

# Movement & Music

## Paddington Bear's First Concert

### The Sounds, Movements and Rhythms of Paddington Station:

The Brown Family first meet their friend Paddington the Bear on the platform of a railway station. In this activity we will use our voices, bodies and imaginations to create rhythms and movements inspired by the sounds of trains and people in a railway station. Participants will work together as an ensemble to create a soundscape and rhythm machine, while taking turns in the role of conductor!

#### Materials Needed:

A little space to move around in and whatever sturdy/unbreakable objects you have at hand.

**Optional:** A device for listening to *Paddington Bear's First Concert* minutes 6:00-7:40. It is possible to find the recording at this link >>  
[https://www.youtube.com/watch?v=VEkrwBxg\\_wM](https://www.youtube.com/watch?v=VEkrwBxg_wM)

**"Mr. and Mrs. Brown first met Paddington on a railway platform. In fact, that was how he came to have such an unusual name for a bear, because Paddington was the name of the station."** -Michael Bond, *A Bear Called Paddington*.

#### Directions:

##### Step 1: Create a Soundscape

- Take a few moments to think about the sounds you might hear in a railway station. If you have already listened to the program *Paddington Bear's First Concert*, you may have some ideas! If you have access to a device with connection to the internet, you can replay minutes 6:00 – 7:40 via the link listed in the materials section, or just think about the sounds of trains, people carrying or pushing luggage, and the hustle-bustle of taxis, people and pets all mixed in together.
- Take turns using your voice and/or body to share a sound you imagined. As each person shares a sound, the others will repeat back the sound to the best of their ability. For example, if I were to say “chugga chugga chug,” the rest of the group would echo that sound back to me in a similar tone of voice. If I were to stomp my foot six times to imitate the sound of someone running down a set of stairs, the rest of the group would stomp their feet six times right afterward. Congratulations! Each of you has created and shared your own unique rhythm. Repeat this process as often as you like to create a vocabulary of sounds for your imaginary railway station.
- Once all of the sounds have been introduced, the group will work as a musical ensemble, combining their unique rhythms to create an original soundscape! One person starts the musical piece by repeating their rhythm over and over. The next person listens and adds their own rhythm on top. Keep adding until everyone is involved! Have fun making music and bring the piece to a close when it feels right to the group, or when the first person stops.

##### Step 2: Add Movements

- Your ensemble will now take your original soundscape and add movement to create a rhythm machine.
- As each person presents their unique sound, they will use a part or parts of their body to create a movement to go with it.
- Feel free to change the movement as desired as your soundscape builds and flows.

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## *Paddington Bear's First Concert*

### **Step 3: Take Turns Being the Conductor!**

- Once you get the hang of creating soundscapes and rhythm machines, appoint somebody to be the conductor of the ensemble.
- The conductor will point to each member of the ensemble when it is their turn to join in.
- When the conductor raises their hands, the ensemble will raise the volume. When the conductor lowers their hands, the ensemble will lower the volume. Conductors can also point to individual ensemble members to indicate volume level.
- Create your own signals for speeding up, slowing down, and more!

**Closing:** Create a frozen picture or pose with your bodies to represent Paddington Station, including the members of the Brown family meeting our beloved bear. Then take a bow and give yourselves a round of applause!

**Bonus:** Try one of these extra challenges:

- Give each sound a name as you present it to the group, for example “honking horns,” “introducing people running to catch a train!” or “This is the sound of the brakes.”
- Participants can try guessing what the sounds are meant to be or inspired by.
- Incorporate household objects into your rhythms. For example, use two pencils hit together for the sound of feet running down a set of stairs, or knocking your fist on a table for the sound of construction at the station.
- Use musical instruments such as a harmonica, drum or piano to make your sounds.
- Draw a picture of you closing pose!