



BOUNCING BACK THROUGH MUSIC THERAPY

RECOVERY FOCUS activity 12: 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 12** (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 role-playing techniques

Step 2: Use the chart below and think about the feelings represented and notice if there is an animal in particular that your child/pupil associates with the most



Step 3: Here is a video link to understand more about what feelings might look like:
<https://www.youtube.com/watch?v=dOkYKyVFnSs>

Step 4: Now can you encourage your child/pupil to explore with a variety of emotions by choosing one of the animals in the grid above and pretending to be that animal including their feeling and this could lead to spontaneous role-playing – follow your child/pupil's cues

Step 5: Now can the parent/teacher guess what the feeling is that their child/pupil is trying to express and join in to prompt further initiation and exploration

KEEP WELL



KEEP SAFE