

Proactive

Level 2

Element B

**Encourage
me to express
my feelings
through sound**

Card
6



Engage with the different feelings that I may be expressing when I make sounds:

- react to any vocalisations (or changes in them) that may show how I'm feeling
- respond to the sounds I make with objects and instruments that may indicate excitement, frustration, boredom
- try to identify triggers that make me vocalise or make sounds with objects in certain ways
- can you affect the way I feel (a word of reassurance, a touch on the hand, a hug)...
- and so change the sounds I make?
- remember that choosing *not* to make a sound may show how I'm feeling too