

Music - How does music make you feel?

For this activity pick three different pieces of music to play for the children. You're going to ask the students to think about how the music makes them feel and while each piece is playing, have them fill in one of the circles. They could simply draw a face, use words or fill the circle with drawings... it's up to them how they express their feelings. You will likely want to take the age of the students into consideration when encouraging them to fill the circle.

Why?

Music therapy is based on the understanding that all human beings are musical – that is, we all have an innate response to music, which remains unchanged by illness, disability or emotional state. Our music therapists use musical improvisation informed by therapeutic theories to engage, reach out and support each person, whatever their disability, difficulties or diagnosis.

In music therapy, children and family members can experience music improvised uniquely for and with them. They will have the opportunity to interact and communicate musically and to express themselves in whatever way they can – using their body, voice or percussion instruments. Most of all, they'll be forming a creative and therapeutic relationship with their music therapist.

A session may include...

- improvising music
- writing songs
- composing dance tracks
- making music CDs
- relaxing through music
- singing favourite songs
- working with family and as a group.

Music therapy can help to...

- provide a means of communication and self-expression, when words are not possible or are inadequate
- increase interaction for children with communication difficulties
- raise self-esteem and dignity
- encourage control and choice
- lower anxiety levels and promote a sense of well-being
- encourage physical and cognitive development
- add a spiritual dimension, helping to give people's lives meaning, purpose and a sense of completion.

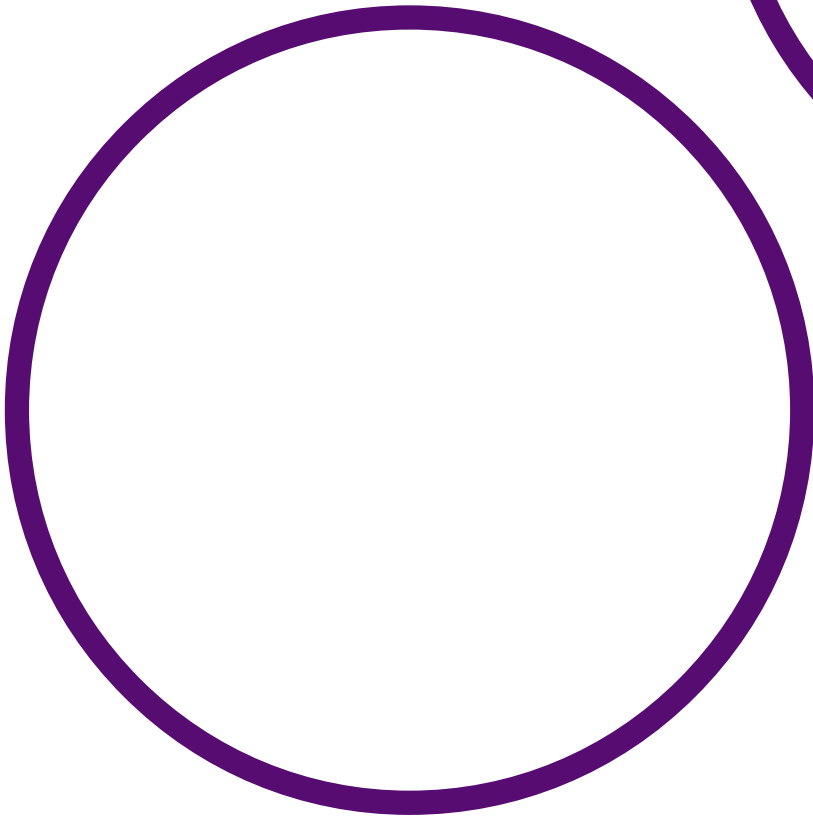
How does music make you feel?



Song 1



Song 2



Song 3