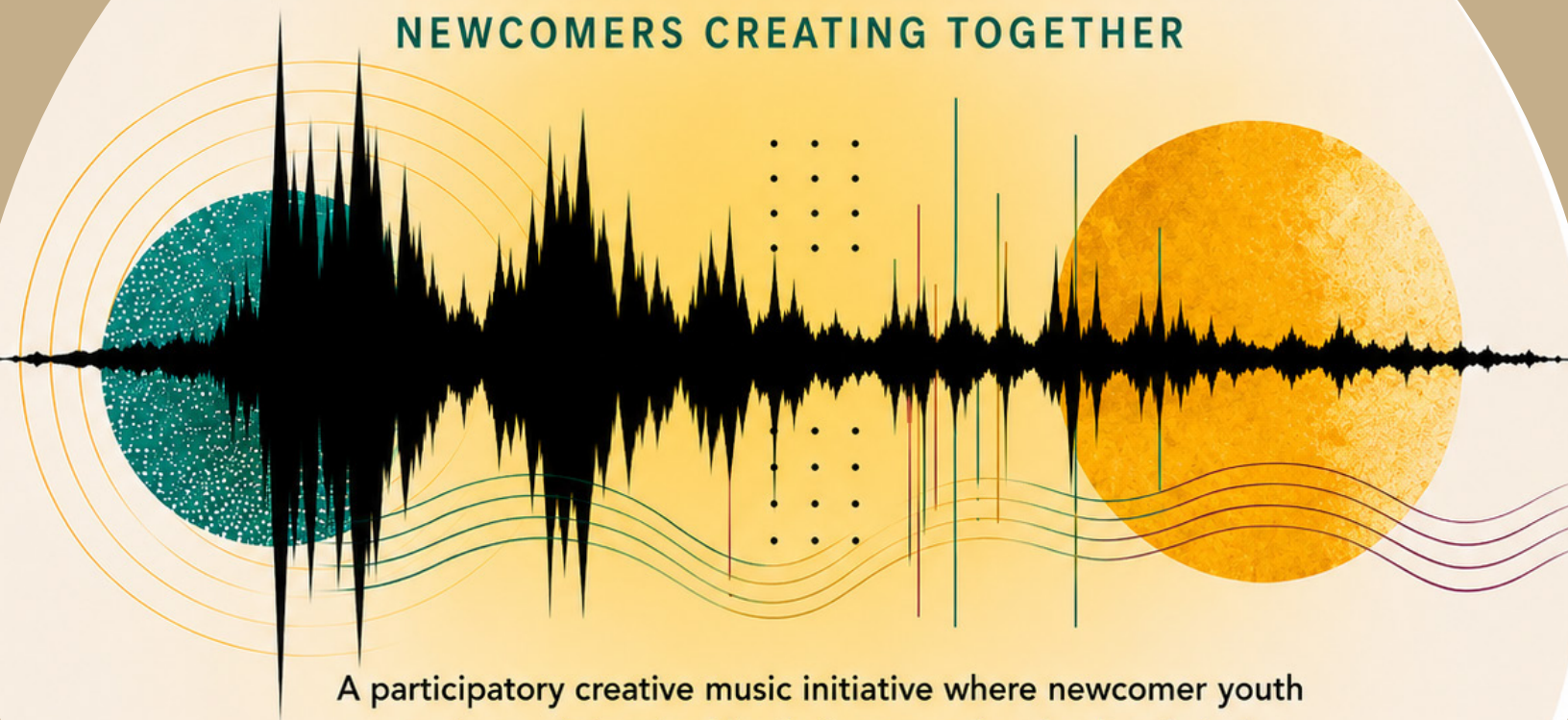


RESONANT STORIES

NEWCOMERS CREATING TOGETHER



A participatory creative music initiative where newcomer youth co-create music inspired by their personal and cultural stories, fostering **connection**, **belonging**, and **creative expression**.

