



# BOUNCING BACK THROUGH MUSIC THERAPY

## RECOVERY FOCUS activity 9: 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 9** (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><b>Blue Zone</b></p> <p>I am running slow</p> <p>sick tired sad bored</p> <p>I can try these tools:</p> <p>listen to music sit quietly colour/draw read a book</p>	<p><b>Green Zone</b></p> <p>I am good to go</p> <p>happy calm focused ready to learn</p> <p>I CAN do these things:</p> <p>learn listen work hard do your best</p>	<p><b>Yellow Zone</b></p> <p>I need to watch out</p> <p>frustrated worried silly excited</p> <p>I can try these tools:</p> <p>sit quietly lazy 8 breathing fidget tool count to ten</p>	<p><b>Red Zone</b></p> <p>I need to STOP</p> <p>mad terrified yelling hands on out of control</p> <p>I can try these tools:</p> <p>colour/draw deep breathing fidget tool drink of water</p>
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**Step 2:** Let us concentrate on the **Yellow Zone** by listening to the following music:

<https://www.youtube.com/watch?v=uj9Bihmugml>

**Step 3:** Using visual cues or objects that associate with the Yellow 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 manage this such as breathing, counting to 10, sitting quietly or offering a fidget tool to release the physical effect of the feeling of anxiety/worry

KEEP WELL



KEEP SAFE