

# Boats & Storms

AKA

*How music can inform and uplift the human spirit!*



Chris Walklett [walklettchris@hotmail.com](mailto:walklettchris@hotmail.com)

Teaching Tracks [www.teachingtracks.co.uk](http://www.teachingtracks.co.uk)

<https://www.youtube.com/watch?v=auI9Cx8SGX4>



# Why use songs?

Songs are a great input resource, perhaps even the best?

- Music gives us the ability to **explore** topics
- Music has the ability to **enlighten us**
- Music has the ability to **empower us**

# Life in lockdown ...and the role music played



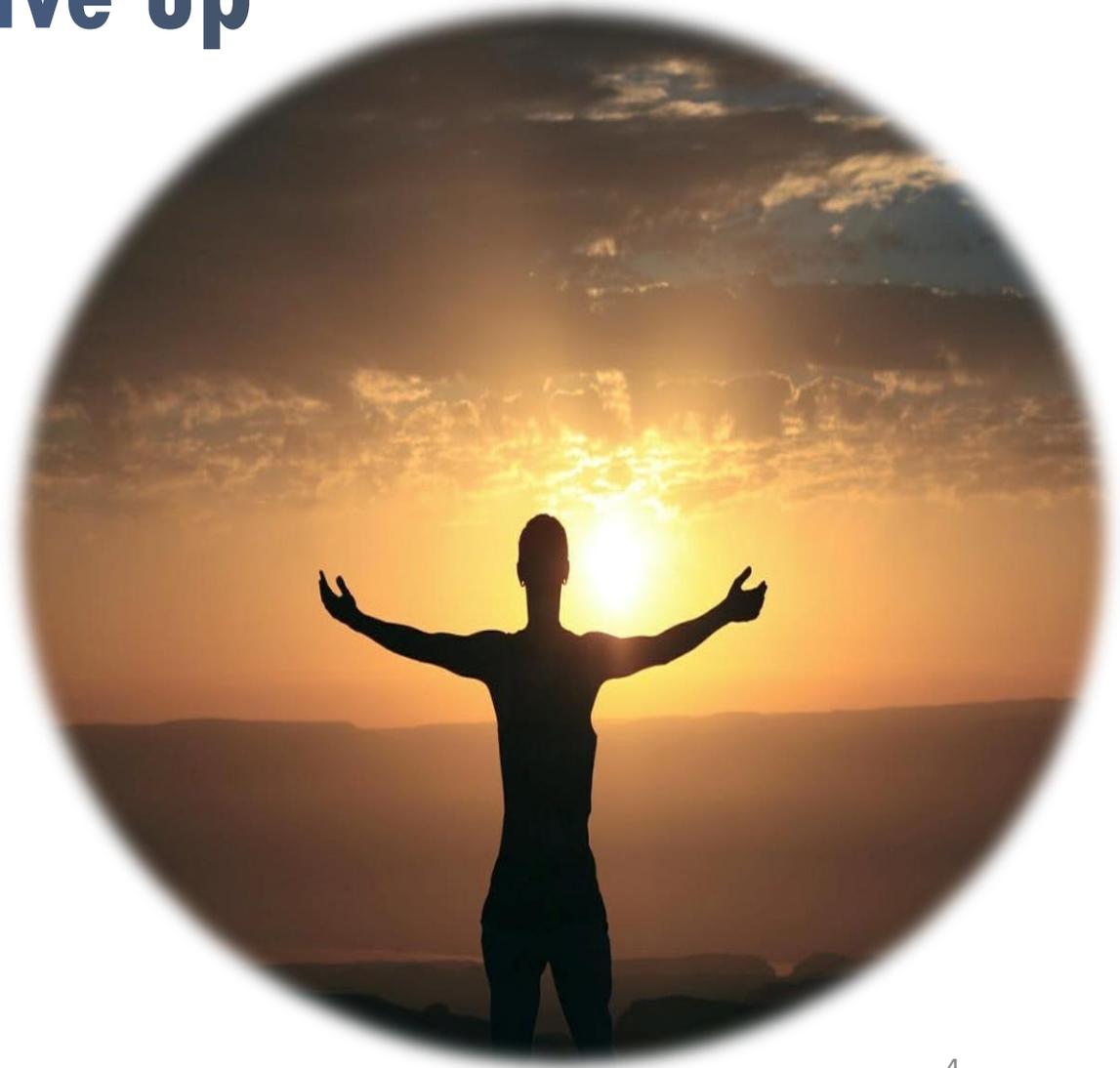
