



'BUILDING BLOCKS FOR RESILIENCE THROUGH MUSIC THERAPY

RESILIENCE FOCUS activity 2: self-discovery

Build resilience and develop coping strategies to add to your child/pupil's emotional toolbox by focusing on exploring self-discovery within musical interactions



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 2** (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.

SELF-DISCOVERY



Music can ignite and fuel the imagination. For those on the autistic spectrum, music can provide a positive and interactive background to build a sense of self-discovery. Exploration through music can encourage independence skills and provide a new avenue to relate to others in a meaningful way!

Role-play is a fun, expressive and experimental way of playing using music to enable an increased sense of self-exploration and self-awareness.

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://youtu.be/lpGikeB7dMU>

If you do not have access to any finger puppets or small toys, follow the link below on how to print and make your own to engage in the world of role-playing with music.

<https://www.letsplaykidsmusic.com/free-printable-puppets/>

KEEP WELL



KEEP SAFE

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