



# Resilience for Children & Families

## Music for Healing during Covid-19



It's Dr. Machelle. I have two special guests today!

They know a lot about teaching music to kids.

Music can give a voice to your emotions.



This is Dr. Judy.

It can also help change a feeling.

This is Ms. Arnekua.

Dr. Judy Arthur plays the piano. She directs choirs with high school and college students. She ran huge music groups. Dr. Judy was my teacher and helped me find my voice.



This song helps me:

You Will Be Found.

"Even when dark comes crashing through... Let the sun come in... Look up & rise again."

**Go find your song!**

Ms. Arnekua Jackson directs elementary school music. Her kids don't have a lot. They sent an audition to Carnegie Hall in New York. They were the youngest choir to go! She is getting a Ph.D.

**Let music help you.** Dr. Judy & Ms. Arnekua want you to know...

1. Find things at home that sound like drums, shakers, wood, or bells. Or make your own instrument. Record your music with a friend or family!
2. What music do you love? Share your music with someone special.
3. Music can help you with hard feelings. What do you listen to when you are mad? What about scared?
4. What is a song that calms you down? Share it with others. It might help them feel peace too.
5. Someone you love might be sick or sad. You can share your song. Or, sing to them over the phone.
6. Music tells stories of our culture. Ask a family member about a special song that brings strength.
7. Making music together helps us feel strong.  
Sing, play, listen & dance to music with others.
8. Keep practicing your music.  
Hard work can take you to amazing places.



Did you know that Dr. Elvis is a singing surgeon! He sings songs of hope & joy at hospitals.

With Dr. Robinson, he recorded Music is Medicine. Their songs are helping Covid-19 Relief

They sang & played "Alright"

He says, "We are all able to give our small parts to make the world better."

Machelle Madsen Thompson, Ph.D. is a trauma resilience expert, children's individual & group counselor, & researcher.

Sun, Nasa Space Place, 2020. Click here for sun activities: <https://spaceplace.nasa.gov/menu/sun/>

Dr. Judy & Ms. Arnekua Art by Rachel Smith Starling. We write weekly Covid19 resilience builders. 2.9 level. ©2020