



# SENSORY MUSIC MAKING AT HOME

*Practical tools for parents and carers*

[www.musictherapyworks.co.uk](http://www.musictherapyworks.co.uk)

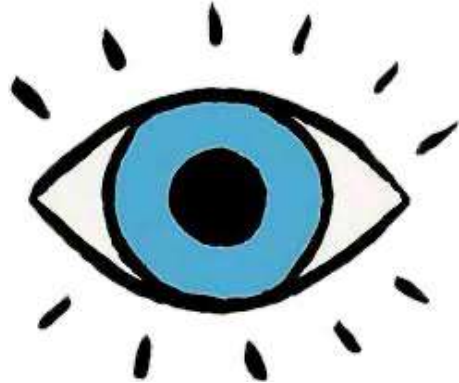
# Sensory Experiences

Life is a multi-sensorial experience.

We connect with the world in different ways through our senses: touch, smell, taste, hearing & sight.

Everybody's sensory experience and journey is different!

We hope this presentation will give you some ideas and techniques to engage in sensory experiences through music with your child.



# Benefits of sensory play/experiences

1. Sensory play builds connections within the developing brain which helps with learning
2. Sensory play supports language development, cognitive growth, motor skills, problem solving skills, and social interaction as well as memory
3. Sensory play is great for calming an anxious or frustrated child
4. Sensory play helps children learn important sensory attributes (hot, cold, sticky, dry, etc.)



*Creativeplayuk.com*

# Benefits of music making

Music making is .....

- Social, live and interactive
- Adaptable and flexible
- Encourages emotional, social, physical, mental & cognitive development
- Helps with self-regulation and self-awareness
- A confidence builder
- It can help to relieve stress and tension
- Provides a sense of achievement and success!
- Encourages skills in listening, waiting and turn-taking
- Great for exploration and creativity
- Accessible to everyone



# Musical instruments for sensory benefit

What instruments might you have at home that you could use?

- Drums- small, medium, large, tambour, tambourine, bongos,
- keyboard
- Ocean drums, both small and large
- Wind instruments such as recorder, whistle, harmonica, melodica
- Wind chimes, even ones from the garden
- Glockenspiel and Xylophone
- Bells
- Shakers (maracas)
- Other small percussion instruments
- Microphone



# What else can you use as instruments:

If you don't have many musical instruments in your house...

- instead of drums, you can use: pots and pans, trays, plastic plates, small table, cushion, boxes...
- a radiator makes a great percussion instrument...
- pens or kitchen utensils make good beaters...
- Use your own bodies as percussion instruments ....

Or, you can make your own instruments such as a toilet roll shaker or a tissue box guitar! See these links for more ideas...

<https://redtri.com/homemade-instruments/slide/8>

<https://artsycraftsymom.com/diy-musical-instruments-for-kids-to-make-and-play/>



# Simple ideas for music at home

Music-making can be overwhelming and intense so take your time. It's ok for your child to explore on their own first.

- Encourage awareness of others through musical play. Slowly start to play together...
- Can your child make sounds with you, through instruments or voice?
- What happens when you respond to them with a sound?
- Choose an instrument...can you swap instruments?
- Can you practice listening to each other and waiting for your turn to play?
- Will the child let you choose their instrument?
- Can you share the same instrument?



The flexibility of music and play allows for exploration into so many areas. Music is a sociable experience and unless the child cannot cope with interactions during play, try to encourage this.

# Themed playing

Using a theme is a way of leading a musical activity. Using drums is a good way to start.

- *Create a storm!*

Use drip-drop, wind, rain and thunder crashes to start from a few raindrops to a huge storm that dies away again.

What other weathers can you create together? Rain, sun, wind .....

- *Think about emotions*

What does happy/sad/excited/angry sound like?

- *Transport*

What does a train/tractor/car/bus/aeroplane sound like?



You can incorporate all kinds of instruments or vocal sounds to make it both fun and interactive!



# Listening to music together

Why listen to music together? Pre-recorded music can be just as useful as creating live music. Here's why.....

1. It increases happiness and wellbeing
2. It can encourage movement
3. It decreases stress while increasing overall health
4. It Improves sleep and aids relaxation
5. It Reduces depression and anxiety
8. It Strengthens learning And memory
9. It provides a social experience, bringing people together
10. It allows people to share common interests
11. It encourages self awareness and self regulation
12. It allows for access to music without having to physically play instruments



You can utilise pre-recorded music in its entirety, without the use of instruments. You can also use pre-recorded music as a base and initial structure for improvisation and musical play

# Helpful links for pre-recorded music



## Calming/Relaxing Music

- Autism calming sensory music: <https://www.youtube.com/watch?v=DlnYANIVslc>
- Raise positive vibrations: [https://www.youtube.com/watch?v=yKhh4k4\\_seA](https://www.youtube.com/watch?v=yKhh4k4_seA)
- Soothing relaxation: <https://www.youtube.com/watch?v=fBVJolbNjdQ>

## Good Vibes/Upbeat Music

- Morning Light Music: [https://www.youtube.com/watch?v=W1xwTqgzQ\\_g](https://www.youtube.com/watch?v=W1xwTqgzQ_g)
- Happy Instrumental Music: <https://www.youtube.com/watch?v=t5Q5FFWRxCE>
- Lounge Music: <https://www.youtube.com/watch?v=NvZtk9973A>

## Emotive Music

- Epic Music World: <https://www.youtube.com/watch?v=qfl9VX5fAdY>
- Sad Piano Music: [https://www.youtube.com/watch?v=1E\\_Njg9CseQ](https://www.youtube.com/watch?v=1E_Njg9CseQ)
- Broken Dreams: <https://www.youtube.com/watch?v=5DNI22MvaNo>



# Conclusions .....

- You can't be wrong! Be creative when using music at home.
- Children will pick up your apprehensions around using instruments and creating noise so be brave and go for it!
- Physical playing with instruments provides so many sensory benefits
- Some children may find certain sounds, sensations & experiences difficult so be mindful of this - it's OK, just go slow and build up tolerance
- If in doubt then just try it!

**MUSIC MAKING  
IS FUN**



**YOU DON'T HAVE  
TO BE AN EXPERT  
TO ENJOY MUSIC  
MAKING WITH  
OTHERS**

If you would like more information or guidance, then please contact Music Therapy Works via our website. Here you will also find further resources and videos for music making together.

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