

## **Music Therapy – March 2026 report**

### **SOLENA Center**

During the month of March, a total of 19 music therapy sessions were conducted with the participation of 7 children. The sessions were held regularly (Saturday and Sunday) with the aim of promoting the emotional, social and communication skills of the children 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

#### ***Session Activities***

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

#### ***Achievements and Results***

- Children have become more open and actively engaged
- Improvement in communication and teamwork
- Interested in music
- Increased self-confidence

#### ***Parents' Feedback***

- Parents responded very positively to the program, noting improvements in both behavioral and emotional aspects of their children
- Many parents highlighted that their children attend the sessions with great enthusiasm and eagerly look forward to the next sessions

#### ***Materials and Equipment***

Within the framework of the MT program the following equipment were purchased and received donation

- Piano and piano chair
- Soft armchairs (3 units) -donation received by school program children

### *Recommendations for April 2026*

For the month of April, it is proposed to:

- Increase the number of interactive *group music games*
- Introduce *additional musical instruments* (children's guitar, maracas, whistles, tambourines)
- Organize a *small festive event* on the occasion of *Easter*
- Continue *individualized work* with each child

*We sincerely thank you for your continuous support and trust.*

*Your contribution plays an important role in ensuring the development and well-being of the children*