



BOUNCING BACK THROUGH MUSIC THERAPY

RECOVERY FOCUS activity 6: confidence and self-esteem

Increase confidence and self-esteem by exploring tempo and energy 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 6** (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 TEMPO ACTIVITY and STEPS:

Step 1: How does the tempo or speed of music motivate individual responses?

Step 2: Listen to the following links and observe your child/pupil and the differences between the influence of fast music and slow music in their energy and movements

<https://www.youtube.com/watch?v=fd2gX8RLhkM> [FAST MUSIC]

<https://www.youtube.com/watch?v=o6Q8Y9rhLQc> [SLOW MUSIC]

Step 3: Did you notice any of the behaviours below in relation to each tempo of music?

FAST

MOTIVATE

ENERGISE

DANCE



HOPEFUL

SLOW

CALM



GENTLE

RELAX

Step 4: If you feel your child/pupil displays an awareness of the changes in tempo then move onto Step 5 otherwise repeat the above until confidence increases

Step 5: Now try a combination of fast and slow in the same piece of music and use instruments or movement with your child/pupil for them to cue any changes in tempo

<https://www.youtube.com/watch?v=nAOXx2jloSc>

KEEP WELL



KEEP SAFE