

RHYTHMERSIDE

Join the Rhythm Revolution

Rhythmerside is a movement and music-based programme designed for individuals with profound learning difficulties, using music, touch, and sensory-stimulating videos to enhance body awareness and motor skills.



Welcome to

Rhythmerside

Join the Rhythm Revolution

Rhythmerside is a movement and music-based programme created by Riverside School for people with profound and multiple learning difficulties. It promotes positive movement experiences and enhances sensory awareness through music, touch and sensory stimulation.

The programme includes songs that focus on different body parts, aiming to improve proprioception and kinaesthetic learning. Sensory-stimulating videos accompany the music and lyrics, creating a multisensory experience to support body awareness. This approach encourages physical literacy, building both gross and fine motor skills through massage, stretching and positional changes to enhance comfort and wellbeing.

Before starting, please ensure the room is at a comfortable temperature and visually suitable for your movement partner. Please position them on a mat or rug and remove any non-essential orthotic devices. You will also need bubbles and a small torch.

Massage is a key part of this programme, so please always get consent and check in regularly with your movement partner. Avoid massaging over irritated or broken skin and be mindful of their touch preferences, adhering to safe touch guidelines.

Simply follow the on-screen instructions and music to support your movement partner's participation.

Enjoy your time together!

RHYTHMERSIDE

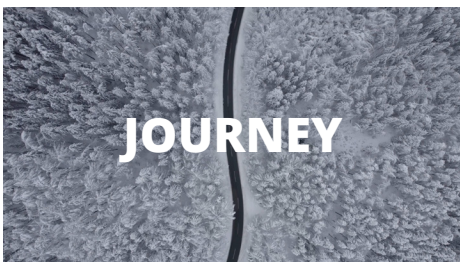
Join the Rhythm Revolution



AWAKENING

Hello Song

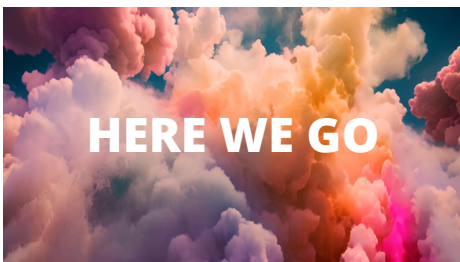
Please **blow bubbles** over me, without any massage. Give me time on my **mat** to find my space. Encourage me to **follow** the **bubbles** with my eyes and **pop** them if I can.



JOURNEY

Warm Up Song

Please **tap** my body to the **music**, starting at my **head**, moving down to my **arms**, and then to my **legs** and **feet**. Help me identify each body part by **saying its name** as you tap.



HERE WE GO

Massage Song

Please begin by **gliding your hands** from my **shoulders** down to my **feet** when you hear the phrase "**how far from my....**" This will help me build **body awareness**.



WOOSH

Body Awareness Song

Please help me or encourage me to **lie on my side** or **sit** if this is safe and comfortable for me. Place your hands on my **back** and follow the music. When you hear "**whoosh,**" **glide your hands** down my body towards my **limbs**.



WHAT AWAITS

Grounding Song

Please **share the space** with me, without any massage. Let me explore the environment in **my own way**, or engage with me by copying my movements and vocalisations.



WHAT A TREAT

Feet and Legs Song

Please massage my **ankles** and **toes**, helping them to **release tension**. Support me to **waltz** my feet to the music and gently **drum** or **stamp my feet**.



Arms and Shoulders Song

Please gently **massage** and move my **arms**, starting from my **shoulders** and working down to my **forearms**. Follow the **music** to help me **release tension** in my arms and shoulders.



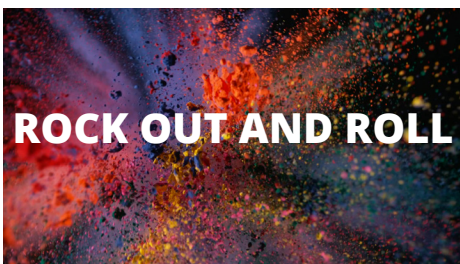
Grounding Song

Please **share the space** with me, without any massage. Let me explore the environment in **my own way**.



Massage Song

Please help me or encourage me to **lie on my side** or **sit** if this is safe and comfortable for me. Use your fingers to **crawl**, **squeeze**, and **glide** along my **back**, including my **shoulders**, neck, and **tailbone**.



Rolling Song

Every time you hear the word "**roll**," please help me roll from **left to right**. This gives me important **vestibular input**. If I can roll on my own, please let me do so.



Head Song

Please **dim the lights** and use a **torch**. Move the light gently around my **head** while focusing on my **breathing**. Help me to engage my **senses** by gently touching my **face** in time with the **music**.



Energiser Song

Well done! It's time to **celebrate** all that we've done. Please gently **tap** from my **toes** to my **head**, following the **music**.



Goodbye Song

As we say goodbye, please **blow bubbles** over me, without any massage. Give me time on my **mat** to find my space. Encourage me to follow the **bubbles** with my eyes and **pop** them if I can.