

Time to Daydream

This week we are going to relax and travel to new places, in our minds.

Part A

1. Find a **quiet spot** for online listening. (Bring headphones if you have them.)
2. Sit in a relaxed position.
3. Take **5 deep breaths**, in through your nose, out through your mouth.
4. Click the link and **listen** to this piece of [music](#)
5. Good work. Take a break! Continue to Part B later or another day 😊

Part B

This piece is by Claude Debussy. It was written in 1890 and is called “**Rêverie**” in French which means ‘**Daydream**’ in English.

1. Get out a blank piece of paper and some pencil crayons.
2. **Listen** to the [music](#) again but this time begin to **draw what the music is leading you to dream about**. Your drawing should show **your own daydream** but it should **match the feeling of the music in some way**.
3. Draw **where** you are.
4. Draw any other people or creatures that are with you. You might be alone.
5. Draw **what** is happening or what you are doing.
6. **Take some time** to finish your drawing and **add details**, listening to the music or not.
7. Make sure this is your **best work!** Take a photo of your drawing and send it to me <mailto:karin.johnson@burnabyschools.ca>
8. **Bravo!** Take a bow 😊