



'BUILDING BLOCKS FOR RESILIENCE THROUGH MUSIC THERAPY

RESILIENCE FOCUS activity 5: self-care

Build resilience and develop coping strategies to add to your child/pupil's emotional toolbox by bringing together calm and sensitivity to support the importance of self-care within musical interactions



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 5** (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-CARE



Music has the potential to evoke a whole spectrum of moods and emotional support relevant to what is happening and the individuals who are listening.

For those on the autistic spectrum, music can be an important source of self-care that enables mental health and emotional strength and resilience to be nurtured.

Musical mindfulness is a method that can support your child/pupil to reach a more relaxed place through using breathing, body awareness techniques and movement.

Begin by providing a calm and relaxed environment for your child/pupil by including comfortable cushions or materials, either a preferred toy or teddy bear or sensory toy and think about dimming the lighting and have a blanket to hand to keep warm and cosy. Here are 2 mindfulness activities to try with your child/pupil whilst observing how they feel.

Mindfulness listening by Sarah Kong: <https://youtu.be/Ac6f7yUOemU>

Peace Out Mindfulness journey for children:

<https://www.youtube.com/watch?v=bXmq5idN23E&list=PL8snGkhBF7nj00QvtE97AJFL3xZYQSGh5&index=6>

KEEP WELL



KEEP SAFE