



# BOUNCING BACK THROUGH MUSIC THERAPY

## RECOVERY FOCUS activity 11: 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 11** (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.

### PUTTING ZONES OF REGULATION INTO PRACTICE and STEPS:

**Step 1:** Now that you have worked through Recovery Focus Activities 7-10 with your child/pupil and know more about understanding the Zones of Regulation, it is time to work on recognising the zones in different contexts using a variety of music

**Step 2:** Listen to the extracts in Step 4 and explore whether the feeling is in the Blue Zone, the Green Zone, the Yellow Zone or the Red Zone

**Step 3:** It might help to provide your child/pupil with a relevant object of reference for each Zone to enable them to make a choice or associate the texture/sensory item with the relevant Zone such as their favourite squishy = happy = Green Zone

**Step 4:** <https://www.youtube.com/watch?v=9kPSDFDOFMs>

<https://www.youtube.com/watch?v=SynzKC4fWp0>

<https://www.youtube.com/watch?v=cC9r0jHF-Fw>

[https://www.youtube.com/watch?v=HChj\\_r1jc8U](https://www.youtube.com/watch?v=HChj_r1jc8U)

<https://www.youtube.com/watch?v=2OD13fA9Qu0>

**Step 5:** Reflect on your child/pupil's association with the feelings in the music and choose the piece that best sums this up together

The Zones of Regulation				The Zones of Regulation				The Zones of Regulation			
Blue Zone	Green Zone	Yellow Zone	Red Zone	Blue Zone	Green Zone	Yellow Zone	Red Zone	Blue Zone	Green Zone	Yellow Zone	Red Zone
sad sick tired	happy calm feeling ok focused ready to learn	neutral worried shy/nervous excited loss of some control	mad/angry terrified yelling/roaring elated out of control	sad sick tired	happy calm feeling ok focused ready to learn	neutral worried shy/nervous excited loss of some control	mad/angry terrified yelling/roaring elated out of control	sad sick tired	happy calm feeling ok focused ready to learn	neutral worried shy/nervous excited loss of some control	mad/angry terrified yelling/roaring elated out of control

KEEP WELL



KEEP SAFE