

Level 1

# Listening

2

Play me different kinds of music and see whether I react to any of them

Think particularly about the basic qualities of the music – what instruments are playing and whether it is fast or slow, for example



## Music for the Brain



- Play music in short bursts, with sound following silence, to give me time to process what I've heard
- When you play me recorded music, remember to put the speakers close to me or even touching me, so they vibrate against my skin
- Let me experience different melody instruments, one at a time – do I respond to any of them?
- Try low notes and high notes, long notes and short notes, loud notes and quiet ones – my brain may find it easier to start processing some rather than others
- Don't forget to sing to me, not just in music sessions, but through the day, to enrich your engagement with me
- Always allow **plenty of time** for me to respond – wait without saying anything to let the sounds sink in