

*Music Therapy – April 2026 report
SOLENA Center*

During the month of April, a total of 26 music therapy sessions were conducted with the participation of 7 children.

The sessions were organized regularly with the aim of supporting the children's emotional, social and communication skill development through music.

Program Objectives

- To develop children's self-expression abilities
- To promote emotional stability and self-confidence
- To improve communication and cooperation skills
- To create a safe and supportive environment

Activities Conducted During the Sessions

- Rhythmic exercises
- Musical games
- Physical activities and creative expression methods
- Song teaching
- Development of fine and gross motor skills

As a result of the work carried out during April, new and important progress was observed among the children. They began to express their emotions more freely, participate in musical activities with greater confidence and show more initiative during group work. While some children initially had difficulty engaging in the sessions, they now join the overall process more easily and participate with interest and enthusiasm.

Musical games, song teaching and rhythmic exercises contributed to the development of their attention, communication and emotional expression skills.

Parents also shared positive feedback, noting that the children often talk about the sessions at home, repeat the songs and games and eagerly look forward to the next meetings. Some parents additionally mentioned that the children have become calmer, more sociable and happier.

Within the framework of the Easter celebration, we organized an open group session with the participation of parents. It was especially joyful to witness the warmer and more cooperative atmosphere that has developed among the children. They have started listening to one another more attentively, playing together and supporting their peers during group activities.

The children presented their favorite musical games and activities, participated in festive interactive segments and together created a warm and joyful atmosphere.

At the end of the session, the children received small Easter gift bags, which made the celebration even more memorable and joyful.