IN PARTNERSHIP WITH



Central Vancouver Island
Multicultural Society



Creating music.
Sharing stories.
Building community.

SUPPORTED BY

CANADIAN NEW MUSIC NETWORK



RÉSEAU CANADIEN
POUR LES MUSIQUES NOUVELLES

A FACILITATOR GUIDE
for Music Educators

Facilitator Adaptation Note: Responding to Group Energy, Needs, and Engagement

Every group arrives with different levels of comfort, confidence, language ability, attention, and experience with creative activities. The activities in this guide are designed to encourage exploration and collaboration; however, facilitators may need to adjust the structure depending on the group's energy and readiness.

Some newcomer youth may be unfamiliar with open-ended creative activities, group reflection, or making music without a clear "right answer." Others may have high energy, difficulty waiting, or may need more movement and active participation before they are ready for quieter listening activities.

If the group is having difficulty focusing, appears unsure of the activities, or is not engaging with open-ended exploration, facilitators can shift from exploration-based activities toward more structured, interactive challenges.

Adaptation Strategies

Begin with Movement and Rhythm

Before asking participants to listen, reflect, or create, invite them to use their bodies and energy through:

- Rhythm copying games
- Call-and-response activities
- Beat challenges
- Movement with sound

These activities help build confidence, create connection, and establish group focus.

Make Activities Shorter and More Active

For groups that struggle with longer activities:

- Break activities into smaller challenges.
- Change activities every 5–10 minutes.
- Alternate between movement, creating, sharing, and

Short, achievable tasks help participants experience success quickly. listening.

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1. WELCOME



Welcome to Resonant Stories.

This program invites children and youth to explore the power of sound, imagination, and collaboration.

Together, we create music as a way of connecting, expressing, and belonging.

Through voice, movement, instruments, and everyday materials, participants discover that all sounds have meaning and that every story deserves to be heard.

This guide supports facilitators in creating a safe, inclusive, and inspiring space for creative music-making with children ages 5–12.

2. AT A GLANCE

6 SESSIONS | 60 MINUTES EACH



1

Discovering Sound

Exploring everyday sounds and building community.



2

Listening & Weather Systems

Learning listening and layering through a weather soundscape.



3

Imagination & Sound Story

Using sound to create imagery and narrative.



4

Building Our Story

Creating structure and introducing leadership through conducting.



5

Rehearsal & Development

Refining and strengthening our group soundscape.



6

Performance & Celebration

Sharing our sound story and celebrating our journey together.

Resonant Stories: Newcomers creating music through sound, storytelling and community

Age Group Primary: 6–9 years

Adaptable: Can be modified for younger children, older youth, families, or intergenerational groups by adjusting facilitation, complexity, and discussion prompts.

Overview

Resonant Stories: Newcomers Creating Together is a participatory creative music project developed in partnership with the Central Vancouver Island Multicultural Society (CVIMS) in Nanaimo, BC. The project invites newcomer children and families to create original music inspired by their personal experiences, cultural identities, and stories. Through collaborative music-making, participants build confidence, foster belonging, and explore creative expression while contributing equally to a shared musical work.

Learning Goals

- Develop creative confidence through collaborative music-making.
- Explore rhythm, sound, voice, and movement.
- Transform stories, memories, and cultural experiences into music.
- Practice listening, cooperation, and shared decision-making.
- Experience music as a tool for connection, belonging, and self-expression.

Core Concept

Participants explore how stories can become music.

Using voice, body percussion, simple instruments, and everyday household objects, they experiment with different sounds before working together to create an original group composition. There are no "right" or "wrong" musical ideas.

Every participant contributes creatively, and the final composition reflects the voices and experiences of the entire group.

Materials

- Drums
- Shakers
- Tambourines
- Simple percussion instruments
- Voice and body percussion
- Household objects (bottles, pots, containers, paper, sticks, etc.)
- Open floor space for movement
- Optional recording device

Facilitation Approach

This project uses a participant-led, trauma-informed approach.

