PROJECT #55

TURN YOUR WORRIES INTO MUSIC

To turn your worries into music, you will need:

Any random objects that can be used to make music!

Hello! My name is Christian. I'm a local artist who works with OK You, and this is a short video about the way that music helps me with my anxiety and worries.

Step 1 of 2

Music is one of the ways I'm able to get my worries out of my head. And one of the best things about it is that anyone can make music with anything!

I hope my video inspires you to make music with your own worries (or just for fun).

Step 2 of 2

How many different things did you spot being used as instruments? What other instruments can you come up with?

To share your ideas, just click below to add a photo of your instruments to our gallery.

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