# Don't stop ...and don't give up

*“The class was composed of young people, ranging from 16 to 19, all from different backgrounds, many of whom were LACs – looked after children.*

*The students were disconnected from each other, having no common language apart from their different levels of English, and were ultimately on their own in a strange country just trying to survive.*

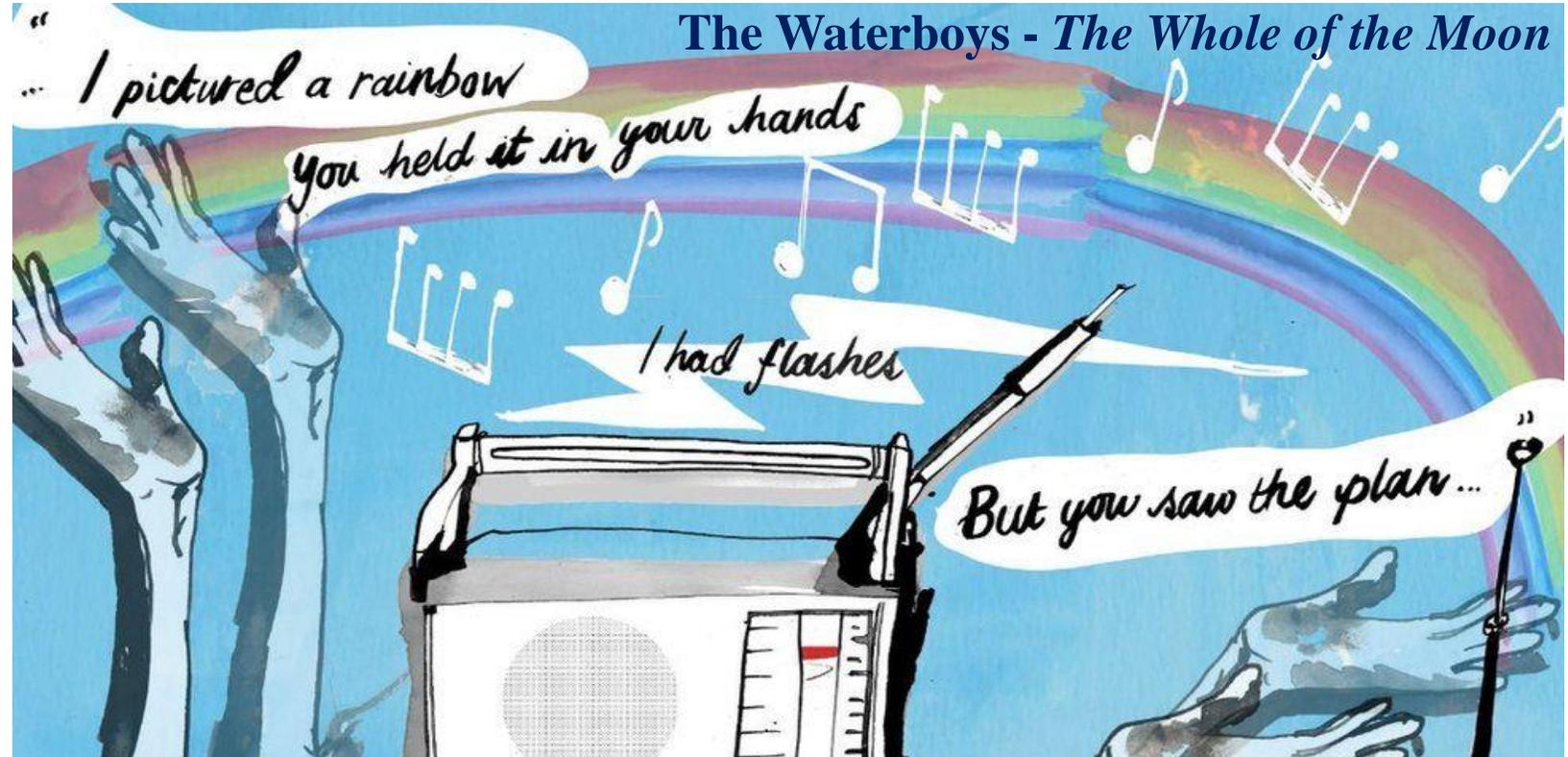
*Unsure of what to do or where their lives were headed, there seemed to be an understandable sense of pessimism and little hope for the future amongst the class members.”*

