

- Completed graphic score
- Something to record your finished Soundscape Story on:
  - Phone, tablet, camera, or laptop

## **Rehearsal:**

First things first, what shall we call it? The Forest Walk it is.

Now that we have our piece ready, it is time to rehearse!

Rehearsal is best when you focus on the individual elements and get them all working well separately before gradually putting them together. Once all the elements and sections are working well by themselves, you can try putting them together.

Rehearsal checklist:

1. Run through the piece as best you can
2. Practice all the elements of Section A independently of each other.
3. Now put them together in order
4. Repeat steps 2&3 as much as needed.
5. Now do the same with the other sections.
6. Now try running the whole piece.
7. If the transitions are tricky then practice the last 10/20 seconds of Section A and the first 10/20 seconds of Section B. Do this until it feels more comfortable.
8. Do this for Sections B/C if needed
9. Go through the whole piece again
10. At any point repeat steps 2 & 3 to isolate and improve individual elements. As you improve your standards will get higher so you can get more accuracy and better teamwork when you use steps 2 & 3.
11. Now you are ready to record/perform!
12. If you are using the backing track pulse to help you, make sure you have someone 'playing the backing track' who is ready to start and stop at the correct time.

## **Recording:**

To record your Soundscape Story, you will need something to record it on!

- You can record your piece on a phone, tablet, camera, or laptop.
- You can record it as audio only (using voice memos for instance) or as a video.

Recording checklist:

1. Location: Can you use a hall or a lounge to record? Somewhere which good lighting and a backdrop? If you are at school, is there a stage you can use?
2. Have all your instruments ready.
3. Have your finished score ready. If you are working in a group, maybe have large copies of your score printed or draw your own on some flip chart paper. Make sure it is easy to see but not in front of the camera.
4. Set up your camera and double check everything will be in shot. Best to use a tripod if you can. Maybe do a demo for 20 seconds to see how it works.
5. Get your backing track beat ready if you needed
6. Make sure you have thought about your background. What is behind you? Can you hang up a drape or a curtain to cover up a messy table?
7. Lighting: Grab any desk lights that you have and point them at the performance area. Yes, they can blind you a bit, but lighting makes all the difference to a video performance. It will bring out the faces of the performers and not the background, whereas room lighting tends to light the tops of our heads not our faces!
8. What are you going to wear? Do you have a costume in mind? Can you coordinate colours?
9. Introduction: Choose someone to come close to the camera and speak in a loud voice what your piece is about. Or record this separately and add some subtitles.
10. Ok now you are ready to go!
11. Practice and do as many takes as you like. Remember, you can always cut off the beginning if there is a delay in starting. It is better to start recording and then get ready rather than feel rushed.
12. If you like video editing or know someone who does, why not take the recording, and add some other visuals to make a music video?
13. Use the skills you have around! If someone has a good camera or a microphone, they can attach then try that out!
14. Why not record bits as you go and make it into a little documentary?

## EXTENSION

There are many ways to build on this exciting project:

OPTION 1 - Create an engaging and exciting narration to accompany your Soundscape Story

OPTION 2 - Create some art or sculpture that tells part of the story

OPTION 3 – Create art for each scene of the story to make a video to go alongside the recording

OPTION 4 - write a short story inspired by your Soundscape Story

OPTION 5 – Go out into a forest or wood and come up with your own forest walk to make your own version.

## MAKING YOUR OWN SOUNDSCAPE STORY

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You now have all the elements you need to create your very own fully composed Soundscape Story!

1. You have a structure for a musical story. Take another theme or topic and come up with a short story you want to tell in these three sections inspired by that theme.
2. Create textures to set the background atmosphere.
3. Create some simple rhythms based on words from the theme.
4. Create characters and use their names to create melodies.
5. Create a graphic score which puts all this together telling the story using the ABC structure – see the blank Soundscape Story Template in the [resource](#) section.
6. Rehearse and perform/record your brand-new piece.
7. And finally, don't forget to send your Soundscape Stories to Music for Youth so we can see what you get up to! Tag us on social media @valentineneilmusic & @musicforyouth.

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# RESOURCES

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## INSTRUMENT & COMPOSITION APPS

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- Virtual piano: <https://virtualpiano.net/>
- Piano app IOS: <https://apps.apple.com/us/app/piano-for-iphone/id531263194>
- ABC Virtual Instruments App:  
<https://www.abcmusic.org.uk/articles/article.php?parentsectionID=3&sectionID=19&articleID=1155>
- Garage Band - iOS Only: <https://apps.apple.com/gb/app/garageband/id408709785>  
Compose and play music from a really intuitive and powerful app!
- Walk Band: <https://play.google.com/store/apps/details?id=com.gamestar.pianoperfect>
- Band Lab: <https://play.google.com/store/apps/details?id=com.bandlab.bandlab>  
<https://apps.apple.com/us/app/bandlab-music-making-studio/id968585775>  
Brilliant for composing looped music and having a great time.
- ThumbJam: <https://apps.apple.com/gb/app/thumbjam/id338977566>  
This costs £8.99 but is such an amazing and fun app on iOS that it is completely worth it!
- Launchpad: <https://apps.apple.com/gb/app/launchpad-make-remix-music/id584362474>  
Really fun DJ app which allows you to control, mix and run DJ effects on some incredible pre-made loops.
- Android alternatives: <https://beebom.com/garageband-alternatives-android/>

## PULSE BACKING TRACKS

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- Metronome apps to change the speed: <https://www.imusic-school.com/en/tools/online-metronome/>
- YouTube: there are lots of backing tracks of various speeds. Try typing in 'Drum Backing Track 90bpm' (bpm is Beats Per Minute, a scale of speed, the higher the number the faster)
  - <https://www.youtube.com/watch?v=9U3RG0JU4Ds>
  - [https://www.youtube.com/watch?v=zZbM9n9j3\\_g](https://www.youtube.com/watch?v=zZbM9n9j3_g)
- LumBeat has a massive array of metronomes and beats for you to choose from  
<https://www.youtube.com/channel/UCYr3b0FfZSWeEM-A85zf9HQ>

If you are leading a class, make sure you have a few options preloaded in different windows.

