

Jamalong sessions with Carrie & Mowkee

These jam sessions work alongside The Improvise Approach.

To get started straightaway, follow the instructions here, to keep your music space in tune.

There is a 20 minute training video available on my website and from Leicestershire Music Hub.

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The joy of always being in tune with each other, helps develop confidence and independence.

Each song has a picture and title/ theme to encourage easy recognition and imaginative play.

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It's amazing to see the motivation that is created when a student realises they can play beautifully! It helps develop their hand-eye coordination, listening and communication skills, turn-taking...and so much more.

The well-being we all experience when are able to access music, must be accessible to everyone.

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To keep your music space in tune

iPADS & THUMBJAM APP SET TO C MAJOR PENTATONIC SCALE

Choose your instrument sound (see suggestions for each song).

**ALL TUNED PERCUSSION
chime bars, bells etc.,
SELECT THE NOTES
C D E G A
...and plenty of pots, pans,
spoons, rice shakers and
wrinkly tinkly things.**

Carrie & Mowkee's Jamalong 1

Song Titles	Mowkee's Props	Vocal	iPad Setting Suggestions
Welcome song -	Rice shakers	"It's a la, la, la, la, lovely day	
1. Muddy Faces	Rice shakers Egg box Percussion bells C A E C Corrugated cardboard	"Muddy faces"	<ul style="list-style-type: none"> - Blues Organ 2 (s) - Trumpet Harmon Mute (s) - Marimba (u) - Vibes (u)
2. Surfing	Toilet rolls & sandpaper Funnel Percussion bells C A E C Chime bars C D E G A C Badminton racquet	"Surfing" "Whoosh"	<ul style="list-style-type: none"> - JR Smooth Steel (s) - 'Cello (s) - Harp (u) - Hang Drum (u)
3. Pink Boots	Pink boots Saucepan lid Wooden spoon Ribbons (on curtain rings) (NB This is a great song to play drums on - we didn't have enough hands!)	"Pink boots"	<ul style="list-style-type: none"> - Low D Whistle (s) - Cajun Accordion (s) - Banjo (u) - Muted Funk Guitar (u)
4. Hands	Hands Rainstick		<ul style="list-style-type: none"> - Round sine (s) - Flute (s) - Marimba (u) - Glockenspiel (u)
Goodbye song		Goodbye, goodbye, Goodbye to you	
All backing tracks (c) Carrie Lennard, live guitar, iPad + ThumbJam Live 'everything else!' - Mowkee			<p>For students using iPads and the ThumbJam app as an instrument, set key to 'C' and scale, Major Pentatonic. For some students, a sustained sound (s) is difficult to control, in which case, choose unsustained (u). All the music on this video is playable using C major pentatonic scale.</p>

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Carrie & Mowkee's Jamalong 2

