

## Sherborne

Sherborne was developed by Veronica Sherborne in 1922-1990. This program was devised to build relationships with other through actions, turn taking, games using movement and relaxation. Students can learn to be creative in discovering physical possibilities of the body, problem solving abilities and the potential for making relationships through movement.

Timings of these session are dependant of the individual students; timings range from 5 minutes to 30 minutes. Here you will find a guide to support you to engage through Sherborn.

Find a quiet space to sit with your child, there are specific tracks to listen to and actions or movements that your child can do alongside you, if you have other children include them in this session. Carry out all the actions till the end of the music clip.

Track 1: Bruno Mars Just the way you are - Gentle rocking action

Track 2: Charlene Soraia – Wherever you will go- Massage from head, shoulders, arms, back and legs

Track 3 Cannonball Damien Rice – Rocking

Track 4: Christina Perri – Jar of hearts – Rowing action

Track 5: Rebecca Ferguson – Nothing real but love- Back to Back rocking

Track 6: James Morrison – You given me something- Tapping on the back-child sitting in front

Track 7: Paolo Nutini – Last request – relax on floor child can lay down.

Track 8: Alicia Keys- Empire state building – same ad 7

Track 9: JLS -Love you more- stretching to waken up.

Track 10: Matt Cardle- Run for your life. Sitting quietly.

We hope that you enjoy this relaxed session with your child. If your child can not attend for the whole session this is okay, just keep playing the music softly in the background.