

# PLAY IT FORWARD 7 Day Planner

Join Musical Walkabout for 7 days of fun, easy and rewarding ways to keep the music flowing and Play It Forward...

<p><b>TUES 20TH SEP</b></p> <p><b>You Don't Need Permission!</b></p> <p><u>TRY THIS</u></p> <p>Set an intention for 1 thing you'd like to try this week. It could be...</p> <ul style="list-style-type: none"> <li>• Sing in shower</li> <li>• Listen to new song</li> <li>• Breathe to music</li> <li>• Smile a little more</li> <li>•</li> </ul>	<p><b>WED 21ST SEP</b></p> <p><b>Music Buddies!</b></p> <p><u>TRY THIS</u></p> <p>Invite a pal to be your Music Buddy and share something musical. It could be...</p> <ul style="list-style-type: none"> <li>• A Song</li> <li>• An Album</li> <li>• A Singer</li> <li>• A Memory</li> <li>•</li> </ul>	<p><b>THURS 22ND SEP</b></p> <p><b>Musical Toolkit!</b></p> <p><u>TRY THIS</u></p> <p>Pick a music tool today - something easy and everyday. It could be...</p> <ul style="list-style-type: none"> <li>• A radio</li> <li>• A music app</li> <li>• An instrument</li> <li>• A music group</li> <li>•</li> </ul>	<p><b>FRI 23RD SEP</b></p> <p><b>Express Yourself!</b></p> <p><u>TRY THIS</u></p> <p>Discover ways to make some noise or express, however you like! It could be...</p> <ul style="list-style-type: none"> <li>• Sing, Hum, Whistle</li> <li>• Write a haiku</li> <li>• Make a shaker</li> <li>• Clap along</li> <li>•</li> </ul>	<p><b>SAT 24TH SEP</b></p> <p><b>Healthy Hacks!</b></p> <p><u>TRY THIS</u></p> <p>Explore the calming effects of breathing mindfully with music for 60 secs. Take care to...</p> <ul style="list-style-type: none"> <li>• Be in a safe space</li> <li>• Listen to your body</li> <li>• Consult your GP if needed</li> <li>•</li> </ul>	<p><b>SUN 25TH SEP</b></p> <p><b>Shape Your Story!</b></p> <p><u>TRY THIS</u></p> <p>Consider a time when music helped you, then tell us about it. It could be...</p> <ul style="list-style-type: none"> <li>• In a tough time</li> <li>• A fave memory</li> <li>• To get motivated</li> <li>• A live gig</li> <li>•</li> </ul>	<p><b>MON 26TH SEP</b></p> <p><b>Keep The Music Going...</b></p> <p><u>TRY THIS</u></p> <p>Pick 1 music action to doing with your Music Buddy. It could be...</p> <ul style="list-style-type: none"> <li>• For another 7 days</li> <li>• For a month</li> <li>• With more people</li> <li>• With Musical Walkabout...</li> </ul>
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<p><b>PLAYED, HEARD OR SUNG</b></p>	<p><b>TIME FOR MUSIC</b></p>	<p><b>MY MOODS</b></p>	<p><b>DISCOVERIES</b></p>
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<p><b>MUSIC INTAKE</b></p>	<p><b>MUSIC &amp; MOVING</b></p>		
	<p>Using music to keep active</p>		