



BOUNCING BACK THROUGH MUSIC THERAPY

RECOVERY FOCUS activity 3: confidence and self-esteem

Increase confidence and self-esteem by using a cue to stop within the music 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 3** (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 STOP ACTIVITY and STEPS:

- Step 1:** Listen to the below music with the cues to stop incorporated within it
<https://www.youtube.com/watch?v=LJDWKvsmhss>
- Step 2:** Encourage your child/pupil to move around the room and clap or dance
- Step 3:** How does your child/pupil respond when the music stops?
- Step 4:** Mirror your child/pupil's movements as they dance to increase the possibility of them picking up on the visual cue to stop
- Step 5:** Repeat this activity and notice the changes in your child/pupil's confidence levels and awareness of the cue to stop



KEEP WELL



KEEP SAFE