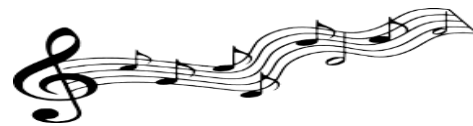




'BUILDING BLOCKS FOR RESILIENCE THROUGH MUSIC THERAPY

RESILIENCE FOCUS activity 6: acceptance

Build resilience and develop coping strategies to add to your child/pupil's emotional toolbox by thinking more about accepting feelings within musical interactions



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 6** (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.

ACCEPTANCE

IT'S OKAY
- NOT TO -
be okay

ACCEPT

IT'S OKAY
- NOT TO -
be okay

Music has a powerful and helpful way to help process and understand feelings. For those on the autistic spectrum, music can provide an emotional outlet and support for listening to and acknowledging more difficult feelings. If these are not thought about in the moment, they can become more confusing and unmanageable.

Musical mood improvisation can provide a non-verbal means to express and communicate feelings that otherwise might develop into a sense of overwhelm. If the emotion is not responded to or accepted this could manifest into something much stronger. For your child/pupil behaviour changes can also be a means to monitor an emotional response so please observe anything uncharacteristic. Listen to the below explanation and improvisation and decide which emotions have been explored and the importance of accepting every individual feeling towards becoming happier.

Explanation: <https://youtu.be/13tw2fmsyrA>

Musical mood improvisation: <https://youtu.be/MdDw6FnbPkk>

In time when the feelings are accepted this song will remind you 'It's going to be alright':
<https://www.youtube.com/watch?v=BKXL3sJGbUs>

KEEP WELL



KEEP SAFE