Song Titles	Mowkee's Props	Vocal	iPad Setting Suggestions
Welcome song -	Rice shaker	"It's a la, la, la, la, lovely day	
1. Pizza	Pizza box guitar - made with 2 elastic bands: (a) cut hole in back (b) cut circle in two & (c) fold into triangle tube stick either side of hole.	"Pizza" "I, I, I love a bit of pizza, I love a bit of pizza".	<ul style="list-style-type: none"> - Mandolin (u) - Hang (u) - Vintage Accordion (s) - Trombone Plunger (s)
2. Blue car	Saucepan lid Bells	"Blue car" "Driving in my car" "Beep, beep" "Going a bit fast...very fast...slow down"	<ul style="list-style-type: none"> - Upright piano (u) - Banjo (u) - Trumpet Harmon Mute (s) - Trombone (s)
3. Smell a flower	Daffodil flower Kalimba (tuned to CDEGA) Chime bars (as above)	"Flower"	<ul style="list-style-type: none"> - Round Sine (s) - Flute (s) - Glockenspiel (u) - Vibes (u)
4. Floating	iPad 'cello (ThumbJam) Rainstick		<ul style="list-style-type: none"> - 'Cello (s) - Flute (s) - Vibes (u) - Grand Piano (u)
Goodbye song		Goodbye, goodbye, Goodbye to you	
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Song Titles	Mowkee's Props	Vocal	iPad Setting Suggestions
Welcome song -	Rice shaker	It's a la, la, la, la, lovely day	
1. Guitar	Modelling balloon and balloon pump - copy Mowkee and make a guitar!	Guitar	<ul style="list-style-type: none"> - Mandolin (u) - Hang (u) - Vintage Accordion (s) - Trombone Plunger (s)
2. Rock star	Old classical guitar (this one's from a charity shop). Attach iPhone with Velcro, across body hole, load ThumbJam app (in C major pentatonic) and set to "Electric Guitar". Add a WOWee speaker bottom of guitar and connect mini jack to jack. Funnel	Rock Star I'm a Rock Star	<ul style="list-style-type: none"> - Upright piano (u) - Banjo (u) - Blues Organ 2 (s) - Electric Guitar (s)
3. Jazz	Flower Box double bass made with a broom, 3 pegs, elastic bands and gaffa tape. Bells Box covered with foil played with a washing up brush iPad (ThumbJam) Blues Organ 2	Jazz cats That's Jazz!	<ul style="list-style-type: none"> Glockenspiel (u) - Vibes (u) - Blues Organ 2 (s) - Flute (s)
4. Harp	Harp iPad - ThumbJam (Harp)		<ul style="list-style-type: none"> - 'Cello (s) - Flute (s) - Vibes (u) - Grand Piano (u)
Goodbye song		Goodbye, goodbye, Goodbye to you	
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Song Titles	Mowkee's Props	Vocal	iPad Setting Suggestions
Welcome song -	Rice shaker	It's a la, la, la, lovely day	
1. Underwater	2 x card fish, blue/ yellow on chopsticks 2 x toilet rolls + Gaffa tape 'snorkels' 2 x pairs of swimming goggles iPad - ThumbJam/ JR Smooth Steel (s)		<ul style="list-style-type: none"> - Vibes (u) - Harp (u) - String Ensemble (s) - JR Smooth Steel (s)
2. Pirates	Corrugated cardboard Toy accordion (2nd + 3rd buttons pressed down)	Ooh Ahhrr! We Be Pirates!	<ul style="list-style-type: none"> - Hammered Dulcimer (u) - Banjo (u) - Scottish Small Pipes (s) - Flute (s)
3. Boat	Bamboo cane + string "fishing rod" Chime bars Whistling iPad - ThumbJam/ Marimba (u)	Lazing on a boat	<ul style="list-style-type: none"> - Harp (u) - Vibes (u) - Round Sine (s) - JR Smooth Steel (s)
4. Bridge	Plastic carrier bag Tray, rice, plastic bag + Gaffa "Ocean Drum" iPad - ThumbJam/ Vibes (u)		<ul style="list-style-type: none"> - Vibes (u) - Harp (u) - String Ensemble (s) - 'Cello (s)
Goodbye song		Goodbye, goodbye, Goodbye to you	
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Carrie & Mowkee's Jamalong 5

Song Titles	Mowkee's Props	Vocal	iPad Setting Suggestions
Welcome song -	Rice shaker	It's a la, la, la, la, lovely day	
1. Clouds	Toilet rolls + sandpaper Plastic tray + brush Chimes	Clouds	<ul style="list-style-type: none"> - Marimba (u) - Banjo (u) - Blues Organ 2 (s) - JR Smooth Steel (s)
2. Hat on - Hat off	Hats		<ul style="list-style-type: none"> - Hammered Dulcimer (u) - Banjo (u) - Scottish Small Pipes (s) - Flute (s)
3. Hot Air Balloon	Bamboo stick, punch balloon, string, small box, card, felt-tip pens and sticky tape iPad - ThumbJam/ Steel Pan (u)	Wow	<ul style="list-style-type: none"> - Harp (u) - Vibes (u) - Round Sine (s) - JR Smooth Steel (s)
4. Bubbles	Lots of bubbles iPad - ThumbJam/ Round Sine (s)	Bubbles	<ul style="list-style-type: none"> - Marimba (u) - Harp (u) - Round Sine (s) - Shakuhachi (s)
Goodbye song		Goodbye, goodbye, Goodbye to you	
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Carrie & Mowkee's Jamalong 6

Song Titles	Mowkee's Props	Vocal	iPad Setting Suggestions
Welcome song -	Rice shaker	It's a la, la, la, la, lovely day	
1. Band	Cardboard tube Porridge tub Toilet rolls with sandpaper	Laaa Laaa Altogether in the Band!	<ul style="list-style-type: none"> - Marimba (u) - Vibes (u) - TE Bb Clarinet (s) - Trumpet (s)
2. Shhh..	Carrie - ukulele chords C, F and G7 Wooden spoons Boomwhackers C and D Saucepan lid & wooden spoon iPad (ThumbJam) Blues Organ 2 Squeaker Plastic funnel Rice shakers Chimes & bells Drum	Shhhh.. Any sounds/voices/ instruments played loudly Noisy! La la la	<ul style="list-style-type: none"> - Vibes (u) - Mute Funk Guitar (u) - Blues Organ 2 (s) - Electric Guitar (s)
3. Kite	Card Kite - tape, string, wire coat hanger, small safety pin where strings cross and are taped to straightened hanger.		<ul style="list-style-type: none"> - Harp (u) - Vibes (u) - Flute (s) - String Ensemble (s)
4. Light	Carrie - iPad/ThumbJam/ Harp (u) Colour-changing ball (battery) and lamp (AC) D-LITE thumb tips		<ul style="list-style-type: none"> - Tanpura (u) - Harp (u) - Flute (s) - 'Cello (s)
Goodbye song	Carrie - iPad/ ThumbJam/ Harp (u)	Goodbye, goodbye, Goodbye to you	
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Welcome	Props/ Instruments	Vocal	iPad ThumbJam Settings (U) unsustained (S) sustained
	Rice shakers		
1. Snowball	Play snowballs/ rolled-up newspaper balls Bells Carrie - Ukulele		(u) Banjo (u) Vibes (s) Tenor Sax (s) Blues Organ
2. Bus Ride	Large saucepan lid Bells Carrie - iPad (ThumbJam) SquareClean	All aboard! Hello Lady!	(u) Banjo (u) Muted Funk Guitar (s) Blues Organ 2 (s) Blues Harmonica
3. Muddy Faces	Rice shakers Egg box Percussion bells C A E C Corrugated cardboard	Muddy Faces!	
4. Waterfall	Ocean drum (tray, plastic bag, rice and Gaffa tape) Rainstick Carrie - iPad (ThumbJam) Pan-Pipes (s)		(u) Upright Piano (u) Harp (s) String Ensemble (s) Round Sine
Goodbye		Goodbye, goodbye, Goodbye to you	For students using iPads and the ThumbJam app as an instrument, set key to 'C' and scale, Major Pentatonic. For some students, a sustained sound (s) is difficult to control, in which case, choose unsustained (u). All the music on this video is playable using C major pentatonic scale.

