

## What to expect from a Soundabout music making session

We are really pleased that you have chosen to book a community music making session with Soundabout. This short description is to help you and/or the person you support know what to expect on the day.

### What happens on arrival?

You will be greeted by the Soundabout practitioners who will welcome you into the group and help you get settled. There is often chatting or gentle music playing during this time as people arrive.

### First Half of the Session

There will be a 'hello' song where we find out who is there and welcome everyone to the session. The first half of the session will then continue with lots of interactive music making, this is often based on a theme. This will usually take 50-60 minutes.

### Break Time

We then have a break of about 20minutes where people are free to have their own refreshments or buy some on site, it is a time to chat and get to know some of the other parents and carers as well as the Soundabout team.

### Second Half of the Session

We will come back together for more music activities, which will often end with gentle relaxation time. We will then sing goodbye to everyone to end the session.

### Leaving the Session

Your Soundabout practitioners can help support you to get ready to leave e.g. with 'getting your coat on' songs etc. There is a changing places toilet and a café on site should you choose to stay at the Met after the session finishes. We hope you'll join us again.



welcome



Hello  
Song



Music



Break

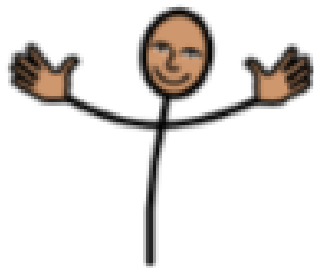


Music

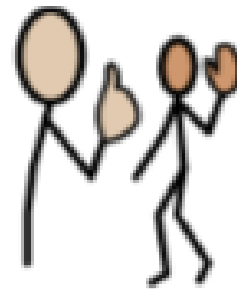


Goodbye

## Soundabout Music Making



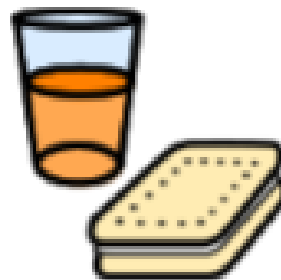
Welcome



Hello song



Music time



Break



Music time



Goodbye  
song