



Rhythm2Recovery Testimonials Early Childhood Educators

Although the Rhythm2Recovery Model is not designed specifically for younger children, 1-8yo, many of the exercises are able to be adapted to this age-group. Rhythm based music is highly accessible to children of all ages and many of the musical games, provide opportunities for young children to learn and practice basic social skills as they have fun playing music together. Additionally, many of the regulation exercises are non-verbal allowing children of all ages to participate and develop their capacity to manage their emotions.

Many early childhood therapists and educators attend these trainings and are able to adapt the exercises, using appropriate age-related language and developmental understanding, to utilize them effectively in their work.

I have started doing some R2R activities with my students. Pre-Primary to Year 5. I don't get to do a full session with them just doing R2R so I am incorporating it at the start of all my music lessons now. I am the music teacher for our Primary school so I decide what I do. I cannot tell you the numerous positive benefits I have experienced in just doing simple exercises with them. At first, I was very scared to try it, what if I can't do it? So, I started with VERY simple things. Like "Rumble if you had breakfast this morning", "Rumble if you ever felt sad" etc. And today we did 'Passing the Rumble' - switching and passing it with your eyes closed. The younger students can't do the switch yet but we will work on that. Comments from my Year 2's: "That was EPIC" from a **very** behaviour challenged student. "That was extraordinary" from a student with autistic traits. And there are MANY more. I do a short session at the start of my lesson and they love it.

Thank you for the amazing training you offered here in Perth last year. It is the best training I have been to in a long time. It is practical and you can start doing it straight away if you are brave. It took me a while to get my courage together. But I am enjoying the drumming myself. And then I see students enjoying it. I see a student who has global development delay coping with the work. It warms my heart tremendously. Keep on with the great work you are doing. *Hennelie Peck, South Coast Baptist College, Perth, WA*

We use the Rhythm2Recovery exercises regularly in our therapeutic work with younger children. The games and exercises can be easily adapted, are fun and uplifting for the kids and often help children who have learned to close down, as a protective mechanism in response to past traumas, open up, and trust again.

Tammy Nicholas, Engage & Grow, Therapeutic Support Services, Bairnsdale, Victoria

I highly recommend this course – it was engaging and fun and there were detailed explanations of how the exercises can be adapted to meet the needs of different population groups. *Grace McDonald, Caboolture Early Years Centre, Queensland.*

This was a very enjoyable training experience and I feel it will be extremely relevant to my work and very beneficial for the young children I support. *Kerry Herbert, Early Childhood Educator, Play Therapist, Adelaide, SA*

Highly valuable, professional training that was full of practical exercises I can adapt to my work in early childhood – a really useful workshop. *Lorretta Burgess, Early Childhood teacher, Inner Sydney Montessori School.*

I had zero experience playing drums before this course and came out confident I could use this tool with the children I work with. It was full of practical games and gave me opportunities to discuss how these could be adapted to working with younger children. Highly recommended. *Sheree George, Coraki CWA Preschool, NSW*