

# Music for Character Essence Exploration

Hello!

I'm sharing the music tracks I used in the character essence exploration exercises at the 2019 T2PDI, as well as a few additional tracks for further essence exploration. These are tracks I've used with grades 5-12th and they've worked really well. All of these tracks are available on Apple Music. I've also included YouTube links for each track.

Physical warm-up/stretching music:

"Umayeyo" by Mickey Hart & Planet Drum

<https://www.youtube.com/watch?v=PVjtKIMka8c>

Note: I use many tracks in class from the album "Supralingua" by Mickey Hart & Planet Drum for general warm-ups and exploration of Rudolph Laban's action efforts. Great album for movement!

Element of Nature exploration:

Fire - "Summer's Gone" by The New Relaxation Ensemble

<https://www.youtube.com/watch?v=7BB5eveMBh8>

Animal exploration:

Cat - "Meow" by Party Favor & Zooly

<https://www.youtube.com/watch?v=brut30uwEoA>

Man-made object exploration:

Vacuum Cleaner - any vacuum cleaner sound effect will do! Here's one on YouTube:

<https://www.youtube.com/watch?v=PJSgFoZokpk>

Additional tracks:

Elements of Nature:

Ocean - "Blue Angel" by The New Relaxation Ensemble

<https://www.youtube.com/watch?v=1762kQmaLtg>

Darkness - "Any Other Name" by Thomas Newman

[https://www.youtube.com/watch?v=SqUwDI\\_bV-U](https://www.youtube.com/watch?v=SqUwDI_bV-U)

Animals (any non-human living creature):

Primate/Monkey - "We Will Rock You" by Queen

<https://www.youtube.com/watch?v=6SdIVPs8gZ8>

Bee - "The Flight of the Bumblebee" by Nikolai Rimsky-Korsakov

<https://www.youtube.com/watch?v=6TIHBa17bTk>

Bird - "The Lark Ascending" by Ralph Vaughan Williams

<https://www.youtube.com/watch?v=ZR2jIDnT2l8>

For man-made objects, I typically search for specific sound effects, white noise, etc. For alarm clock, I might play a couple of different styles and see what they discover in their physical exploration.

Here are a couple of alarm clock sounds that you can play on loop. However, I don't let these explorations go on for very long.

Classic alarm clock - <https://www.youtube.com/watch?v=npqyWPfGfbg>

Digital alarm clock - <https://www.youtube.com/watch?v=P74Q0ttOIw8>

I hope this helps! Please let me know if you have any questions!

Thanks,

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