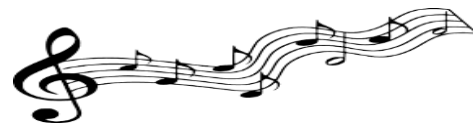




'BUILDING BLOCKS FOR RESILIENCE THROUGH MUSIC THERAPY

RESILIENCE FOCUS activity 7: perspective

Build resilience and develop coping strategies to add to your child/pupil's emotional toolbox by focusing on understanding how we perceive our sensory environment within musical interactions



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 7 (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.

PERSPECTIVE



Music offers a variety of perspectives through musical layering and textures. For those on the autistic spectrum, music can open up a new perspective and a new world of relating, interacting and engaging.

Musical sensory experiences explore various materials and perspectives of objects that can be touched and manipulated including play doh, silk scarves, bubble wrap and fidget toys.

Follow the below musical improvisations as they take your child/pupil on a journey of perspectives including the height of the mountains, the depth of the sea, the vastness of the forest and the expanse of the solar system!

Musical sensory experiences #1: <https://youtu.be/Bud0DL3SaMM> #2: <https://youtu.be/DtgnRq2g6bM>

#3: <https://youtu.be/hacVTEEx14tY> and #4: <https://youtu.be/Zm00lhQixkw>

In summarising the overall topic of building resilience, here is some advice for keeping calm:

<https://www.youtube.com/watch?v=losfxbMKwPo>

Listen to this piece of music to remember to stay strong and resilient:

<https://www.youtube.com/watch?v=EFZWUxAMugM>

KEEP WELL



KEEP SAFE