



BOUNCING BACK THROUGH MUSIC THERAPY

RECOVERY FOCUS activity 8: emotional stability and regulation

Increase the awareness of emotions so that your child/pupil can develop a better understanding of how to stabilise and regulate their feelings by using the Zones of Regulation



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 8** (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.

UNDERSTANDING ZONES OF REGULATION and STEPS:

Step 1: Familiarise yourself with the 4 Zones of Regulation:

<p style="text-align: center;">Blue Zone</p> <p style="text-align: center;">I am running slow</p> <p style="text-align: center;">sick tired sad bored</p> <p style="text-align: center;">I can try these tools:</p> <p style="text-align: center;">listen to music sit quietly colour/draw read a book</p>	<p style="text-align: center;">Green Zone</p> <p style="text-align: center;">I am good to go</p> <p style="text-align: center;">happy calm focused ready to learn</p> <p style="text-align: center;">I CAN do these things:</p> <p style="text-align: center;">learn listen work hard do your best</p>	<p style="text-align: center;">Yellow Zone</p> <p style="text-align: center;">I need to watch out</p> <p style="text-align: center;">frustrated worried silly excited</p> <p style="text-align: center;">I can try these tools:</p> <p style="text-align: center;">sit quietly lazy 8 breathing fidget tool count to ten</p>	<p style="text-align: center;">Red Zone</p> <p style="text-align: center;">I need to STOP</p> <p style="text-align: center;">mad terrified yelling hands on out of control</p> <p style="text-align: center;">I can try these tools:</p> <p style="text-align: center;">colour/draw deep breathing fidget tool drink of water</p>
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Step 2: Let us concentrate on the **Green Zone** by listening to the following music:

<https://www.youtube.com/watch?v=qVn2YGvIv0w&t=1781s>

Step 3: Using visual cues or objects that associate with the Green Zone, explore these together with your child/pupil as the music continues to play

Step 4: It is important to acknowledge the feeling in your child/pupil so that this emotion has had a chance to be expressed before moving on to a way of managing it

Step 5: Now consider the types of activities that can promote a 'happy/calm/focused' feeling that might lead your child/pupil towards this Zone and think of ways to benefit your child/pupil being in this positive place such as learning, listening and focusing more

KEEP WELL



KEEP SAFE