

Help me to express my feelings
through sound

Empathise with the different feelings
I may express through sound



Music for the Brain



- Make an exaggerated response to any vocalisations I make that may indicate how I'm feeling
- Respond empathetically to the sounds that I make with objects and instruments, which may indicate excitement, frustration, anger or joy
- Try to identify triggers that make me vocalise or make sounds with objects in certain ways
- Can you change the way I feel by using a word of reassurance, a touch on the hand or a hug ...
- ... and so change the nature of sounds that I make?
- Remember that choosing **not** to make a sound may show how I'm feeling too