

MUSIC & SOUND

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YOU ALREADY HAVE AN INSTRUMENT

Your body is an instrument. Clap, snap, stomp, hum, whistle, you don't need to buy or learn a traditional instrument to start making music. Body percussion is how music began!

LISTEN BEFORE YOU PLAY

Close your eyes for one minute and notice every sound around you. This can include traffic, birds, voices, and wind. These everyday sounds are the raw material for creating your own soundscapes and compositions.



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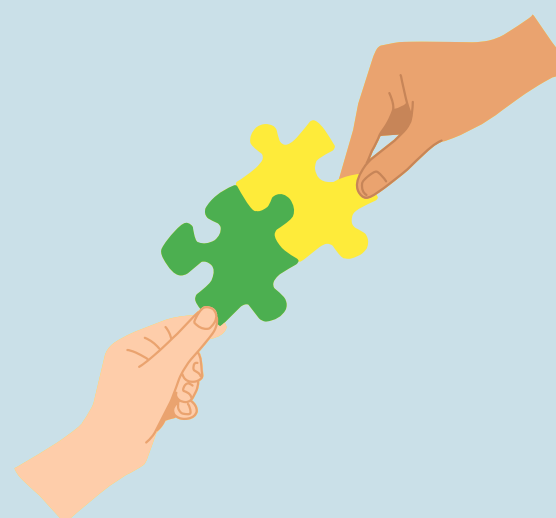


MIX YOUR LANGUAGES AND CULTURES

Your music doesn't have to be in one language. Blend words, melodies, and rhythms from your own cultural background with sounds from your new environment. The mix is what makes your music unique and tells your story.

MUSIC IS BETTER TOGETHER

Find one or two people and try a call-and-response exercise, layer different rhythms, or write lyrics together. You don't need to be at the same skill level. Different voices and ideas create richer sound.



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RECORD EVERYTHING, EVEN THE ROUGH STUFF

Use your phone to capture ideas, experiments, and spontaneous jams. Some of the best musical moments happen by accident.