(Carol - ACL Essex / NATECLA)



# The whole of the...magic

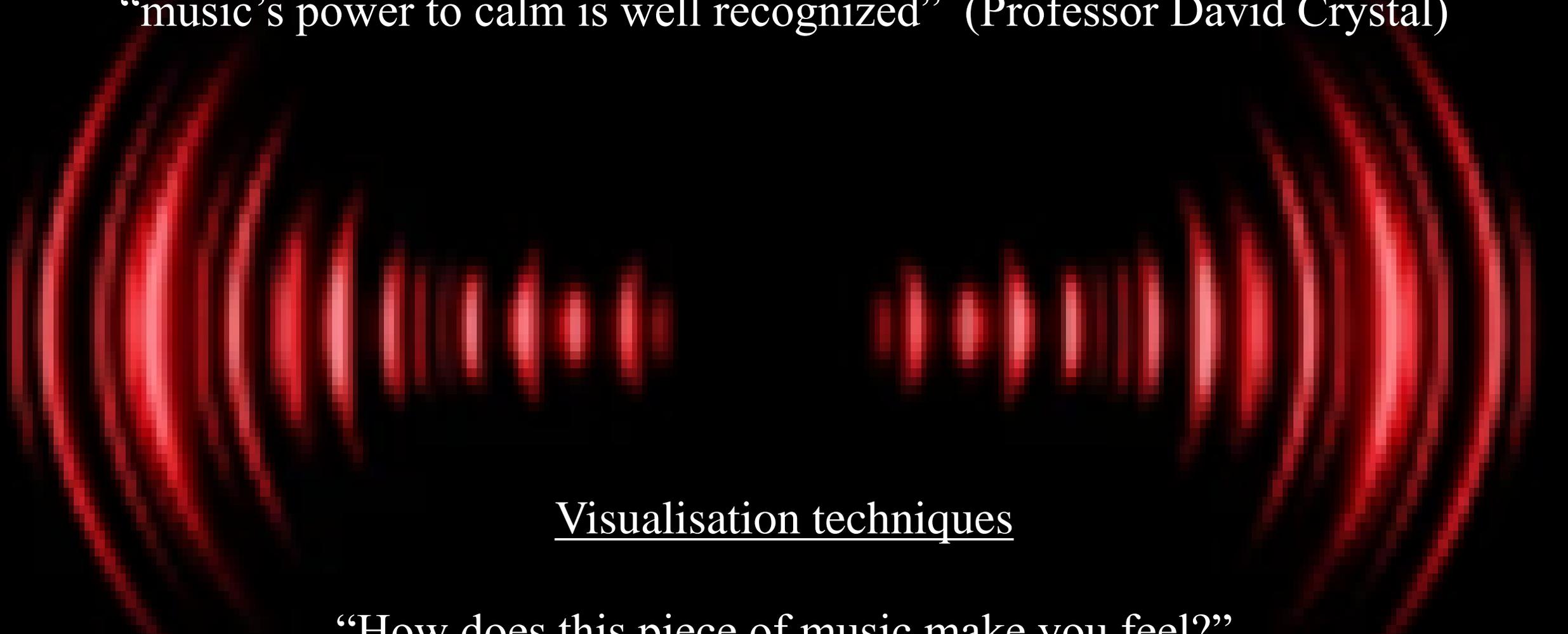
“Music has the power to engage all the emotions from excitement to relaxation, from tears to laughter.”  
(Professor David Crystal)