## DRONES FOR ADDING TEXTURE

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- <http://addtexture.com/>
- <http://mynoise.net/>
- <http://simplynoise.com/>

## PERFORMANCES

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- Reflections - Neil Valentine with Paul Smith, Voces8 and Apollo5. Album Launch recorded in 2019 at Milton Abbey: <https://www.facebook.com/watch/?v=408979743296433>
- Ólafur Arnalds – Sunrise Session: <https://www.youtube.com/watch?v=KrQV8nTCwqg>  
A gorgeous 15 min performance our soundscapes and simple melodies that use similar methods to this project
- Hans Zimmer – Time (Live): <https://www.youtube.com/watch?v=xdYYN-4ttDg>  
Hans Zimmer has written some of the most incredible film scores, and here we can enjoy this incredibly simple piece of music which builds and builds through repeating itself and pulling us in!
- Jacob Collier – Home Concert: <https://www.youtube.com/watch?v=mJR6XSSKi-g>  
Prepare to be amazed! Jacob is a one-man musical magician! The modern-day Mozart of pop and funk. Here he plays all the instruments and sings with himself in this 15minute set of his own music. Wonderful!
- Nandi Bushell – 11-year-old musical powerhouse: <https://www.youtube.com/watch?v=MRvHI8tgx8A>  
Nandi is an inspiration. She is an incredible drummer, singer and songwriter and she has even won a drum battle with Dave Grohl from the Foo Fighters! Watch all her videos and be inspired by her love of music!
- Ayanna Witter-Johnson – Home Concert: <https://www.youtube.com/watch?v=PlunB8B1Bj0>  
Ayanna is an incredible singer and cellist. She writes, performs and accompanies herself with just her cello. The skills and musicality on show is absolutely amazing.
- Voces8 – Pie Jesu: <https://www.youtube.com/watch?v=o9al6HNOgSo>  
Voces8 are one of the best choirs around. This incredible version of Pie Jesu by Gabriel Fauré will give you spine tingles!
- Snarky Puppy feat Lalah Hathaway – Something: <https://www.youtube.com/watch?v=0SJlgTLe0hc>  
One of the great vocal performances of all time! Enjoy this incredible funky tune recorded live and listen out for when Lalah sings two notes at once! Yes two notes at once!
- Inspiration Week – University of Winchester Music Centre: [https://youtube.com/playlist?list=PLqom-KPKe2z8I-n\\_04BUiKnobyzvraDyg](https://youtube.com/playlist?list=PLqom-KPKe2z8I-n_04BUiKnobyzvraDyg)  
With my other hat on I helped to organise and curate a week of online workshops aimed at University Students. However, there is loads here from musicians of all kinds and lots for all young musicians as well as teachers to dive into.

## ADDITIONAL RESOURCES

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- Creating Music at Home – BCMG: <http://resources.bcmg.org.uk/creating-music-at-home/?fbclid=IwAR3UB15tjVoi1gXYrLxrhjTp4abpaxKhxmHnvdoFguqxYkzSLm95wBVjtU>  
Massive online resource of how to make music at home!
- A Capella Lego – Voces8 Foundation:  
<https://youtube.com/playlist?list=PL2tFLT5qytwSvecjNQv0fgDcYUkkcL0mN>  
A whole series of fun and interactive workshops for those who want to get creative with their voices!
- Creative improvisation with Paul Smith: <https://www.youtube.com/watch?v=XLMAwh4Y9ME>  
Fun and creative workshop with composer Paul Smith and Voces8
- Brilliant collection from the Scottish Association of Music Education (SAME):  
<http://same.org.uk/resources/?fbclid=IwAR3CzsE6ozYVstsO6IfXzH6v1oPizFEWZ0Z67T5FqP2cemjknQYIzJ66MY#1586798582820-24687f8b-03c3>
- Learn how to make music with Figurenotes with Drake Music Scotland:  
[https://drakemusicscotland.org/resources/?fbclid=IwAR0W2WP\\_4m8BCgDNx1rdCJ8rizuhP8udGe6q5WS\\_AMqCabInVBpci-SAk4I](https://drakemusicscotland.org/resources/?fbclid=IwAR0W2WP_4m8BCgDNx1rdCJ8rizuhP8udGe6q5WS_AMqCabInVBpci-SAk4I)
- For Older Students: [https://sound-scotland.co.uk/covid-19-lockdown/sound-at-home-digital-creative-composition?fbclid=IwAR2xJ8VnE\\_vJpBjHvwmOPb3QMuYXG73--Lp2HIbccZrpFhyj0GdWBi4\\_bVI](https://sound-scotland.co.uk/covid-19-lockdown/sound-at-home-digital-creative-composition?fbclid=IwAR2xJ8VnE_vJpBjHvwmOPb3QMuYXG73--Lp2HIbccZrpFhyj0GdWBi4_bVI)  
Fun and challenging digital composition project for those who like wonderful and experimental sounds!

# CREDITS

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