



## BOUNCING BACK THROUGH MUSIC THERAPY

### RECOVERY FOCUS activity 5: confidence and self-esteem

Increase confidence and self-esteem by exploring dynamics in music and assess your child/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 5** (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.

### EXPLORATION of DYNAMICS ACTIVITY and STEPS:

**Step 1:** Listen to either or both of the following pieces of music:

<https://www.youtube.com/watch?v=ILjwkamp3ll>

or

[https://www.youtube.com/watch?v=kLp\\_Hh6DKWc](https://www.youtube.com/watch?v=kLp_Hh6DKWc)

**Step 2:** Does your child/pupil change their focus/interest/motivation when the piece of music becomes louder?

**Step 3:** Is there an anticipation that the music is going to change from quiet to loud and how does your child/pupil respond to this?

Note facial expressions, body movements and use of vocalisations

**Step 4:** Does your child/pupil prefer the quieter or louder sections of the music?

**Step 5:** Build on your child/pupil's confidence in thinking about dynamics and explore everyday sounds in your environment and decide together whether these are quiet or loud?

#### QUIET SOUNDS



#### LOUD SOUNDS



KEEP WELL



KEEP SAFE