

# **Workshop Series: "Return to Sound - Music for Adults Starting Again"**

Target Group: Adults (18+) returning to music or starting collaborative playing

Level: Beginner to intermediate, mixed instruments or voices

Style: Open - draws from popular, folk, soul, ambient, acoustic, etc.

## **Session 1 - "Finding Your Sound Again"**

Focus: Comfort, connection, and a safe space for sound-making

Objectives:

- Reconnect with your instrument/voice
- Explore group sound without pressure
- Build confidence in listening and responding

Activities:

- Simple breathing and body exercises
- Group soundscapes (build a texture using just one note or rhythm each)
- Play a known tune by ear together (or teach one slowly)

## **Session 2 - "Listen, Repeat, Improvise"**

Focus: Aural memory, musical imitation, and gentle improvisation

Objectives:

- Strengthen listening and musical memory
- Begin to improvise using small patterns
- Develop trust in personal musical ideas

Activities:

- Copy-back rhythm/melody games
- Pair up and trade musical ideas (improv 'conversation')

- Try improvising over a loop or drone (in a safe key)

### **Session 3 - "Making Music Together"**

Focus: Ensemble playing and musical collaboration

Objectives:

- Practice musical communication
- Support each other in timing, dynamics, and phrasing
- Build group rhythm and structure

Activities:

- Simple groove building with percussion, voice, or chords
- Arrange a short piece or song collaboratively
- Take turns leading and following

### **Session 4 - "Your Voice, Your Style"**

Focus: Expression and personal identity in music

Objectives:

- Develop a personal sound or idea
- Begin composing or arranging something simple
- Reflect on how your musical voice has changed or grown

Activities:

- Solo or duo creation task (write a short piece or variation)
- Reflective discussion: 'What does music mean to you now?'
- Share mini performances (optional and supported)

### **Session 5 - "Sharing the Journey"**

Focus: Celebration, performance, and community

Objectives:

- Share and celebrate progress
- Experience performance in a supportive setting
- Reflect and build musical goals for the future

Activities:

- Final group performance or 'jam'
- Sharing solo/duo pieces
- Group feedback and reflection circle