Daniel Levitin says our brains are  
“hard wired for music”.  
(*This is Your Brain on Music*)

# Sound affects

“music’s power to calm is well recognized” (Professor David Crystal)



## Visualisation techniques

“How does this piece of music make you feel?”

“What story or scenario does this a piece of music bring to mind?”

# Lyrics – feeling that thought!

*“Words and ideas are implanted into our subconscious through the music, reinforcing thought patterns that can affect our mood. or outlook”*

Franz Fitzpatrick

(music producer, composer and social entrepreneur)

*“Words make you think a thought, music makes you feel a feeling, but a song make you feel a thought.”*

Yip Harburg

(writer of *Somewhere Over the Rainbow*)



# The music drives me crazy!

Music can change the way we feel & dictate the way we think & act!

Do you agree? Listen to this!

<https://www.youtube.com/watch?v=njAuEGRthuw>



Are there songs that make you feel calm/sexy/romantic/fired up etc?  
(Talk to the person next to you)

# PERMA - Seligman's Five Pillars

Songs, if used correctly in the classroom, can address all 5 parts of Martin Seligman's PERMA "pillars of wellbeing"

- Positive emotions
  - Engagement
  - Relationships
  - Meaning
- Accomplishment



# The teacher's role – harnessing the power

“Songs and music are a resource that offers students the wherewithal to make sense of what is occurring in the world around them...engendering positivity and hope, but crucially grounded in realism rather than delusion” (Walklett)

“Using this resource might depend upon barriers. These will include ones imposed upon you, inc. the syllabus and your classes’ needs and preferences. And those self-imposed, incl. the extent to which, you feel it’s your duty to educate & enlighten students to more ‘political’ issues.” (Walklett)

Check the article from Humanising Language Magazine, a great publication.



<https://www.hltmag.co.uk/apr22/uplifting-sunken-spirits>

# Using songs to highlight issues

## thoughts and examples

**REM - *Everybody Hurts***

- loss, pain and loneliness

**Lukas Graham - *7 years***

- the difficulties involved in growing up

**Nine Inch Nails / Johnny Cash - *Hurt***

- self-harming

**India Arie - *Video***

- positive self-image / knowing your own worth

# Using the power of music & images together

Music's ability to tap into our inner moods and concerns is significant.

<https://www.youtube.com/watch?v=gb8WKSmi3AI>



## Your/their task

Listen, watch...and let it soak in.

What images were most striking for you?

Tell your stories related to these.

(Don't be surprised if you get tears from your students or indeed if you cry!) 12

# Some final thoughts.

“Consciously, we teach what we know; unconsciously, we teach who we are.”  
(Alice Hamachek)

I believe songs and music are a timeless resource that can be used to explore, empower and enlighten, in a way that no other input source can achieve quite so well or so succinctly. They also contain within them the power to change thinking, making them an extraordinarily powerful educational tool, particularly in the ELT classroom”

“If there is something to be changed in this world,  
then it can only happen through music.”  
(Jimi Hendrix)

# Twenty-Twenty Vision: A vision for the 20/20 s



2020





**Facebook group**

<https://www.facebook.com/groups/teachingtracks>



**Website**

[www.teachingtracks.co.uk](http://www.teachingtracks.co.uk)



**YouTube channel**

<https://www.youtube.com/user/chrysalis66>

Also...

