



Counselling Skills, Mindfulness and Therapeutic Practice (ECYW4004)

CAROL CALLOW

Induction

Hello and welcome

I'm Carol and I'm here today to talk a little bit about
youth work ,young people and music.



Music

Music is a big part of people's lives around the world. Music can help young people in many ways such as,

- To express their selves.
 - Passion
- Gives them the sense to identity
- Helps them connect with others on many levels
 - Most importantly helps them to feel alive

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(User, 2018)

How Does Music Affect Young People?

- The music helps young people to explore their ideas and their emotions in a safer way and help them to express without using any words.
- It affects the young people to connect more to social groups and to help them gain the feeling of belonging.
- To help exposure to the positive influences through the music which can help with such things as:-
 - Coping with mechanisms
 - To help with the appropriate response to a stressful situation

(How does Music Affect Teenagers' Behavior and Emotions? | Parent Samurai, 2021)

MUSIC IS A POWERFUL CONTRIBUTOR TO YOUNG PEOPLE'S WELLBEING

- Youth Music reported research that 1,001 young people aged 7 to 17 in England, said that music is essential to their lives, significantly improving their wellbeing.
 - 85% of young people said music made them feel happy,
 - 41% of young people said it made them feel cool,
 - 39% of young people said it made them feel excited
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- Asked how they would feel if they had to go without music for even one day, most said they would be sad. (Music Education Works, 2021)

Youth work and music

- Music Programmes are somehow a powerful tool for youth work as it can help the young people learn and develop for a successful life.
- On the emotional end, young people may use music to relieve tension or to express their innermost feelings and thoughts.

(User, 2018)

ME & MUSIC

Icebreakers

- Summary
- Age:Any
- Time:10-30+ mins (depends on group)
- Skills:None
- Materials:Paper, pens
- Outcomes:Good way to get to know each other using music and improves group dynamic.
- © Youth Work Ireland 2017 - 2018

ME & MUSIC

- Instructions
- Each young person is given a piece of paper and a pen. They have to take a few minutes to think of one or two songs that are either important to them, or feel that the song represents a part of them.
- Go around the group and share the songs and why they are so important to them/ how they feel they represent them.
- Note*: It is important that the environment is a safe and respecting one and that young people can feel comfortable sharing something personal.

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Reference list

User, S., 2018. Why Music?. [online] Youthmusictoolkit.org. Available at: <<http://youthmusictoolkit.org/why-music>> [Accessed 20 February 2021].

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Music Education Works. 2021. Music Education Works. [online] Available at: <<https://musiceducationworks.wordpress.com/>> [Accessed 25 February 2021].