

Music lifts your soul

Puts a smile on your face

And helps you feel connected

soundabout
make music change lives

Soundabout Your Home

Music making ideas for families and carers



At Soundabout we believe that a musical life should be enjoyed by everyone. We hope that as families and carers supporting people with severe and profound learning disabilities that you have come to find musical sounds a powerful tool to engage with each other.

Inside this leaflet you will find some ideas to use at home or out and about to share playful sounds and musical interactions.

Please also remember that Soundabout run sessions for families throughout the year in various locations. More details of what we do, dates and online booking can be found on our website

www.soundabout.org.uk

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You already know so much...

Does the person I support like:

Fast or slow sounds?

High or Low sounds?

A particular artist?

A favourite song?

The vibrations from speakers?

Drumming sounds?

The list is endless and you know best, try and experiment with different sounds, what reaction did you find?



Listening

Things to Try:

Listen to different types of music such as classical, pop, folk, jazz, Indian classical music.

Listen to music with different moods; happy or sad, different speeds; fast or slow, different instruments; guitar, piano, sitar, kora, drums.

Use a scarf or loose fabric and move this in time to the music.

Bounce, sway, rock younger children in time to the music. Encourage older children and adults to move to music. This will help them to develop a sense of rhythm.

Things to Notice:

Does the person you are supporting show a preference for a particular type of sound, music, instrument?

Does the person you are supporting respond or move in a particular way to sounds?

Sound Walks

Go on a sound walk, what different sounds can you notice in the house, garden, in the street or in the park?

Pause and close your eyes together, open up your senses.

Are there any objects near by that you can use to make sounds together? Tapping sticks? Scrunching leaves?

When you get back home what do you both remember?

Using the Voice

Things to Try:

See what sounds the person you are supporting can make with their voice; high, low, ooos, aaahs, animal noises and so on.

Have a go at singing simple songs or rhymes. You could even make up really simple songs with them about their name, the weather, animals, food etc.

Don't be afraid to repeat the same songs lots of times! Repetition helps people develop their sense of pitch and rhythm and creates a sense of familiarity.

Things to Notice:

What sounds does the person you support make with their voice?

Do they notice when you copy their vocal sounds? Can they copy your vocal sounds/singing?

Your Sound is Best

Don't worry if you don't feel you have a good singing voice! So many people are nervous at first if they are not used to making vocal sounds. We naturally have a preference for familiar voices so the person you support will love your sounds. Just have fun.

Instruments and Objects

Things to Try:

Use everyday objects to make sounds such as pots and pans in the kitchen etc. Make simple homemade instruments (see overleaf)

Use instruments/objects to play along to recorded music. This works particularly well with children.

Have fun playing with the person you support. Copy their sounds and try to introduce new sounds.

Things to Notice:

What sounds does the person you support make? Do they make any particular patterns, a beat, or a rhythm?

Body Beats

Not got much time to make or find instruments? use your body; tapping on knees, clapping hands, stamping feet, click fingers, pop cheeks, blow raspberries we make endless musical noises that can be copied, played with and built into songs.

Make your Own Instruments

Castanets

Stick bottle tops, jar lids or even coins onto a piece of card, fold the card over and tap together!



Tin can drum

Cut the end off a balloon, stretch it over an old can or round plastic container, secure it with an elastic band, and tap away!



Cardboard box guitar

Put elastic bands around an old tissue or cereal box, put a pencil under the elastic bands to raise them from the surface of the box, stick a tube to one end to make a neck, and strum away!



Tambourine

Tie little bells to the edge of a paper plate and shake!



Straw panpipes

Cut drinking straws to various lengths, stick together with sellotape and blow over the top!



Music is in everybody; let it fly, give it
voice and share it around. See you at
Soundabout soon!

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