

Music and massage – water theme

This is all about communication, what your child is giving/saying to you, what are you giving/saying to them - focus on this and build a sensory vocabulary.

You can't go wrong – follow the beat, that is the only rule

Track 1 – Wayra river song



Wayra - River Song.mp4

If this does not work for you click the YouTube link below – there might be adverts etc

<https://www.youtube.com/watch?v=hJeTRv6vNh0&list=PLZOjtngZBsL2rEMnj4X3YRNaVypqbsM5I&index=2&t=0s>

Gently swish your scarves around the limbs and body of your child in time to the music. This will wake up the senses in the limbs.

Track 2 – Moana – How far I'll go



How Far Ill Go - (Piano & String Version) - from Disneys Moana - by Sam Yung.mp4

If this does not work for you click the YouTube link below – there might be adverts etc

https://www.youtube.com/watch?v=Kx3_ZbgQgZI

Gently but firmly tap chop sticks/spatulas/smooth sticks on the limbs of your child in time to the beat. Be predictable in where you go (e.g. up and down one arm, then the other, followed by the legs) and look for clues on where your child wants you to go next and their enjoyment level.

Track 3 – Relaxing music with nature sounds

<https://www.youtube.com/watch?v=IE6RYpe9IT0>

Puffing air with squeazy bottle. Using an empty and clean squeazy bottle squirt puffs of air on the limbs of your child, in time to the beat. Notice any reaction, do they show a preference for a certain part of their body?

Track 4 – Part of your world little mermaid



Part of Your World - Instrumental (with lyrics).mp4

If this does not work for you click the YouTube link below – there might be adverts etc

<https://www.youtube.com/watch?v=m105Le5XoH8>

Pressing and scrunching with wrapping paper or scouring pads. Be consistent and predictable in your movements and follow to the beat.

Track 5 – relaxing music and rain sounds

<https://www.youtube.com/watch?v=o8GrqUSdzi0>

Massage with body lotion. End the session with an extended massage. Gauge the mood here – are you going to do this in silence or nice, soft, calming language. Remember to make your child work here – pause your massage so they encourage you to carry on, or offer you a limb if possible...