Sensory Music- Uplifting

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=Eazw6wZlr9E&list=PLNwRz-ZrbtODuaUvJFcqtUhALi_E5BgI1 or search for 'LCIS Sensory Music- Uplifting'

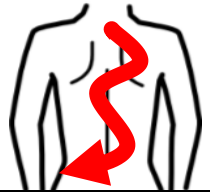
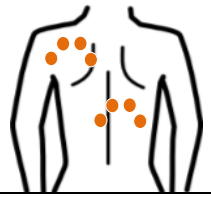
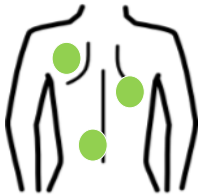
What to do:

- 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).
- 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
Track 1: 	**Wiggly Worm Finger** Use one finger like a 'wiggly worm' to move over back, shoulders, arms and legs.	**Paint brush/ make up brush** Brush paint brush over back, shoulders, arms and legs.
Track 2: 	**Piano Fingers** Tap fingers over back, shoulders, arms and legs like you're playing the piano.	**Same as hands**
Track 3: 	**Circle motions** Rub hands in a circular motion over back, shoulders, arms and legs.	**Ball** Roll a ball in circles over back, shoulders, arms and legs.
Track 4: 	**Taps** Gently tap your hands over back, shoulders, arms and legs to the beat.	**Wooden spoon/ spatula** Gently tap the spoon/spatula over back, shoulders, arms and legs to the beat.
Track 5: 	**Rocking/ deep pressure** 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.	**Towel/Blanket** 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.