



Regulating Music

Julia's Favourites

The first three CDs are from Gen Jereb's selection, an occupational therapist with a musical flair who developed the music as a sensory integrative tool:

1. *Say G'day*

- First half of Cd (12 songs) has movement songs to enhance attention, alertness and body awareness, great for the start of circle time)
- Second half of CD has respiration songs to support attention, learning and self-regulation; calming and organizing; and cool down

2. *Cool Bananas* – great for rest time and for children who are upset or overwhelmed (particularly from track 12 for a quicker result)

3. *It's Circle Time* – designed especially for preschool/prep.

Available from Gen's website: [Sensory Tools](#)

Baroque for Modulation – is “cortical music” and used to support co-ordinated suck, swallow, breathe. This helps at mealtimes and also supports focussed attention and self regulation for the classroom. Good to use with all age groups (including adults). Even people who don't usually like classical music tend to like this, and its sister CD ***Mozart for Modulation***

Available from: [Senseabilities](#)

Sacred Earth Drums – I use this for highly active children who seem to need a lot of movement in order to organize themselves. At school, it could be used on transition from the playground to the classroom. Play it fairly loud for about 15 minutes then turn down. What I find is that the kids tend to circle the room and in this time “get in synch” with the music and eventually sit and focus after about 15 minutes – then you can turn the volume down to soft and continue working.

Available from: [Amazon](#)

Music For Babies Series: This is classical and traditional music that has been specially arranged for children. When recorded, the musicians played as if to their own children. I was lucky enough to have a track played live for me, and have used the Sleepy Baby CD in particular with little ones who struggled with sleep with great success. Available from: [Advanced Brain](#)