



Music is Poetry to Me

Situation: The volume level has gone up in the house. Squealing or screaming, the decibel marker has been reaching every last nerve you have.

Solution:

Oh, that sound hurts my ears!
Can you make some softer notes.

Cover your hands with your ears at first, being the natural reaction. But, then, model good behavior by placing your hands on your heart and talking very softly.

This sound heals my heart.
Can you make a soft sound?

Even crouching down or walking on your toes to show softness can help. Ask the kids to play along, placing their hands on their hearts and walking softly. "We are going to sing soft notes now."

And then sing very soft notes or make up a song if you feel creative. "That sound heals my heart, heart, heart." End with a hug and send them to a quieter activity like reading books or coloring.

If the children are too wired, running around outside is always a great idea to make time inside much quieter, calmer and a safer place to be. And we need time outside too!

After all, spending too much time inside with all that noise can make use much louder too!