



# MUSIC THERAPY ACTIVITIES TO TRY AT HOME

## Ideas for the Summer

Here are some activities to explore over the holidays. Ideally if you can plan some dedicated time to focus on these that allows some calm and focus to fully engage and benefit from the effects.

## MUSIC, MOOD and COLOURS:

Listen to the following pieces of music and identify the underlying feeling. Does it sound happy, excited, sad, angry, tired or calm?

[https://www.youtube.com/watch?v=npdg21rjowU&list=RDnpg21rjowU&start\\_radio=1&t=0](https://www.youtube.com/watch?v=npdg21rjowU&list=RDnpg21rjowU&start_radio=1&t=0)

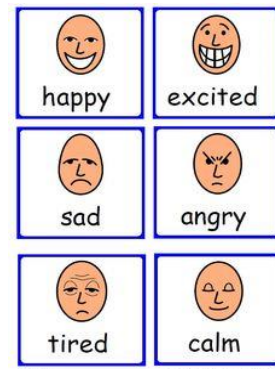
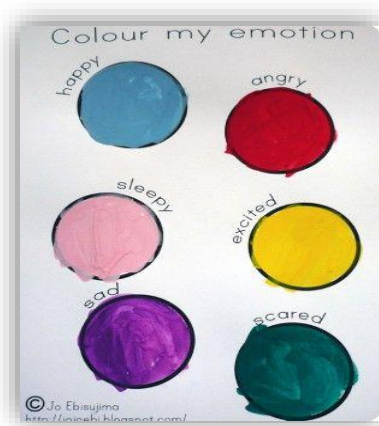
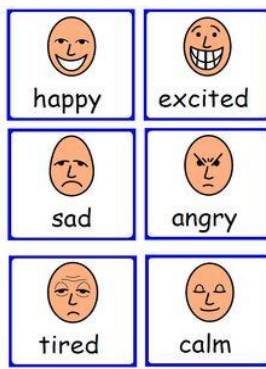
[https://www.youtube.com/watch?v=XULUBg\\_ZcAU](https://www.youtube.com/watch?v=XULUBg_ZcAU)

<https://www.youtube.com/watch?v=9b81mWYlyTo&t=1323s>

Using different coloured items such as playdough or building blocks or other items around the house that motivate your child, find its colour and associate this with a feeling.

Does red represent sadness or anger? Does yellow represent calmness or anxiety? Does green represent being excited or scared?

Follow the colours below to decide on the mood that it relates to.



## MUSIC and EMOTIONAL INFLUENCE:

Music influences how we are feeling and if we listen to a particular type of music this could promote either a change of emotion or the acceptance or understanding of our current state of mind:

### Here are some song ideas:

Music to energise: <https://www.youtube.com/watch?v=D7vrXDikbEU>

Music to relax: <https://www.youtube.com/watch?v=qoocq9cWfbc>

Music to focus attention: <https://www.youtube.com/watch?v=zck5ohWYtAU>

Music to move to: <https://www.youtube.com/watch?v=388Q44ReOWE>



## MUSIC to PROMOTE the use of SOUND and LETTERS:

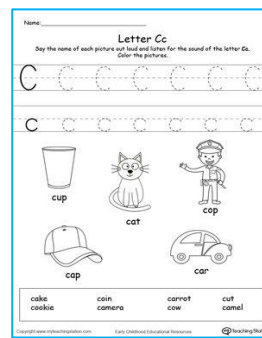
Find some motivating items or songs that represent the letters of your child's name and focus on each letter until they feel more confident to express themselves vocally.

Engage in this further with the use of mirroring, turn-taking and repetition.

Find a song that represents the name of your child or for each letter of their name if you prefer.

Example: JACK

# JACK



<https://www.youtube.com/watch?v=4otnJaX3hwk>

## MUSIC and STORY-TIME:

Make story-time even more special with the inclusion of music.

Here are some engaging stories that are set to music:

Over The Meadow: <https://www.youtube.com/watch?v=C6ljGXMMB-g>

Up, Up, Up: [https://www.youtube.com/watch?v=Lrd0TIER\\_J0](https://www.youtube.com/watch?v=Lrd0TIER_J0)

For further musical activity ideas, the Music Therapy Newsletters 'Keeping Connected' will remain available under the 'News' section of the school website throughout the holidays

WISHING ALL THE PUPILS AND FAMILIES OF  
HAYMERLE SCHOOL A SAFE AND ENJOYABLE SCHOOL HOLIDAY



KEEP WELL



KEEP SAFE

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