



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



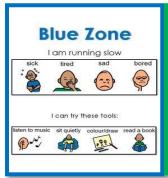
Please complete a blank recording sheet for each musical activity and for this week it is Record week 8 (see separate recording sheets)

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.

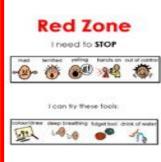
UNDERSTANDING ZONES OF REGULATION and STEPS:

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









Step 2: Let us concentrate on the <u>Green Zone</u> 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



Created by Sarah Kong © November 2020

KEEP SAFE