



MUSIC THERAPY ACTIVITIES TO TRY AT HOME

Mirror My Movement

Use body movements to engage your child in an interactive and meaningful activity

Before you start: Find a clear space with no clutter on the floor and bubbles if available.

Purpose of the activity:

It will help to release energy and to focus on activities step by step to increase attention, to manage levels of anxiety and to boost positive energy.

Links to EHCP targets: Emotional Well-being and Mental Health and Communication and Interaction

If you can use a relevant visual as an 'object of reference' to begin your activity this will provide familiarity and routine for your child to enable an increase in participation and motivation



Method:

- Find a space where your child can stretch both arms out and can circle around
- Begin by counting to 10 with a clap to reference each count if verbal language is limited
- Begin with steady movements such as raising your arms up and down
- Encourage your child to face you to follow your initiations and changes in movement
- Bend your knees then stand up and repeat whilst reaching your arms out to the side
- Encourage your child to copy your movements and praise them by using bubbles for 1 minute
- Make the shape of a star and jump 5 times
- Encourage your child to copy your movements and praise them by using bubbles for 1 minute
- Now observe your child and the movements they are making
- Focus on the movements that your child is making and mirror the same movement
- Use the bubbles to reengage your child if their attention begins to diminish
- Bringing the activity to a close continue with bubbles and then count down from 10 to 1
- Praise your child for taking part in the activity and reward them with a sticker/star/bubbles

Reflection:

- Did you notice any movement in particular that engaged your child?
- Next time could you extend any of the interactions for longer to increase levels of focus?
- Did this activity enable a sense of connection between you and your child?
- How could you improve the activity for next time?

KEEP WELL



KEEP SAFE

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