

Music Ed Monday with Moffat Webinar Protocol

Thank you for joining us for today's webinar. It will begin at 9:00 Pacific time.

In order to make this run as smoothly as possible, here are a few pointers:

- Please make sure you are **muted** unless you've been specially called on to speak.
- Feel free to post your **questions or comments in the chat box** and we will address them as we are able.
- I will send a recording and slide deck following the webinar.



Today's Goals

- 1) Understand and experience the power of the First Four Minute protocol
- 2) Determine if this is something you want to adopt in your classroom to reduce stress, improve student retention, and make teaching and learning music more intuitive

Weekly Recap

Week 1: March 23, 2020

- Music Teaching, Stress, and Mental Health
- Moffat's mPower Method
- Guest: Dr. Matthew Arau, Upbeat Global

Week 2: March 30, 2020

- Overview of Music Ed Mondays (aka Band Director Boot Camp)

Week 3: April 6, 2020

- Assessment (Music Teacher Mojo Meter) *Score?*
- The Three C's : Care, Clarity, and Consistency
- Homework: Identifying Core Values
- SNaP Strategy Ideas: Push-up Example

Week 4: April 13, 2020

- Think about Your Post-COVID Classroom and How You Want It To Function
- Experience the First Four Minute Protocol
- Understand benefits and determine if you want to create your own custom protocol

Week 5: April 20, 2020

- Design Your Own Custom First Four Minute Protocol and a Plan for Successful Implementation



Homework

Music Teacher Mojo Meter

Helps you see how you feel about being prepared to teach in a post-COVID classroom where stress for students and teachers will be enhanced as we experience more uncertainty and change.

Visualization

“Seasons of Love” music with your reflections on Spring 2019, 2020, and 2021 to help you get a bigger perspective as you navigate new territory

Reflections

Today I noticed... and last week’s reflective questions about who and what inspired you to be a music teacher and how you want students to feel in your presence

SNaP Strategies

Hacks for changing or creating habits for you and your students



Do You Brush Your Teeth?

Every Day?



*What do you do to
reset your brain?*



Tue 4/7/2020 10:16 AM

Hello Mrs. Moffat!

I hope you are doing well in these difficult and confusing times. I wanted to email you about your link for your mindfulness video. Your video has helped me so much in so many ways. The first three weeks of staying at home has given me some pretty major anxiety attacks about a lot of things. Your video has helped me calm down and get rid of my anxiety and I want to thank you for that.

