

“One Moment, One People”

Learn a new song

Singing has been shown to improve our sense of well-being. Sharing it with others may improve someone else’s too!

Research has found that singing can exercise the brain, improve posture and relieve muscle tension and that people feel more positive after actively singing than they do after passively listening to music or after chatting about positive life events. Everyone can sing – however much we might protest – meaning it is one of the most accessible forms of music making, too.

The lyrics to this song are uplifting, and the message is a powerful one for these uncertain times.

This could be a great activity to do with other members of your household. With your parents’/carers’ permission, you could even record yourself singing the song and send it to a loved one you aren’t able to see at the moment.

How to learn the song

Visit <https://www.singup.org/home-schooling/ks2/one-moment-one-people> and click on the video “Learn the song with Becky Owen”. She will teach you the song (you may need to pause/replay the video a few times to really get the hang of it). When you are confident, you can use the “Lyric song” to sing along to while having the words displayed.

In addition, there is a free PDF Pupil Pack on the website with some fabulous activities and resources for learners to have a go at.

One moment
One people