***Training Tracks***

**Bespoke online (and face to face) courses  
in using songs in the classroom**

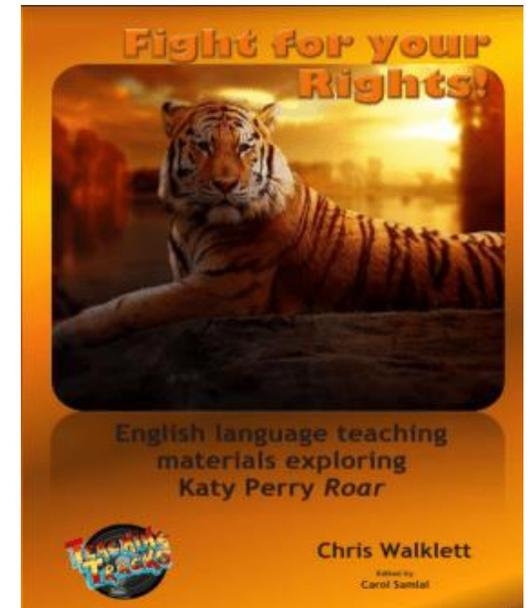
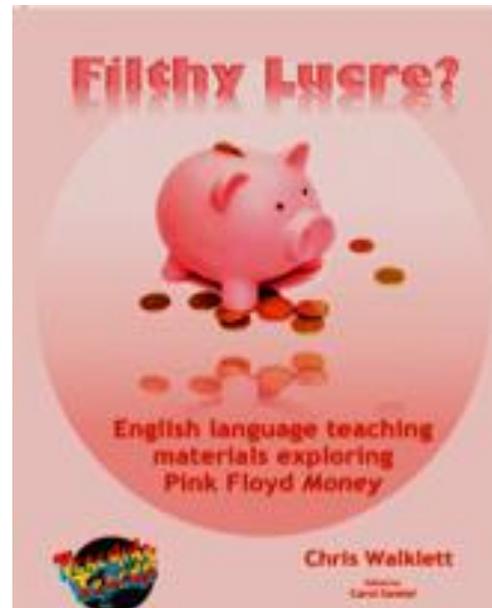
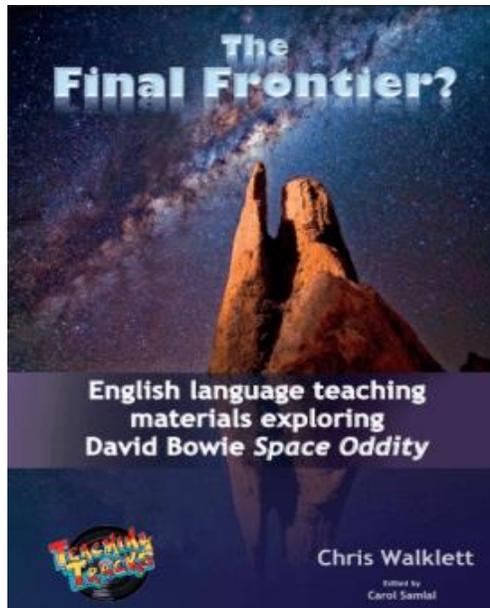
**contact me [walklettchris@hotmail.com](mailto:walklettchris@hotmail.com)**



You can view these flip through books at [www.teachingtracks.co.uk](http://www.teachingtracks.co.uk)