Key Principles

- Every voice has value.
- Creativity is collaborative.
- Cultural knowledge is celebrated.
- Experimentation is encouraged.
- Process is as important as the final musical product.
- Participants have agency over creative decisions.

RESONANT STORIES: NEWCOMERS CREATING TOGETHER FULL FACILITATOR GUIDE (Sample Sessions | 60 MINUTES EACH)

FACILITATOR REFERENCE

Sound Sources

- Body: Clap, stomp, pat, snap, tap
- Voice: Hum, "shh", "ooo", breath sounds
- Objects: Paper, fabric, keys, bottles
- Instruments: Drums, shakers, bells, tambourines

Facilitator Tips

- Encourage exploration rather than perfection.
- Keep sounds simple and repeated.
- Focus on listening as much as making sound.
- Support hesitant participants by modeling simple ideas.
- End each session with a short reflection and silence.

SESSION 1 | Exploring Sound

Goal: Build confidence exploring body, voice and everyday objects.

Welcome: Name Rhythm Circle (10 min)

- Model by saying your name with a simple body rhythm.
- Group repeats each person's name and rhythm.
- Encourage simple ideas and participation.

Explore Sound (10 min)

Introduce sound qualities:

- Loud and soft
- Fast and slow
- High and low Ask:
 - Which was easiest?
 - How did the sounds feel different?

Sound Mirror (10 min)

- In pairs:
- One person creates sounds.
 - Partner copies exactly.
 - Swap roles halfway.

Sound Stations (30 min)

Rotate through stations.

Paper • Crumple, tear, fold, shake, rub.

Fabric • Wave, shake, swirl.

Objects • Keys, bottles, tapping and shaking.

Closing (5 min)

Create one shared hum or "shh".

Gradually fade to silence.

Ask at each station;
What could this sound
represent?

SESSION 2 | Listening and Weather

Goal: Develop listening, layering and ensemble skills.

Sound Detective (10 min)

Participants close their eyes.

Create everyday sounds using paper, objects and voice.

Participants guess each sound.

Sound Mirror (15 min)

Repeat pair activity.

Focus on careful listening and accurate copying.

Build a Weather Soundscape (30 min)

Create four groups:

- Rain
- Wind
- Thunder
- Storm

Build one layer at a time:

1. Light rain
2. Add wind
3. Add thunder
4. Full storm

Conduct using hand signals.

Focus on balance, listening and teamwork.

Slowly remove layers:

- Thunder
- Wind
- Rain
- Silence

Closing (5 min)

Each participant shares:

- One word
 - One sound
-

SESSION 3 | Sound Stories

Goal: Use sound to tell a story.

Sunshine Sounds (10 min)

Explore sounds that represent sunshine using body, voice, objects and instruments.

Weather Review (15 min)

Rebuild:

- Sunshine
- Wind
- Rain
- Thunder

Conduct the sequence together.

Group Sound Story (30 min)

Small groups create a story with:

- Beginning
Middle
- End

Include:

- Body sound
- Voice sound
- Object sound
- Instrument sound

Suggested themes:

- Forest
- Ocean
Journey
- City
- Magical place

Coach groups by asking:

- What happens first?
- What changes?
- How does it end?

Invite groups to perform

Closing (5 min)

Everyone shares one sound they remember from the session.

SESSION 4 | Building Our Story

Goal: Create one shared group soundscape and introduce participant conductors.

Human DJ (25 min)

Create four groups:

- Body
- Voice
- Objects
- Instruments

Each group creates one repeating sound.

Facilitator conducts using hand signals. Invite participants to take turns conducting.

Build One Shared Story (30 min)

Choose one theme:

- Forest
- Ocean
- City
- Space

Build together:

Beginning

- Calm
- Few layers

Middle

- Add sounds
- Increase energy

End

- Reduce layers
- Slow and finish together

Perform the full story once.

