

An abstract painting with a rich palette of purples, blues, and reds. The composition is filled with swirling, organic forms and textures. In the upper right, a butterfly with blue and white wings is visible. Below it, a large, rounded shape in shades of orange and red dominates the foreground. The background is a deep, dark purple with lighter, ethereal patterns. The overall mood is dreamlike and expressive.

Body Songs

Maria Reid

Welcome



Section 1: 4pm - 4.30pm

- Introduction to BodySongs
- DVD
- Practical application
- Feedback

Section 2: 4.30pm - 5pm

- How and Why do BodySongs Work
- DVD
- Practical application
- Feedback

Section 3: 5pm - 5.30pm



What are BodySongs?

Compilation of original songs and BodySongs techniques.

Purpose:

Enhance positive effective communication.

Observed Outcomes:

Increased ability to participate, listen, negotiate, develop greater empathy, confidence and motivation.

Opportunity for inclusion and positive model for participation.

What can BodySongs do for my students?

The Components - Music + Body Percussion

BodySongs Music as a teaching tool:

- Relaxes
- Structures
- Motivates
- Balances
- De-escalates

BodySongs techniques as a teaching tool:

- Predictable, pre determined, therefore
- Relaxing the anxious student
- Energizing and reconnecting those lacking focus
- Developing trust, confidence



Target Groups

- Pre School
 - School Children (Years 1-3)
 - Students with special needs, including behaviour support needs
 - People with mental health needs
 - Elderly
- Response to the universal language of music and body percussion techniques by those who use BodySongs:
- increased relaxation, focus, alertness, participation, tolerance, consideration, positive attitude towards others.

How does this work?



Access Personal Space

Close

Not ~~closed~~ in

Proximity

Not ~~Intimacy~~

Builds trust and relationship by modelling respect and sensitivity

Values

Care

Responsibility

Belonging

Respect

Empathy

How Does This Increase Communication Skills?

In personal space by invitation

Respectful Body Percussion

I am: Taking Care

Listen to You

Observe your

Responses

Ready to change what I am Doing

Sensitive to your opinion

No judgement nor random impulsive

The method and the music lead my action

Creating a environment of shared control



Learning to Manage with the Rejection

Recognize your triggers, and appreciate the honest feedback:

- "Thanks for telling me..
- I'll change it!"

What we learn from this process:

- Resilience
- Sensitivity
- Respond, rather than react
- Maturity, calm confidence, caring attitude

The Mainstreaming Challenge

Finding common ground and
foster...

Acceptance

Sense of belonging

I'm glad you are in my class

Equality

Give and take

Mutual understanding

BodySongs produces an equal playing field.
Positive attitude develops tolerance and the ability to
learn together
at your own pace.



Easy + Safe use:

- Body percussion stays with the songs in the session
- Your attitude of respect and acceptance of others goes with you where ever you are!

An abstract painting with a rich palette of purple, blue, and red. The composition is filled with swirling, organic forms and textures. In the upper center, there is a small, pale, oval-shaped figure with faint facial features. To the right, a larger, more complex form with blue and white highlights suggests a butterfly or a similar creature. The overall effect is dreamlike and ethereal, with a sense of movement and depth.

What Else?

Highly predictable - restful harmonies and Body percussion
The invitation: You have the choice - are in control
You can relax - enjoy - are free to learn

Works for highly sensitive defensive students
Don't nod off - here are BodySongs
Your motor skills get a tune up

Classroom Management

Work your way up: Small groups



BIGGER GROUPS

Extra help:

- Use drums or other instruments, the leader rotates.
- Large teddies are good for practising on, model correct technique
- Pick your student combos to demonstrate to the rest



Curriculum Links

· English

· Music

· Health



Training Package:

- 4 hour workshop
- Get a group of teachers together
- Small numbers (8-12) - location flexible
- Individual hands on learning
- Helpful manual with the CD
- Backup log on to watch the techniques
- Contact us if you have questions
- Find out about other course