

Belt, Bracelet and Tunics

YOU CAN WEAR YOUR INSTRUMENTS ON YOUR WRISTS, ANKLES, AROUND YOUR WAIST, OR EVEN ON YOUR TORSO! SIMPLE VELCRO LOOP GRIPS ALLOW INSTRUMENTS TO BE ATTACHED TO THE WEARER.

Sensory and/or physical needs

Self-played:

Who says you have to use your hands when playing instruments?

Shake, jump, twist, bounce, rock, roll and any other movements you feel like all whilst making terrific sounds.

Is it possible to move from one part of the room to another without making a sound?

How quiet can you make your movement?

How noisy can you make your movement?

Terrific fun especially for those who have mobility, grip and other motor control issues.

Practitioner-facilitated play:

Lie student on the floor, face up, with tunic covered in instruments, and play all of the instruments on the tunic. Student 'becomes' the instrument. The belt and the tunic can also facilitate torso twisting movements. The student can be twisted by practitioner before twisting themselves in order to help facilitate the movement. Helps with spinal flexibility and mobility.

Social, emotional and mental health

Relief from the constant challenge of always having to use hands to do things. Opens lots of opportunities for other types of play using more of your body to make music and sound.

Communication and interaction

Enables a variety of opportunities for participation in activities, especially for those with mobility and limb co-ordination challenges. Encourages exploration of controlled gross body movement activities and action song games not simply focused on limbs.

Cognition and learning

More learning about "what can my body do when I wear these instruments?"