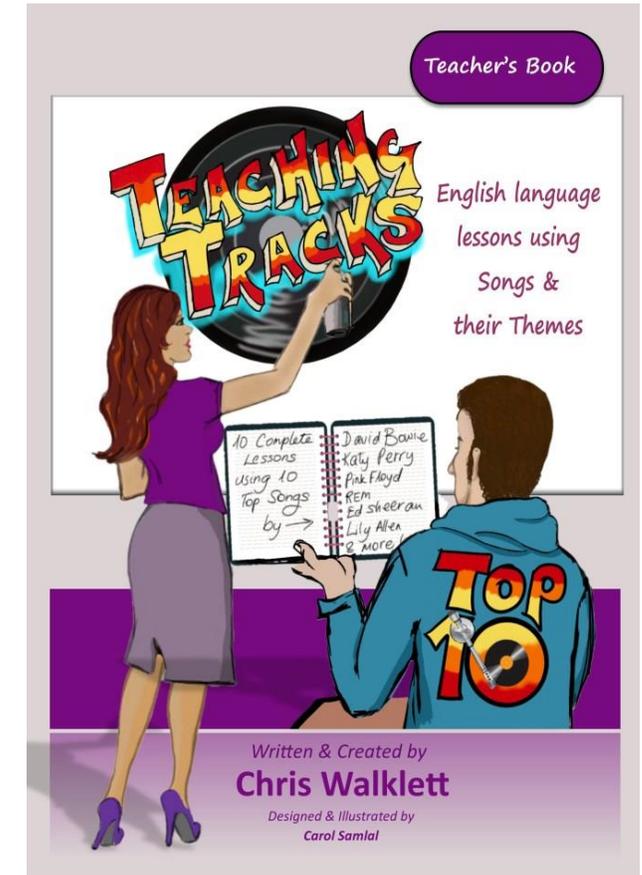
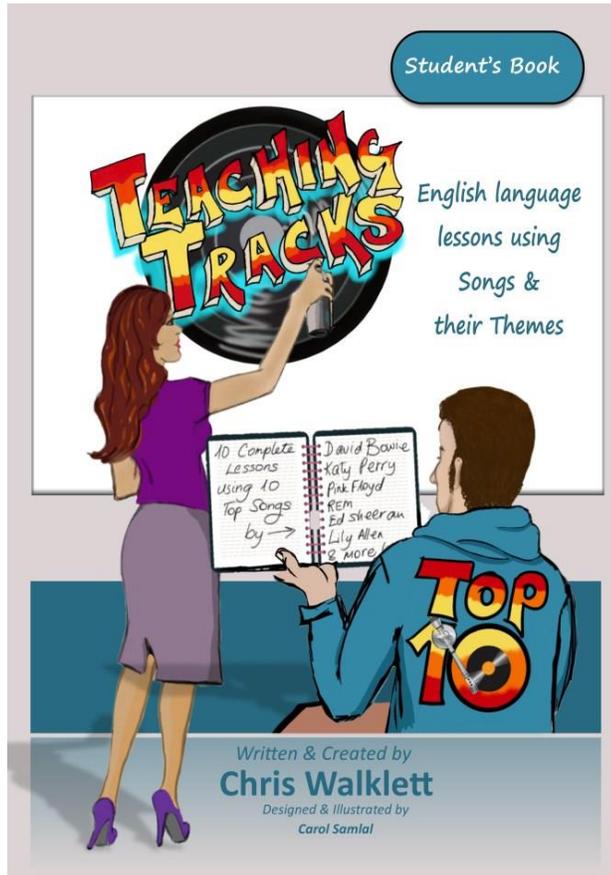


Here's an example of what they contain...



# Teaching Tracks: Top Ten Student's book

# Teaching Tracks: Top Ten Teacher's Book





## **(Some) References**

<http://www.helpguide.org/images/stress/stress-reduction-with-music>

<https://www.pbs.org/>

<http://joymotiondance.com/>

<http://david-crystal.blogspot.com/2010/01/on-language-and-colic.html>

<https://www.bbc.co.uk/news/disability-50478524>

[https://www.researchgate.net/publication/269515940\\_Music\\_practice\\_and\\_participation\\_for\\_psychological\\_well-being\\_A\\_review\\_of\\_how\\_music\\_influences\\_positive\\_emotion\\_engagement\\_relationships\\_meaning\\_and\\_accomplishment](https://www.researchgate.net/publication/269515940_Music_practice_and_participation_for_psychological_well-being_A_review_of_how_music_influences_positive_emotion_engagement_relationships_meaning_and_accomplishment)

Parts of this talk are in the present edition of Humanising language teaching available at

<https://www.hltmag.co.uk/apr22/uplifting-sunken-spirits>