



Active Listening

Play a piece of music for your children and after 1-3 minutes, ask about what they hear in the music. Give specific guiding questions rather than open-ended questions.

For example:

- ◆ “Does this music sound like horses running or like a person dancing?”
- ◆ “This music is really slow and sounds sad. I’m pretending to cry.”
- ◆ “This music feel happy. It makes me want to bounce my shoulders up and down.”

If your children are nonverbal, ask them to show you what the music sounds like by moving to the music (e.g., stomping, swaying, arms over head, head nodding, facial expressions, acting-out a scene). Describe their movements.

More Support: Play the music in smaller chunks. Ask children about what they hear after 30 seconds or at a natural stopping point.