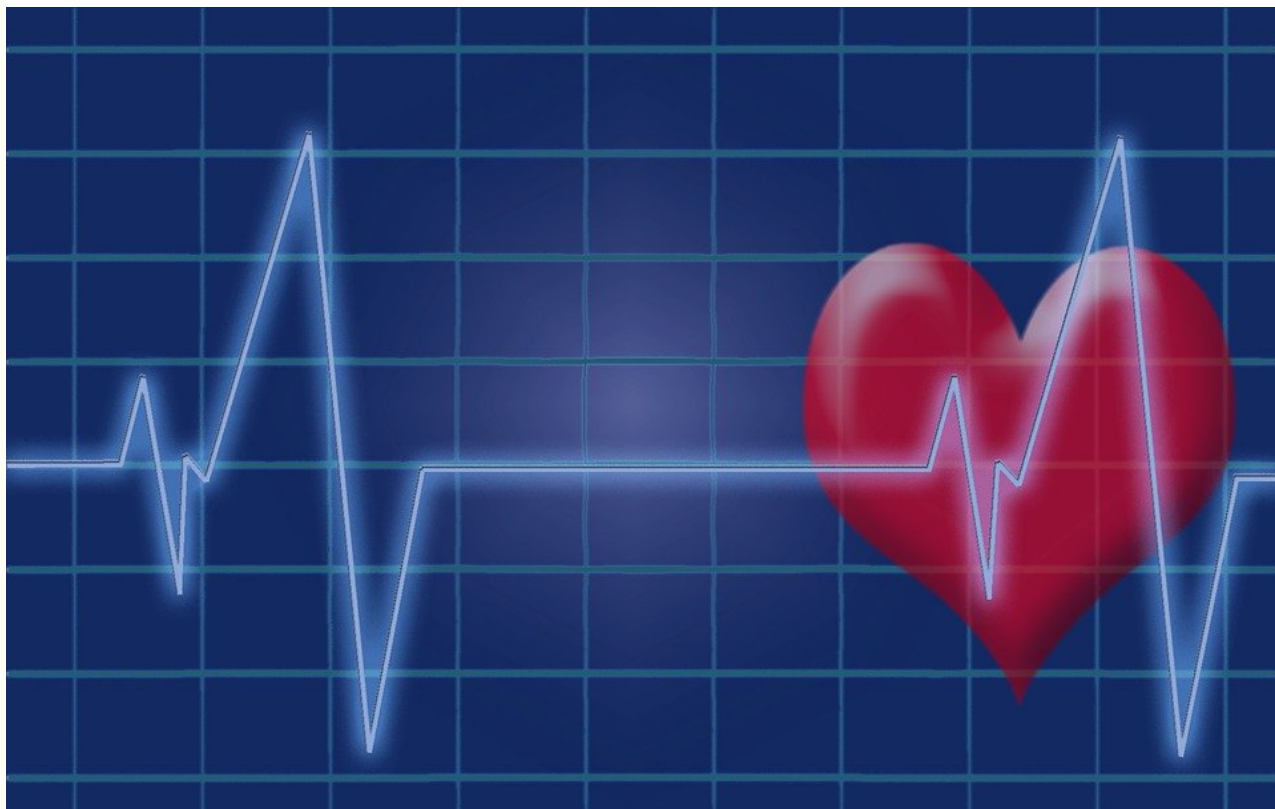
9th Grade Male Student



A serene beach scene with a clear blue sky, white clouds, turquoise water, and a sandy shore. The text "Breathe with Me" is centered in the upper half of the image.

Breathe with Me

This is how we are biologically programmed to function.



THE TWO TRIGGERS:

Once you have gotten your students in a relaxed and ready-to-learn state, there are two things that are guaranteed to happen for the rest of the class period.

- 1) The students will continue to **hear your voice**.
- 2) The students will continue to **breathe**.

Your voice and them breathing are now triggers for them to be calm and relaxed in your presence!

Can you imagine how easy it is to teach when kids have had the chance to:

- 1) Calm down, de-escalate, and reset for your class?
- 2) Be surrounded by peers who are also calm, de-escalated, and ready for class?

Hint: It's AMAZING!



Just a Few of the Benefits of Implementing a Mindfulness Practice in a Music Classroom

Classroom
management becomes
effortless

Students play in tune
much better as their
bodies become more
sensitive to pitch
(vibration)

More musically
sensitive and
expressive

Nearly all tardies have
been eliminated

Students are much
more engaged

Improved performance
skills

Stress levels much
lower

Non-instructional noise
eliminated/greatly
minimized

Benefits carry over
from year-to-year

Kids like the benefits,
both personal and as a
group, so they are
motivated to continue

Much higher retention
rate

Deeper understanding

Communal energy

Reduced heart rates
and excess energy
result in calmer
students and teachers

Students and teachers
tap into the
intuitiveness of music
more than the “gotta-
get-it-rightness”



*When we listen to music in a mindful state,
we can relinquish responsibility
for thinking about the music and actually feel it.*

Lili, grade 11

Come Back Next Week

Create your own customized First Four Minute protocol using my template

Create an implementation plan to ensure success

Clock Hours / Certificate of Completion

Band Director Boot Camp special cohort support

HOMework:

In the meantime, check out Dr. Tim's message: <https://www.youtube.com/watch?v=4MwWVkBREw>

Write down at least the top ten things that cause you stress or suck the living energy right out of you. If you have more than 10, write 'em all down.

Cross off any of the items that *wouldn't* be improved by a First Four Minute protocol

Look at the remaining items and imagine (and write down) what it would be like to have those very things become markedly easier

Show up next week and create your own plan for a successful return to your classroom!

