



## 'BUILDING BLOCKS FOR RESILIENCE THROUGH MUSIC THERAPY

Interactive Music Therapy Programme  
that offers parents and teachers resources and ideas to  
build and sustain resilience at a time when perseverance,  
positivity and stability have been challenged

Recording and observation monitoring tracks pupil  
progress and development

Building resilience can enable individuals to establish coping strategies and skills to manage difficult periods of their lives such as during lockdown or in response to a bereavement.

Providing activities that think about each category of resilience such as connection, hope and positivity can be added to a pupil or child's resilience toolbox.

Connection

Hope

Self-Care



Self-Discovery

Positivity

Acceptance

Perspective

Parents and teachers can use the 'Building Blocks for Resilience through Music Therapy' programme to strengthen knowledge and to initiate support techniques for emotional growth and resilience. For pupils and children this might involve an increase in tolerance and creating a means to accept and understand changes in circumstances.

Each week the Music Therapist will add a new musical activity to the school website and this will come under an area of Resilience Focus to include: connection, self-discovery, hope, positivity, self-care, acceptance and perspective.

Explore the activities with your pupil or child and track their responses on a weekly basis using the recording sheets.

Progress can be logged and reviewed at the end of the 7-week block.

Every activity is planned to reflect an element of challenge and progress to enable pupils to reach their full potential.



KEEP WELL



KEEP SAFE

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