

# Participation in Music

## Situational Stressor

### Triggers:

- Student has difficulty following specific notes or instructions.
- Student has difficulty performing in front of others.
- Student has an aversion to certain musical tones.



### Thinking Strategies:

#### Student Positive Affirmations:

- I will try my best.
- I am proud at what I have done.
- I can. I will.

#### Positive Adult Responses:

- The passion you put into your music gave me a real feeling of joy.
- If you can dream it, you can become it. (Appendix E, Reference 4)

#### Activities

- Clear Minds- Have the students settle in their seats, close their eyes and experience a true brain break. Strike a chime, singing bowl, triangle or instrument that resonates with a clear, distinctive tone for 10-20 seconds. Have the children clear their minds and focus on the sound until the tone disappears.
- Composers- Have students write lyrics to their own music. Sometimes, students find this easier than speaking about feelings and words. The class can write silly songs (rhymes about feelings, class topic, composers in history).





## Focusing & Calming Strategies

- Movement Poses & Breathing (See Appendix C)
  - Humming Breath
  - Conductor Breath (32)
  - A OK
  - Believers Bridge
  - Shine Bright



## Sensory Strategies

### Activities

- Doodling- Allow students' time to listen to music and doodle. Play various types of music. Instruct the students to feel the music and draw. First with eyes open, then with their eyes closed.
- Shake it Up! – Dancing to student's musical listening preferences (pop/trendy music) at the start of the class helps to alleviate stress.

### Tools

- Inhale squeezing face and/or hands. Hold for 5 to 10 seconds. Then release with a sigh. By tensing and relaxing the muscles of the face and hands, students can feel the difference between tense tight muscles and soft relaxed muscles.

## Teaching Moment

Pause. Listen. Breath. It can take less than a minute to cue our minds to relax and focus. As children practice controlled breathing, their brains develop and reinforce the “habit” of responding when anxiety occurs. This leads to a reflective rather than a reactive response. Deep belly breathing gives the lungs more room to expand than chest breathing. Chest breathing tends to produce shallower breaths. (26)

