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## BOUNCING BACK THROUGH MUSIC THERAPY

## RECOVERY FOCUS activity 10: 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



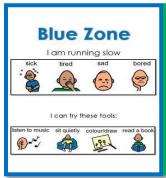
Please complete a blank recording sheet for each musical activity and for this week it is <a href="Record week 10">Record week 10</a> (see separate recording sheets)

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.

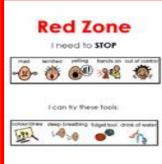
## **UNDERSTANDING ZONES OF REGULATION and STEPS:**

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









**Step 2:** Let us concentrate on the <u>Red Zone</u> by listening to the following music: https://www.youtube.com/watch?v=bBsKplb2E6Q

**Step 3:** Using visual cues or objects that associate with the Red 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 triggers that might lead your child/pupil towards this Zone and think of ways to support this such as deep breathing, colouring or drawing, offering a fidget tool to release the physical effect of the feeling of being mad/frustrated

**KEEP WELL** 



**KEEP SAFE** 

Created by Sarah Kong © December 2020