


## Calming music

 75 minutes

### Objective

- *To help participants design personal quiet spaces that promote sensory rest and calm, enabling them to recharge and restore their mental and emotional balance.*

## Materials needed

- Comfortable seating (chairs, cushions, or mats)
- A device to play music (laptop, phone, or audio player)
- Speakers or quality headphones
- A curated playlist of calming music tracks
- Printed copies of the Sensory Rest manual
- Notebooks or journals for participant reflections
- Pens or pencils
- Soft lighting (lamps, candles, or dimmable lights) to create a relaxed atmosphere
- Optional items for sensory comfort (blankets, eye masks, aromatherapy diffusers)

## Tool Description

This tool guides participants through the use of calming music as a means to achieve sensory rest, helping them design personalised quiet spaces that reduce overstimulation and support emotional balance. Through guided listening, reflection, and discussion, participants explore how sound can become a restorative resource in their daily lives.



## Instructions

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### 1 - INTRODUCTION (20 minutes)

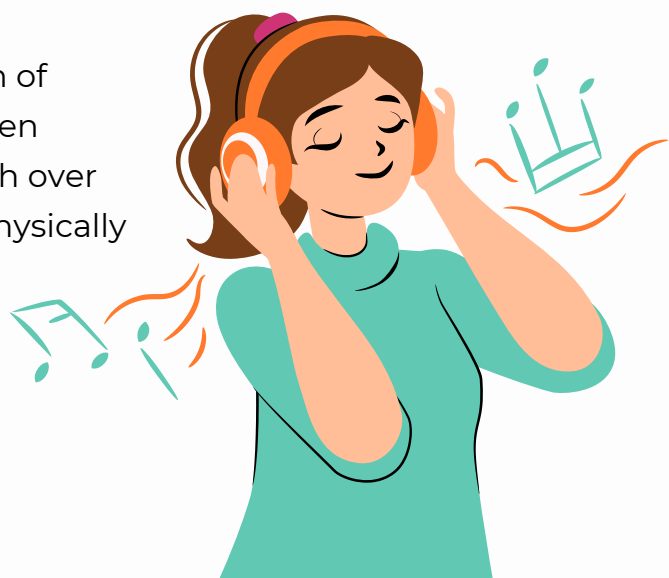
- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Sensory Rest**
- Introduce the importance of **listening to calm music** as a practice and let participants know this will be the main focus of this module

### 2 – Exploring personal sound connections

After introducing and exploring the module, the facilitator shifts the focus toward the practice itself. Participants are encouraged to consider their personal relationship with sound and to reflect on the types of music or natural audio landscapes that have helped them relax in the past.

### 3 – Guided listening experience

The facilitator plays a carefully curated selection of calming tracks, guiding the group to simply listen without expectation, allowing the music to wash over them. This step is about creating space (both physically and mentally) where external distractions fade and the senses can soften.



## 4 – Personal reflection

After the listening experience, participants are invited into a reflective phase. They are encouraged to write in their notebooks, capturing their emotional responses, physical sensations, and any images or memories that emerged during the music. The facilitator may prompt them with gentle guiding questions, such as how the music influenced their mood or how it shifted their awareness of their surroundings.

## 5 – Designing a personal quiet space

The next stage involves translating these personal insights into action. Participants are supported in designing their own blueprint for a personal quiet space. This could be a corner in their home, a mental sanctuary they visualise during stressful moments, or a daily ritual incorporating calming music. The facilitator encourages them to be specific (considering lighting, textures, scents, and of course, sound) so that their space feels truly restorative.

## 6 – Sharing and closing

The session closes with a group sharing moment, where participants who feel comfortable can describe their envisioned quiet spaces and the role music will play in them. This sharing reinforces the sense of connection in the group and provides fresh ideas for everyone. The facilitator ends by encouraging participants to make calming music a regular part of their sensory rest routine, reminding them that these moments of intentional stillness can have lasting effects on wellbeing.



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## Reflection questions

Here are a few questions to facilitate discussion and reflection, such as:

- How did the music make you feel emotionally and physically?

**There is a peacefulness in music that quiets the mind and opens the heart.**

- Did you notice any changes in your breathing, posture, or tension while listening?
- What thoughts, images, or memories surfaced during the experience?
- What elements (beyond music) would you include in your personal quiet space?
- How could you integrate calming music into your daily or weekly routine?



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