

MUSIC THERAPY RATIONALE:

2025/26

Music Therapy benefits pupils with additional needs in a range of ways. This rationale is designed to support teachers to understand how and why Music Therapy can benefit our pupils and support them in identifying pupils, setting aims and monitoring outcomes.

SUPPORTS COMMUNICATION SKILLS – music therapy helps develop verbal and non-verbal communication, and vocal use.

ENCOURAGES EMOTIONAL EXPRESSION – provides a safe, creative outlet for expressing feelings that may be difficult to verbalize.

PROMOTES EMOTIONAL REGULATION – rhythmic music and structured sessions help children manage anxiety, frustration, and overstimulation, and increase feelings of positivity and calmness.

IMPROVES SOCIAL INTERACTION – encourages turn-taking, listening, shared attention, and peer engagement (in groups).

ENHANCES AUDITORY PROCESSING – engaging with rhythm, melody, and sound supports auditory discrimination, and listening and receptive skills.

BOOSTS SELF-CONFIDENCE AND SELF-ESTEEM AND SELF AWARENESS – participation, like keeping a beat or choosing a song, builds confidence and a sense of identity.

DEVELOPS MOTOR SKILLS – playing instruments, clapping, and movement to music support both fine and gross motor development, body awareness and movement.

PROVIDES STRUCTURE AND ROUTINE – sessions can often be purely improvisational in nature, or indeed more structured. Regularity and consistency allow sessions to follow a predictable pattern, which offers comfort and security to many SEN learners.

HIGHLY ADAPTABLE AND INCLUSIVE – music therapy can be tailored to each child's needs, preferences, and abilities, ensuring accessibility for all.

ENGAGES MULTIPLE AREAS OF THE BRAIN – music activates memory, language, emotion, and motor areas, supporting holistic development.