

MUSIC THERAPY

Music can help children express themselves in a way that needs no words. Music Therapy uses shared music-making to help children cope more effectively with challenges in other areas of their lives. A range of emotions can be expressed, explored and worked through within a safe environment. Everyone can make and respond to music, regardless of ability. Music therapy can build self-esteem in children for whom the rest of the school day may be a constant struggle. It has calming benefits for children with anger issues and can help to reduce anxiety and tension and diffuse the challenging behaviour that often results. It can help children manage challenges with a more positive outlook. Music therapy can build confidence in children who are withdrawn or timid and give them a comfortable outlet to express their feelings. Children who are reluctant or unable to communicate verbally can often blossom when using the universal language of music.

MUSICAL MONDAYS

