



BOUNCING BACK THROUGH MUSIC THERAPY

RECOVERY FOCUS activity 2: confidence and self-esteem

Increase confidence and self-esteem by using anticipation within musical phrasing and songs to 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 2** (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.

USE OF ANTICIPATION ACTIVITY and STEPS:

- Step 1:** Place your hands together and gradually move them apart whilst vocalising
- Step 2:** Keep moving the vocals as you move your hands away from each other and then bring your hands back together to clap!
- Step 3:** Now this idea has been introduced wait for your child/pupil to clap to enable them to control the levels of anticipation and how long these last
- Step 4:** Introduce different elements to the activity such as new vocalisations or extend the time that the hands expand before clapping to build your child/pupil's confidence
- Step 5:** Using songs that your child is familiar with build on this activity by pausing at particular moments in the song and wait for a response!

Few ideas to try:

- <https://www.youtube.com/watch?v=XM7Jnetdf0I> – Alice the Camel – pause the music before the numbers and repeat this and notice the change in confidence in response
- <https://www.youtube.com/watch?v=rnjbyFME4CE> – Round and Round the Garden – pause the music after 'one step, two step' before including an action or tickle and notice the change in confidence in response



KEEP WELL



KEEP SAFE