



BOUNCING BACK THROUGH MUSIC THERAPY

RECOVERY FOCUS activity 1: confidence and self-esteem

Increase confidence and self-esteem by using repeated musical patterns and assess your child or pupil's levels of response and engagement



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 1** (see separate recording sheets) It will enable us to monitor the progress in this area through eye contact, facial expression, use of voice, initiating play on an instrument and prompting a movement. If a parent/carer needs support with this then please contact your teacher for further assistance and guidance.

REPETITIVE ACTIVITY and STEPS:



- Step 1:** Begin by clapping or singing the rhythm above at a steady pace
- Step 2:** Repeat this several times until your child/pupil feels more confident
- Step 3:** Now play the music below and add the rhythms on top and repeat
- Step 4:** Introduce new ideas such as playing the rhythm on an instrument that is available or if not tapping or moving around the room using the rhythm to keep to the beat
- Step 5:** Increase the tempo and see if this changes your child/pupil's motivation. Note whether a steadier pace or a faster pace is more effective.

<https://www.youtube.com/watch?v=p1ChPfD2-s>

From 0 – 2.25 minutes – calmer/steadier pace background beat
From 2.25 – 5.10 minutes – much faster and energised background beat
Listen to the changes of tempo and see if your child/pupil picks up on these?

KEEP WELL



KEEP SAFE

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