



'BUILDING BLOCKS FOR RESILIENCE THROUGH MUSIC THERAPY

RESILIENCE FOCUS activity 3: hope

Build resilience and develop coping strategies to add to your child/pupil's emotional toolbox by focusing on finding and creating hope within musical interactions



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 3** (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.

HOPE



Music and the quality and mood that a piece of music can offer has the potential to prompt feelings of hope and expectation. For those on the autistic spectrum, music can provide a motivator that encourages a more upbeat and positive outlook.

Musical soundscape and an art piece combine 2 art forms that compliment each other and highlight the variety of colours and imagination that can evolve through musical mood. 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:

Explanation: <https://youtu.be/JhWRZ2rz9s4>

Musical soundscape: <https://youtu.be/y5rYDvKBv7c>

Once you have listened to the musical soundscape, let your child/pupil have some time to express themselves through art. Did the music influence particular images and colours? Encourage your child/pupil to use these ideas to express their feelings and any emotions brought up through the music. Feel free for your child/pupil to be inspired by the pictures that accompany the musical extract in the document that links to this activity!

KEEP WELL



KEEP SAFE