

LEADING THROUGH MUSIC FOR WELLBEING



EXP ARTS - RESPONSIBLE CITIZENS

TAKE A DEEPER LOOK AT HOW MUSIC YOU PLAY AND/OR SING IN THE COMMUNITY/BANDS/GROUPS AFFECTS THE

This WAO develops learners' ability to lead music-based activities that promote wellbeing across a range of settings. Build skills in planning, delivering, and evaluating inclusive musical experiences that support emotional, social, and mental wellbeing. Through practical leadership opportunities, reflection, and collaboration, gain confidence in facilitating music sessions that are purposeful to the needs of individuals and groups.



SKILLS FOCUS



COMMUNICATING



COLLABORATING



LEADING



CURIOSITY



CREATIVITY



CRITICAL THINKING



INITIATIVE



ADAPTING



FOCUSING



RECOGNITION OF ACHIEVEMENT

NPA Level 6 Music Wellbeing



LEARNING INTENTION, SUCCESS CRITERIA & CAREER OPPORTUNITIES

Learning Intentions

I will:

- plan music activities that promote wellbeing for different individuals and groups
- lead and facilitate music sessions safely and effectively
- reflect on and evaluate the impact of music activities on wellbeing.

Success Criteria

I can:

- identify wellbeing aims for leading a music activity
- adapt music sessions that are inclusive and appropriate for the target group
- communicate how my planned activity supports emotional, social, or mental wellbeing

Career Opportunities

- Music Therapy
- Education
- Health Care
- Social Work

The Four Capacities

