



Hi
My name is
Rachel



I am a Music Therapist.

I help children use music to help them feel better.

When you play sounds and music with a music therapist they listen to you, and together you build your own music. Sometimes music is a good way of talking without words, and playing instruments makes you use your muscles.

Things I like

- Chocolate and playing my flute. But not at the same time!

Things that make me happy

- My dog's tail wagging
- Being on my paddle board in the sunshine
- Going to concerts
- Laughing with my friends

Things I don't like

- Milky tea
- Insect bites

Things that make me worried

- Falling off my paddle board in deep water
- Snakes
- Thunderstorms