

XYLOPHONE | MUSIC THERAPY

Parents, as a family therapist, I've found that musical play can be a powerful tool to help kids identify, explore, and express their emotions. One of my favorite tools is the Xylophone Toy with 2 Child Safe Mallets and 8 Diatonic Keys. Here's how I use this colorful instrument to help children identify and understand their feelings:

Eight Keys, Eight Emotions:

Red Key: Anger 🤔

Sound: Bold and intense.

Description: I encourage kids to strike the red key loudly to represent anger. It's a way to safely release frustration and recognize that it's okay to feel mad sometimes.

Orange Key: Disappointment 😞

Sound: Muted and slow.

Description: The orange key represents disappointment. I invite children to play it slowly to mirror the feeling of unmet expectations, teaching them it's normal to feel let down.

Yellow Key: Happy 😊

Sound: Bright and lively.

Description: I guide kids to play the yellow key in a quick rhythm, associating happiness with this upbeat sound. It helps them own their joy and share it through music.

Green Key: Sad 😞

Sound: Low and mellow.

Description: When children feel down, the green key's mellow tone provides a safe outlet. I use this key to encourage kids to acknowledge sadness and know that it's okay to express it.

Blue Key: Frustrated 😡

Sound: Short and sharp.

Description: The blue key's sharp, staccato sound mimics the tension of frustration. I let kids strike this key repeatedly to vent their frustrations in a healthy way.

Indigo Key: Grumpy 😡

Sound: Deep and grumbly.

Description: The indigo key's deep, grumbly tone represents grumpiness. I help kids recognize grumpiness with this sound, learning to identify the difference between grumpiness and other emotions.

Violet Key: Confused 🤔

Sound: Uneven and wavering.

Description: Confusion is captured by the uneven sound of the violet key. We explore how this sound can mirror their feelings, helping them better understand and navigate moments of uncertainty.

Pink Key: Worried 😟

Sound: Soft and repetitive.

Description: The pink key's repetitive, gentle sound symbolizes worry. I work with kids to express their worries musically, finding comfort in hearing this sound.

Color	Key/Note	Feeling
Red	C	Anger 😡
Orange	D	Disappointment 😞
Yellow	E	Happy 😊
Green	F	Sad 😞
Light Blue	G	Frustrated 😡
Blue	A	Grumpy 😡
Purple	B	Confused 🤔

How to Use This Guide at Home

1. Practice Together: Play the xylophone and discuss which feelings each color and sound represent.
2. Share Stories: Make up stories together using the emotions and sounds.
3. Express Freely: Encourage your child to play the key that best matches their current mood.

With music and colors, we can help our children explore, identify, and express their emotions.

Songs About Feelings to Learn on the Xylophone

Learning songs on the xylophone can help kids identify and express their feelings in a fun and engaging way. Here are eight simple songs related to emotions that you can teach your child:

1. If You're Happy and You Know It (Happy 😊)

Notes: G G E E G G E E

Lyrics:

If you're happy and you know it, clap your hands (clap clap)

2. Twinkle, Twinkle, Little Star (Wonder 🤔)

Notes: C C G G A A G

Lyrics:

Twinkle, twinkle, little star

How I wonder what you are

3. The Grumpy Song (Grumpy 😠)

Notes: D D G G C C C

Lyrics: (To the tune of "Mary Had a Little Lamb")

Sometimes I feel really grumpy

Grumpy, grumpy, grumpy

I stomp my feet and make a frown

When I'm feeling down

4. The Worry Song (Worried 😟)

Notes: C C E E D D C

Lyrics: (To the tune of "Row, Row, Row Your Boat")

Worry, worry, worry a lot

Like a spinning wheel

Take a breath and count to five

It will help you heal

5. The Frustration Song (Frustrated 🤔)

Notes: D E G G D E G G

Lyrics: (To the tune of "If You're Happy and You Know It")

If you're frustrated and you know it, take a break

If you're frustrated and you know it, take a break

If you're frustrated and you know it, and you really want to show it

If you're frustrated and you know it, take a break

6. Blue Feeling Blues (Sad 😞)

Notes: E E E E G G E

Lyrics: (To the tune of "Baa Baa Black Sheep")

When I feel so sad

I play the blues all day

It's okay to cry, you see

Sadness goes away

7. Disappointment Ditty (Disappointed 😞)

Notes: E E G G E E D

Lyrics: (To the tune of "London Bridge Is Falling Down")

Disappointment makes me sigh

Makes me sad, makes me sad

It's okay, just give a try

You'll be glad again

8. Confusion Confetti (Confused 😞)

Notes: C E G G G F F

Lyrics: (To the tune of "Skip to My Lou")

Confusion comes and stays awhile

Makes my brain spin in a pile

Take a breath and give a smile

And soon you'll feel so good