Jamalong sessions with Carrie & Mowkee

These jam sessions work alongside The Improvise Approach.

To get started straightaway, follow the instructions here, to keep your music space in tune.

There is a 20 minute training video available on my website and from Leicestershire Music Hub.

These Jamalong sessions allow students time and space to improvise harmoniously with each other, within a repeated musical framework.

The joy of always being in tune with each other, helps develop confidence and independence.

Each song has a picture and title/ theme to encourage easy recognition and imaginative play.

Traditional musical instruments are often very difficult for our PMLD students to access. By using iPads/ iPhones with the ThumbJam app and optimum positioning for the needs of that student, they have access to use any part of their body, to play a wide range of musical instruments and have more control over what and how they play.

It's amazing to see the motivation that is created when a student realises they can play beautifully! It helps develop their hand-eye coordination, listening and communication skills, turn-taking...and so much more.

The well-being we all experience when are able to access music, must be accessible to everyone.

It's our aim, that these sessions will help students/ staff/ carers/ parents....everyone, to make free, improvised, musical choices and give them the time to find their "inner muso".

The best app is **ThumbJam** IOS app £8.99 - <https://apps.apple.com/gb/app/thumbjam/id338977566>

Alternative FREE music-making apps:

AUMI - works in a similar way to a Soundbeam, using the iPad camera - <https://apps.apple.com/gb/app/aumi/id647002265>

Harp Real (plays in C major) - <https://apps.apple.com/gb/app/harp-real/id1481348599>

iGrand Piano (Free for iPad) - <https://apps.apple.com/gb/app/igrand-piano-free-for-ipad/id562914032>

Sensory Mica/ Vocalisation - <https://apps.apple.com/gb/app/sensory-mica-vocalization/id1114480218>

Sensory Speak Up/ Vocalise - <https://apps.apple.com/gb/app/sensory-speak-up-vocalize/id655636902>

For more details on The Improvise Approach, free resources and useful links, please visit our website at www.improviseapproach.com

To keep your music space in tune

iPADS & THUMBJAM APP SET TO C MAJOR PENTATONIC SCALE

Choose your instrument sound (see suggestions for each song).

**ALL TUNED PERCUSSION
chime bars, bells etc.,
SELECT THE NOTES
C D E G A
...and plenty of pots, pans,
spoons, rice shakers and
wrinkly tinkly things.**

Carrie and Mowkee's Jamalong 8

Welcome	Props/ Instruments	Vocal	iPad ThumbJam Settings
1. Canoe	Rice shakers Paddle: cardboard tube, egg tray, Gaffa tape Chimes and bells Carrie - Ukulele	Canoe	(u) Banjo (u) Vibes (s) Tenor Sax (s) Blues Organ
2. Yee Haa	Flower box double Bass (broomstick, box, pegs, elastic bands, Gaffa tape.) Box with lid Egg box iPad (ThumbJam) -Blues Organ 2 Carrie - Guitarlele	Yee Haa	(u) Banjo (u) Muted Funk Guitar (s) Blues Organ 2 (s) Blues Harmonica
3. Flying	Blue shawl iPad (ThumbJam) - Vibes Carrie - Guitar (12 string)	Fly in the sky	(u) Marimba (u) Upright Piano (s) String Ensemble (s) Flute
4. Sunset	iPad (ThumbJam) - Cittern Rainstick		(u) Upright Piano (u) Harp (s) String Ensemble (s) Round Sine
Goodbye		Goodbye, goodbye, Goodbye to you	

