

HOW DOES MUSIC MAKE YOU FEEL?

For some people, it can be life changing.

COMIC
RELIEF
**RED
NOSE
DAY**
FRIDAY 15 MARCH

1

JACOB

Meet Jacob, Riley, Brennan and Brandon. They have all faced tough times growing up and struggled in school. They often felt angry, frustrated and hopeless.

RILEY

BRENNAN

BRANDON

2

LOUIE LE VACK



This is Louie Le Vack – a rapper and poet. He works for Waves Music Therapy, an organisation funded by Comic Relief that uses music to improve the lives of children and young people in West Sussex.

3

Jacob, Riley, Brennan and Brandon go to school together and their favourite thing is their weekly rap session with Louie. They love working together to write, perform, produce and record their own rap tracks.

4

66
When you're doing rap you can be yourself.

Riley



Thanks to their rap sessions with Louie, all the boys have opened up, grown in confidence and become good friends.

THINK

How do you feel when you listen to music, join in with singing, play an instrument, or dance to music?

- Can you think of a time when music has made you really happy?
- Does it help you to relax and feel calmer?
- Do you use music to express your feelings?

TALK

Share your ideas with a friend. Talk about:

- How music makes you feel
- How you use music to express your feelings
- How rapping has changed the lives of the boys in the film

DO

As a class, talk about how Waves Music Therapy, funded by Comic Relief, helps children and young people.

- Do you think it is important?
- What could you and your friends do to raise money this Red Nose Day?
- Could you organise a musical fundraiser?

To find out more about Jacob, Brennan, Brandon and Riley and watch a short film about their stories, go to comicrelief.com/schools

Red Nose Day is an initiative of Comic Relief, operating name of Charity Projects, registered charity in England & Wales (326568) and Scotland (SC039730) and company limited by guarantee registered in England & Wales (01806414), registered address 6th Floor, The White Chapel Building, 10 Whitechapel High Street, London, E1 8QS. Photo credit: Daniel Loveday/Comic Relief.

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