

# MUSIC AND ME!

Emotional regulation through music



Grade 1-6

6 sessions

## Students will learn:

- 1 Emotional self-regulation techniques
- 2 Self-expression
- 3 Strengthening fine and gross motor skills
- 4 Calming breathing techniques
- 5 Positive communication skills

...and more!

In this program, students learn how to use music to **regulate their emotions**, a key component of executive functioning for school success. Students develop confidence, improve their focus, and strengthen their relationships with peers. A sense of community is built through singing, playing musical instruments, songwriting, and movement.

This program includes a **classroom observation** and **consultation** with the teacher to tailor the content to the specific needs of the students.

For more information please contact:

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