

DAILY MUSIC-MEDIATED ACTIVITIES

Week # _____ Dates: _____

**Motivation Monday****ACTIVITY:**

- Start the day with a "Positive Affirmation Chant" using call-and-response. Chant phrases like "You can do it!" while setting goals for the day together.

**Tuneful Tuesday****ACTIVITY:**

- Create a "Music Story Adventure." Pick a favorite story and add musical elements like a shaker or swish paper to create the sound of ocean waves.

**Well-done Wednesday****ACTIVITY:**

- Make a "Success Song Jar." Write down things your child is proud of, put them in a jar, and sing one aloud using a familiar children song.

**Thinking Thursday****ACTIVITY:**

- Try a "Build a Song" challenge. Sing a familiar melody but leave pauses for your child to fill in with their own made-up lyrics or sounds.

**Feel-good Friday****ACTIVITY:**

- Create a "Calm Corner." Set up a quiet space with soothing music, like nature sounds or soft instrumental tunes. Sit together and focus on breathing.