

Harmony at home

A Family Music Toolkit

Simple ways to bring healing, joy, and connection through music

Why Music Matters

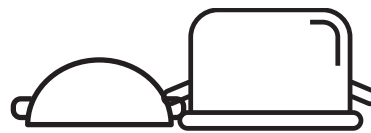
Music is more than entertainment, it's a powerful tool for healing and growth. Singing, clapping, or playing rhythms together helps children build confidence, reduce stress, and strengthen bonds with the people who love them.

1. Rhythm & Bonding

Activity: Kitchen Drum Circle

- Gather pots, pans, or plastic containers.
- Play a steady beat together (start with a heartbeat rhythm: boom-boom, boom-boom).
- Take turns being the leader while others copy.

Benefit: Builds teamwork, focus, and a sense of belonging.

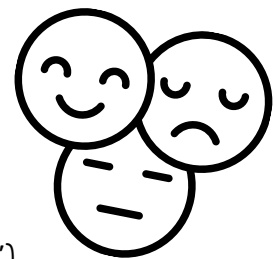


2. Emotional Expression

Activity: Sing Your Feelings

- Ask your child how they're feeling.
- Make up a silly tune or chant using their words ("I feel happy today!").
- Encourage different tempos and voices (slow, fast, high, low).

Benefit: Helps children name and release emotions in a safe, fun way.

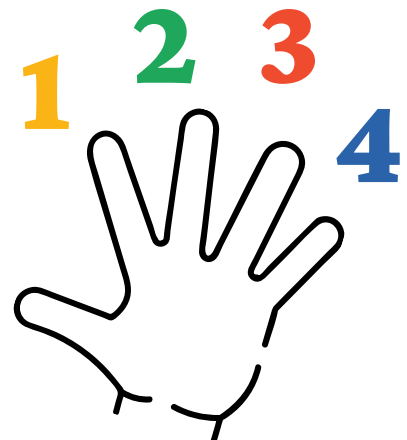


3. Calming with Music

Activity: Breathing with Rhythm

- Clap or tap a slow beat.
- Inhale for 4 beats, exhale for 4 beats.
- Repeat 5 times together.

Benefit: Lowers stress and helps children self-regulate.



4. Building Confidence

Activity: Family Performance Night

- Invite your child to share a song, dance, or rhythm they've created.
- Celebrate their effort (not just the performance).
- Take turns so everyone gets a moment to shine.

Benefit: Boosts self-esteem and creates joyful family memories.

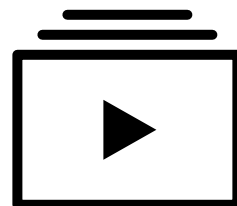


5. Creating Connection

Activity: Our Family Playlist

- Sit together and choose songs that make you happy, calm, or strong.
- Play your playlist during car rides, chores, or family time.

Benefit: Strengthens bonds and gives your child tools to shift their mood.



Tips for Parents & Caregivers

- Keep it simple: perfection isn't the goal, connection is.
- Be playful: children learn best when they're having fun.
- Repeat activities often: rhythms and songs become more powerful with practice.

About SWAN

SWAN: Scaling Walls a Note at a Time equips children affected by parental incarceration to thrive through the power of music and mentoring. Every note played, every song sung, helps children heal, learn, and succeed.

Visit SWAN4kids.org to learn more.

Donate and help children heal, learn, and succeed.



SWAN: Scaling Walls a Note at a Time