

More about the NMPAT 50 challenge...

The 50 tasks are divided into 5 categories:

Connect , Listen, Create, Perform and Grow.

Connect

There is scientific proof to say that making music together is good for your health, so let's encourage as many people as we can to get involved. Why not invite people to come to your local NMPAT centre or to join our community choir...?

Share your performances with your community. Put a poster up in your front window. Invite a friend to come and see what you do. Perhaps you could also find ways of making your performances accessible to your community.



Listen

When we listen to music it is often while we are doing something else... like going on a journey in the car, or in the background of a film or computer game.

Try **really** listening to something, decide what it will be, find a way of playing it that means you can listen without distractions. Then really **listen**. Get comfortable, close your eyes and **listen**. #challenge20



Create

To create means using your skills, knowledge and imagination to make something that wasn't there before.

If you love music, create some of your own. You could start with a rhythm, jingle, song, fanfare or whole opera if you'd prefer. If words are your thing, write a poem, or a play, or some lyrics, or a rap.

You can create your own interpretation of any thing you perform, or you could create a new collaboration or friendship by creating your own band, choir or ensemble!

You could even create a drum kit with pots, pans and wooden spoons!



Perform

Performing is an opportunity to share something with an audience. You are asking the audience to listen and watch your performance, and in return you show respect for them by taking a bow to thank them for their attention.

Some performances will go well, and some may not go as well as you hoped. That doesn't matter. What matters is the intention behind the performance.

If you forget the words, go wrong in a tricky bit, or have an instrument malfunction, don't worry. You will still have made a connection!



Grow

Taking part in artistic activities can teach you much more than just music and the arts! When we work together we improve our ability to communicate with others, we learn to be resilient and we understand each other better. We believe in every one of you and want you to realise how much you have grown over the year.



NMPAT 50

Inspire • Nurture • Excel

The NMPAT 50 challenge!

This academic year, Northamptonshire Music and Performing Arts Trust turns 50, and we want you to celebrate with us by enjoying all the things we do at NMPAT!

To get you started we have created this NMPAT 50 Challenge which gives you 50 different things to tick off over this year. If you manage to complete all 50 by June 2019 you will be eligible to receive a limited edition NMPAT 50 pin badge!



You can do them in any order, you can start with any number. The idea is to help you to grow as an individual and to include more of our community in the NMPAT family!

What to do...

Keep hold of this form! Fill in the details below, and over the coming months complete the tick sheet as you complete each challenge. Before returning it to us also fill in the boxes underneath each section. If you return the completed form to the NMPAT office by **Saturday 8th June 2019** (one week after half term) you will earn your NMPAT 50 badge!

Your full name: _____

County Group/Regional Centre or NMPAT teacher: _____

Anyone can take part, students, parents, staff...
you are all part of the family!

Have a fun year!

Connect...



1
Be part of the NMPAT family



2
Encourage someone to join in with an NMPAT event

3
Sing a song with someone very young or very old

4
Make a playlist to share with friends or neighbours

5
Let people in your local area know when you are doing a performance

6
Learn to play a tune on an instrument that is new to you

7
Learn a skill and teach it to someone else

8
Sing in a choir

9
Make a playlist with friends or family (each person nominates a track)

10
Share the outcome of No. 30 with someone else!

Who got to share No. 30?

Listen...



11
...to a different radio station from normal

12
...to the whole playlist from No. 9

13
...to yourself (see No. 23)

14
...to some jazz

15
...to some poetry

16
...with a friend and tell each other how the music makes you feel

17
...to music from a local artist

18
...to something someone else really likes

19
...to music from the country of your supermarket fruit/veg

20
...to a piece with complete focus. Really listen!

What was your favourite new thing you listened to and why?

Create...



21
...a musical way of saying your name

22
...some lyrics for a song

23
...a recording of you performing

24
...an atmosphere for listening

25
...a new tune for the words to Jingle Bells

26
...a jingle for your favourite breakfast food

27
...a new ending for something you have already learnt

28
...a new instrument, and use it!

29
...a story to go with a piece of music you like

30
...a cake. (Who doesn't love cake?)

Which creation are you proudest of and why?

Perform...



31
...to a member of your family (yes pets do count)

32
...to a friend (humans only)

33
...to a friend who is older than you

34
...to a group of people

35
...outside

36
...all dressed up

37
...with others

38
...over the phone

39
...on a stage

40
...with joy!

Which performance did you enjoy the most and why?

Grow...



41
Make a journal for 44, 47, 48 & 50 and all your performances & experiences for the year

42
Attend a performance as a member of the audience

43
Practise 5 new skills or exercises until they are perfect

44
Make a long term goal and write it down somewhere safe

45
Clean your instrument, shoes or bedroom

46
Google 'TED Talks' then watch one

47
Which new friends have you met this year?

48
What new artists/performers have you discovered this year?

49
What can you do now that you couldn't in September?

50
List 50 things you are grateful for this year

On your gratitude list, what were numbers 3, 29 and 42?