



## 'BOUNCING BACK THROUGH MUSIC THERAPY'

Interactive Music Therapy Programme that offers parents and teachers resources and ideas to manage the transition back to school in a fun, engaging, practical and effective way

Recording and observation monitoring tracks pupil progress and development

It is imperative that children are supported in their transition back to school. 'Bouncing Back through Music Therapy' links in with the Recovery Curriculum and focuses on the key areas of Mental Health and Emotional Wellbeing.

By boosting confidence, self-esteem and security, this can enable individuals to begin to reengage in school life and better access their learning.

**Re-establish**

**Reconnect**

**Rebuild**



**Persistence**

**Resilience**

**Rediscover**

**Recreate**

Parents and teachers can use the 'Bouncing Back through Music Therapy' programme to re-establish relationships with pupils and children, to reconnect after a period of uncertainty, to rebuild resilience in managing levels of change and learning to understand a new 'normal' and to offer a creative avenue to rediscover and recreate through persistence and unconditional support.

Each week the Music Therapist will add a new musical activity to the school website and this will come under an area of Recovery Focus to include either confidence and self-esteem or emotional stability and regulation.

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 each 6-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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