

## Sensory Music- Uplifting Disney

(This is inspired by the music of Disney and has not been created by Disney or its associates)

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/watch?v=-XIdSNU446w&list=PLNwRz-ZrbtOCHkM24XnwWQNhffz-9W92K&index=2&t=0s> or search for 'LCIS Sensory Music- Uplifting Disney'

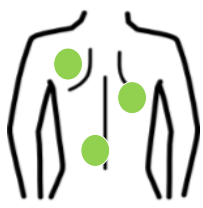
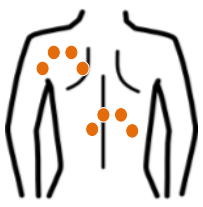
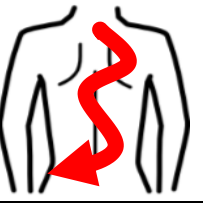
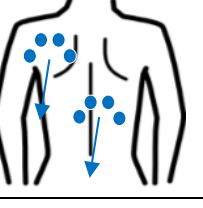
What to do:

- 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>Taps</b><br>Gently tap your hands over back, shoulders, arms and legs to the beat.                                                                                                   | <b>Wooden spoon/ spatula</b><br>Gently tap the spoon/spatula over back, shoulders, arms and legs to the beat.                                                      |
| <b>Track 2:</b>    | <b>Piano Fingers</b><br>Tap fingers over back, shoulders, arms and legs like you're playing the piano.                                                                                  | <b>Same as hands</b>                                                                                                                                               |
| <b>Track 3:</b>    | <b>Wiggly Worm Finger</b><br>Use one finger like a 'wiggly worm' to move over back, shoulders, arms and legs.                                                                           | <b>Paint brush/ make up brush</b><br>Brush a dry paint brush over back, shoulders, arms and legs.                                                                  |
| <b>Track 4:</b>   | <b>Tiger Paws</b><br>Hold your hands like a tiger's claw, gently stroke down back, shoulders, arms and legs.                                                                            | <b>Hair brush</b><br>Gently brush a hair brush over back, shoulders, arms and legs.                                                                                |
| <b>Track 5:</b>  | <b>Rocking/ deep pressure</b><br>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><br>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. |