

Online Activities for Schools

scottish
ensemble

Scottish Ensemble – Scotland’s pioneering string orchestra – is offering live digital performances for schools across Scotland.

We know the return to school has been difficult for many young people: the impact of the Covid-19 pandemic is unavoidably causing increased anxiety for pupils and staff alike. To help facilitate a time dedicated to wellbeing and good mental health, Scottish Ensemble is offering free concerts for schools with a focus on relaxation and positivity. We’ve been performing and working with young people in schools and communities for almost our entire 50-year history and we have a carefully curated selection of music to share through a live streamed event. We can tailor the experience to any age range from P1 – S6 and, while it’s not the same as being in the room with you, we’ll make sure each live performance is an intimate and personal experience.

What are we offering?

There are three ways your school can engage with a Scottish Ensemble online performance:

1. We have scheduled online lunchtime performances by the whole orchestra roughly once a month which any school can sign up to attend, from a single student or teacher, to a full school. To view this free event, just [get in touch](#) and register your interest each month and we’ll send you out the link for each concert. Then all you need is something to watch and listen on. The concert will last around 30 minutes, featuring relaxing and uplifting pieces each introduced by one of our players. You can have Scottish Ensemble live in your school hall – no matter what region of Scotland you’re based in. The concert and music will be structured to connect with a wide range of emotions and allow listeners to consider these within a positive environment. **Our first monthly lunchtime concert will take place on Friday 30 October.**
2. We can offer a bespoke concert for a single class or similar sized group – with the opportunity for the young people to have a Q&A session with the musicians afterwards. This increased interaction allows for both a relaxing concert, and for us to more directly address learning outcomes such as: cultural history, musical ideas and structures, emotional literacy, and introductions to the world of professional musical life. For this we recommend a full 50-minute period, which we can arrange at a suitable time.
3. Music & Mindfulness – many schools already offer mindfulness sessions for their pupils, and over the last few years Scottish Ensemble has been developing music and mindfulness sessions as a method of relaxing and coping with anxiety. Music and listening can be a great gateway to mindfulness and meditation, and the discussions included as part of this workshop help develop emotional literacy. If you already have a mindfulness leader in your school we can work with them to run the session, or we can arrange for an experienced freelance practitioner to join us in this capacity. For this we recommend a full 50-minute period which we can arrange at a suitable time.

If you would like to get in touch to book any of the formats listed above, or to ask any further questions, please contact: duncan.sutherland@scottishensemble.co.uk

How to attend or arrange a Scottish Ensemble digital concert:

- Contact us via the [email address](#)
- Find an appropriate quiet space with no distractions
- Set up speakers/headphones to listen and a monitor or projector to watch (and a microphone for the interactive sessions)*
- Relax and enjoy

*If you have questions about the technical requirements just get in touch and we’ll make sure you have everything you need.

What you’ll receive:

- Pre-event communications and technical instructions
- A personal contact from SE to help manage your participation
- A live concert in your school or classroom
- Further offers for ways to stay in touch with Scottish Ensemble and invites to special events
- Post-event resources, playlists and ideas as to how to use music for well-being in a school environment
- If you wish, we can also provide pupils with certificates confirming their full participation in Music & Mindfulness sessions