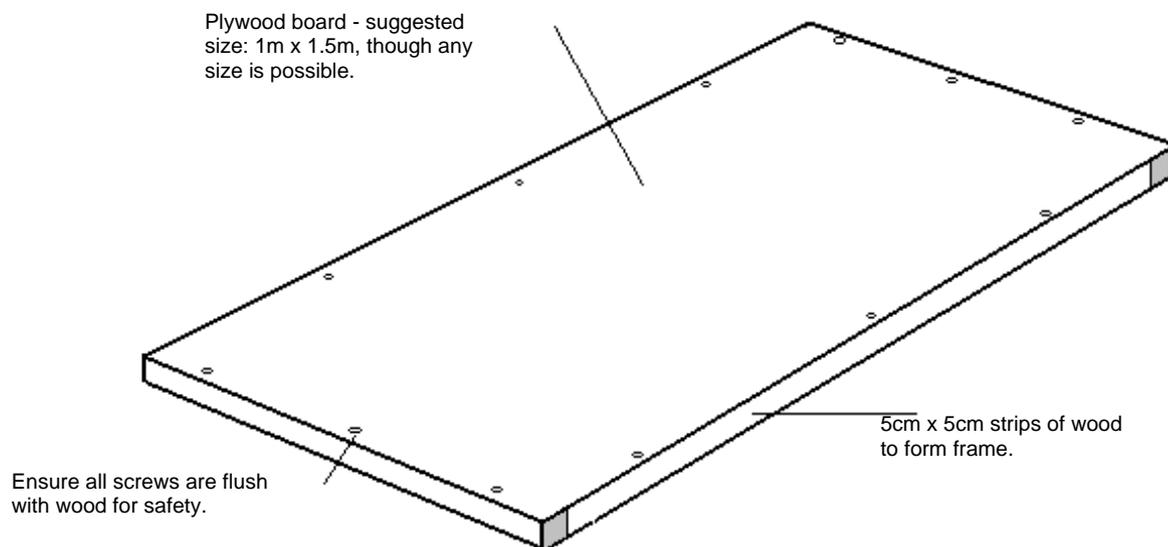


Resonance Boards

Sound in general can be very chaotic, especially to a child with impaired senses. A resonance board provides a way of organising sound out of chaos in a very simple way.

These boards are easy and cheap to make. They work particularly well in communal music-making - several of children (and/or adults) can sit around them. One or two children can lie on them and feel the vibrations - this can be very effective in reducing muscle spasms.

The diagram below should give a guide as to how to make a resonance board. On the next page you will find tips about ways in which you can use it.



A few tips for working with resonance boards

- Let the lying child experience the vibrancy of the board as it is beaten.
- Try hooking a bangle or chain around a child's ankle or wrist whilst he/she is lying on the board. This will rattle on the board as the child moves.
- Break sounds into little nuggets and hear the silences between. Stopping the sound sharply will highlight the silences.
- Make up call and response songs using the board for rhythm. Also very effective without words and in groups.
- Try to get away from 'boring' Western rhythm patterns. Don't stick with standard 3 or 4 beat patterns.
- You can be really inventive in making musical games around the board.
- Below is a very peaceful chant. Tap the board lightly in a sort of heartbeat rhythm and sing:



Repeat this over and over, add harmony in a group by singing a third higher, get louder, get softer, etc. This can be very relaxing and makes a good ending to a session.