

New singing group at Hill House School



This term our music therapist, Owain and our Expressive Arts lead, Paula have been running a new singing group

The aim of the group is to support young people to develop their **communication** skills and **social connections**, working with their friends

It provides opportunities for **discovery** with a strong sensory component; using body percussion and musical instruments, as well as our voices

The group also supports the development of **resilience** in a playful atmosphere where the emphasis is on participation, developing awareness and tolerance of being part of a group

It also engages the body and therefore the breath which has the capacity to create a degree of mindful attention which helps **self-regulation**

The emphasis is on familiar action songs, so that everyone can participate. Young people are able to express themselves creatively through song and or movement

It has been great to see how enthusiastic the young people have been and how much they want to join in. We hope to grow the group and offer this opportunity to a wide range of young people, embedding the singing group as a very special element of the Hill House expressive arts offer