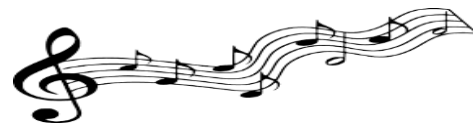




# 'BUILDING BLOCKS FOR RESILIENCE THROUGH MUSIC THERAPY

## RESILIENCE FOCUS activity 1: connection

Build resilience and develop coping strategies to add to your child/pupil's emotional toolbox by focusing on establishing a connection within musical interactions



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 1** (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.

## CONNECTION



Music can prompt and encourage engagement and connections with others. For those on the autistic spectrum, the motivation or sensory possibility to feel connected can sometimes be limited. Music allows the individual to explore a non-verbal tool that can provide a manageable and positive outlet to begin to make connections!

**Drumming** is an accessible, physical, sensory and expressive activity that can enable increased connections with others.

Here is an activity to try with your child/pupil today that Sarah Kong, Music Therapist has recorded to benefit your child/pupil according to their needs:

<https://www.youtube.com/watch?v=UTzKfbScVeM&t=25s>

Follow on from this by choosing one of the two options below depending on the current feeling of your child/pupil and find the beat to provide a point of connection:

Option 1: <https://www.youtube.com/watch?v=0lkEoAnZSR8> Option 2: [https://www.youtube.com/watch?v=qdfq\\_1zAO6E&t=3423s](https://www.youtube.com/watch?v=qdfq_1zAO6E&t=3423s)

KEEP WELL



KEEP SAFE

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