

Rock Hopping

Teacher Resources

Activities in this pack:



Information



Activity 1 Create



Activity 2 **Listen**

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Introduction

Rock Hopping - Maria Grenfell

Maria Grenfell is a highly respected Australian composer known for her imaginative, lyrical, and rhythmically vibrant music. Born in Malaysia and raised in New Zealand, she now lives in Tasmania, where she teaches music at the University of Tasmania.

Grenfell's music often reflects her surroundings, especially the natural beauty of Australia, and draws on a wide range of influences from classical to world music.

She says of her piece Rock Hopping:

“Rock Hopping was commissioned by the Hush Foundation for the Tasmanian Symphony Orchestra. It was a privilege to be part of this project making music for children. I loved creating a soothing sound world and I hope it helps inspire a feeling of calm. Rock Hopping is for children, and one of the things my own children love to do is go rock hopping at the beach. It takes them to their own special world of castles and crabs, waves and water.”





Create a Soundscape

Sound Experiments – Instrument Exploration:

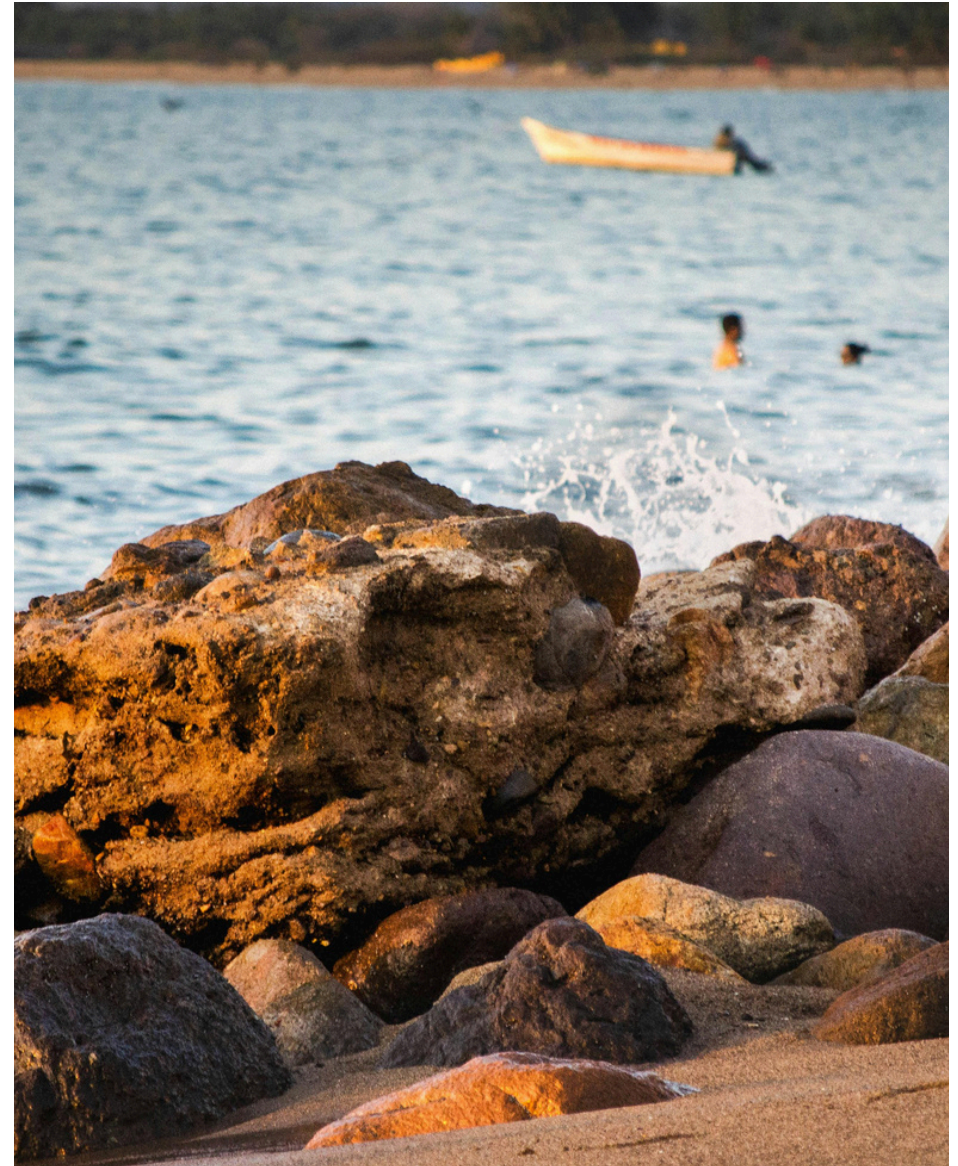
Let students try out instruments or objects to find ways to represent nature sounds. Challenge them:

- Can you make a wave with a drum roll or a soft shaker rhythm? How could you show the splash of jumping into water?
- What instrument mimics the crunch of gravel underfoot?

Encourage them to play with dynamics (loud/soft), tempo (fast/slow), and texture.

Group Soundscape Creation:

- Divide students into small “sound teams.” Each group picks one part of the natural scene (e.g. waves, footsteps, wind, creatures).
- Have each group compose a short musical pattern or “sound moment” using their assigned theme.
- Bring the class back together and combine the pieces to form a full-class soundscape—essentially telling the story of a rock-hopping adventure through sound. You could guide them like a conductor to shape the sequence.





Mindful Imagining

Start by asking: Can music change the way you feel? Can it help you calm down or feel peaceful?

Introduce Rock Hopping as a piece that creates a gentle, calm sound world.

[CLICK HERE TO PLAY ROCK HOPPING \(YouTube\)](#)

Play it again, but this time, invite students to breathe slowly and relax as they listen.

Mindful Imagining – Guided Visualization:

With eyes closed, ask students to imagine they're walking along a quiet rocky shore. Use prompts like:

- What do you hear around you?
- How does the air feel?
- What can you see in the distance?
- Are there animals or gentle waves nearby?

Keep this moment quiet and reflective.

Drawing a Calm Scene:

Ask students to draw the scene they imagined during the music. Encourage use of calming colors and smooth lines to reflect the mood of the piece.

Invite students to share their pictures (if they're comfortable) and explain how the music helped them imagine a peaceful place.

Discuss how music can help manage emotions—especially when we're stressed or need a break.

Reflection Questions:

- Did the music help you feel more relaxed or calm? How?
- Where do you go in your imagination when you listen to peaceful music?
- Can you use music like this in your own life when you need to pause or reset?

