

## Sensory Music- Relaxing

Sensory music is a resource used in schools to help to regulate a child's emotions and to help with communication. These have been put together for you to try at home ☺

Please find the playlist on YouTube: <https://www.youtube.com/playlist?list=PLNwRz-ZrbtODILoYUdAWVa0-RstjA1999> or search for 'LCIS Sensory Music- Relaxing'

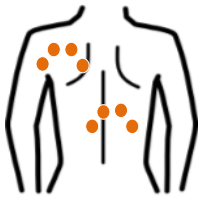
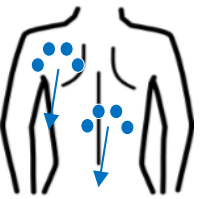

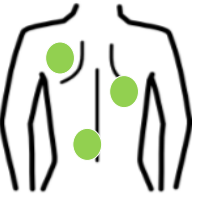

What to do:

- It is best to have a very quiet space (if you can!), with room for them to lay down if they wish.
- Play the music and follow the instructions for each song. You can follow the 'hands only' or 'objects' instructions (if you can find these things in your house), or a mixture of both.
- If there is an action your child doesn't like, feel free to repeat one of the other actions.

Tips:

- Look for cues from the child- do they want you to do it on their head? Are they holding a hand out to be tapped? Are they making eye contact?
- Keep your language to a MINIMUM. Sensory music is best used with little or no talking at all. If you do need to talk, just use one or two word sentences.



	Using hands	Using objects
<b>Track 1:</b> 	<b>Piano Fingers</b> Tap fingers over back, shoulders, arms and legs like you're playing the piano.	<b>Same as hands</b>
<b>Track 2:</b> 	<b>Tiger Paws</b> Hold your hands like a tiger's claw, gently stroke down back, shoulders, arms and legs.	<b>Hair brush</b> Gently brush a hair brush over back, shoulders, arms and legs.
<b>Track 3:</b> 	<b>Circle motions</b> Rub hands in a circular motion over back, shoulders, arms and legs.	<b>Ball</b> Roll a ball in circles over back, shoulders, arms and legs.
<b>Track 4:</b> 	<b>Taps</b> Gently tap your hands over back, shoulders, arms and legs to the beat.	<b>Wooden spoon/ spatula</b> Gently tap the spoon/spatula over back, shoulders, arms and legs to the beat.
<b>Track 5:</b> 	<b>Rocking/ deep pressure</b> Child sits in front of you, hug them and rock gently from side to side, around and around. You can just hold in a deep hug if rocking isn't preferred.	<b>Towel/blanket</b> Wrap towel or blanket around child and hug them, rocking gently from side to side. Can just hold in a deep hug if rocking isn't preferred.