



BOUNCING BACK THROUGH MUSIC THERAPY

RECOVERY FOCUS activity 4: confidence and self-esteem

Increase confidence and self-esteem by mirroring and copying movements that your child offers and then encourage awareness and reflection of your movements



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 4** (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.

MIRRORING ACTIVITY and STEPS:

Step 1: Play a piece of music that motivates movement and dance such as the below:

<https://www.youtube.com/watch?v=cyVzjoj96vs>

https://www.youtube.com/watch?v=KAZX8i_RPQ&list=PLuWD9Nf0aDlz4nQIaWICj9iOCVP-wqofZ

Step 2: Notice the movements your child/pupil offers as they listen to the music and try to mirror this in front of your child/pupil

Step 3: Has your child/pupil noticed your movements and if so how has this been noted?

Step 4: If you feel your child/pupil has become more aware of you and your actions, then try introducing some of the following movements:



If not, then carry on mirroring your child/pupil until they become more engaged with you

Step 5: Develop the movements and create more challenge and observe how your child/pupil responds and how their levels of confidence change and develop

KEEP WELL



KEEP SAFE