Closing: Sound Wave (5 min)

Participants stand in a circle.

Pass one repeating sound around the group.

Gradually fade to silence.

SESSION 5 | Rehearsal and Final Performance

Session 5: Rehearsal

Goal: Refine the shared story.

Human DJ Review (15 min)

Review the story created in Session 4. Practise conducting and listening.

Improve Transitions (20 min)

Practise moving smoothly between:

- Beginning
- Middle
- End

Focus on continuous flow rather than stopping.

Full Performance Run (20 min)

Perform the complete story without interruption.

Encourage participants to continue even if mistakes happen.

Close with a gratitude circle (5minutes)

Each person shares:

- One reflection

- One sound
-

Session 6: Final Performance

Goal: Perform the completed soundscape confidently.

Quick Review (10 min)

Review:

- Beginning
- Middle
- End

Each group demonstrates its repeating sound.

Final Rehearsal (10 to 20 min)

Run the complete performance once using simple conducting cues:

- Point to start
- Palm up or down for volume
- Fist to stop

Performance (optional)

Keep each group on one repeating sound.

Structure:

- Beginning: 1 to 2 groups start quietly.
- Middle: All groups join.
- End: Groups fade out one at a time.

Finish with 5 to 10 seconds of silence.

Celebration Circle

Invite everyone, including audience members if appropriate, to join one final shared sound.

End by saying: **"Thank you. You created a sound story together!"**

*In every sound there is
a story. In every story,
there is connection. In
every connection there
is community*

Thank-you for being part of this journey of sound, story, and connection.

Facilitator Activity Adaptation Toolkit Age, Energy, and Group Readiness Adjustments

The activities in this guide are designed to support creativity, connection, listening, and collaborative music-making. Groups may vary in age, language ability, confidence, attention span, and previous experience with music. Facilitators can adapt activities by adjusting the level of structure, movement, and independence.

The goal is not to create perfect musical performances. The goal is to create opportunities for participants to:

- express themselves through sound
- build confidence
- practice listening and collaboration
- connect with others through creative experiences

Younger Participants (Ages 6–9)

Focus: Play, movement, imitation, and simple choices

Younger participants often benefit from short activities, clear instructions, and repetition.

Activity: Sound Copy Challenge

Time: 5–10 minutes

Goal: Develop listening skills and confidence.

How: Facilitator creates a simple sound pattern using:

- clapping
- stomping
- tapping
- vocal sounds

Participants copy the pattern.

Begin with:

- clap clap
- stomp stomp
- tap tap tap

Gradually allow participants to become the leader.

Facilitator Prompts: “Can you copy my sound?” “Can you make one for the group to copy?”

Middle Age Participants (Ages 10–13)

Focus: Challenge, teamwork, creativity, and leadership

This age group often benefits from structured challenges and opportunities to make choices.

Activity: Sound Effects Studio

Time: 15–30 minutes

Goal: Create collaborative sound stories.

How: Participants become sound designers for a movie.

Choose a scene:

- storm
- jungle
- city
- space
- adventure
- ocean journey

Groups create:

1. Beginning sound
2. Problem/change sound
3. Ending sound

Include:

- body sound
- voice sound
- instrument/object sound

Facilitator Prompts:

“What sound tells us where we are?” “How can everyone contribute?” “What is happening in your scene?”

Older Youth (Ages 14+)

Focus: Personal expression, storytelling, and deeper collaboration Older participants often benefit from more independence and opportunities to connect sound with personal experiences.

Activity: Soundtrack of a Memory

Time: 20–30 minutes

Goal: Use sound to represent experiences and emotions.

How: Participants choose a memory, place, or feeling.

They create a short sound piece using:

- voice
- instruments
- objects
- recorded sounds

They may share the story behind the sounds if comfortable.

Facilitator Prompts:

“What feeling does this sound represent?”

“What sounds connect to a place or experience?”