

### 七色彩虹鐘訓練

### Rainbow Bell Training

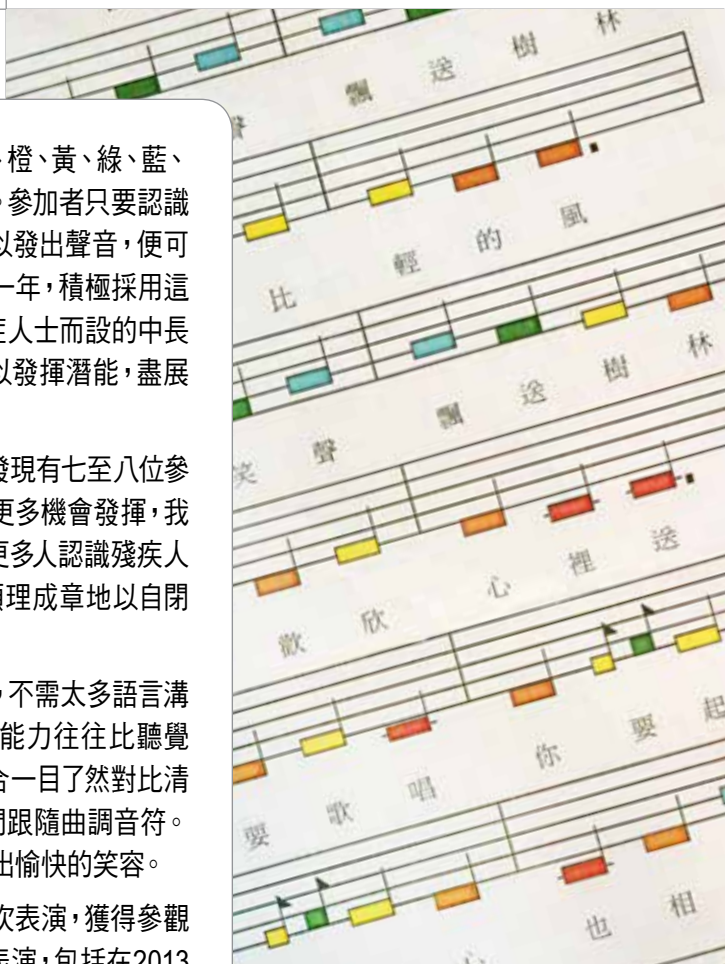
七色彩虹鐘是一種由七種顏色組成的樂器，包括紅、橙、黃、綠、藍、靛、紫，代表do、re、me、fa、so、la、ti，共有八個鐘。參加者只要認識七種顏色，跟隨特製的樂譜用手「按」或「搖」樂器以發出聲音，便可奏出一首動聽的樂曲。天水圍地區支援中心在過去一年，積極採用這種色彩繽紛又操作簡單的樂器，開設了一個為自閉症人士而設的中長期訓練課程，更成立了「七彩部落」樂隊，讓他們可以發揮潛能，盡展所長。

這個訓練課程由2011年的暑期興趣班開始，在當中發現有七至八位參加者對七色彩虹鐘深感興趣並富音樂潛質。為提供更多機會發揮，我們組織樂隊「七彩部落」，透過定時練習和表演，讓更多人認識殘疾人士有其專長。成員中絕大部分是自閉症人士，故此順理成章地以自閉症人士為主要訓練對象。

七色彩虹鐘的樂譜簡單易明，變化也較其他樂器少，不需太多語言溝通，特別適合自閉症人士。他們的視覺接收及理解能力往往比聽覺強，而七色彩虹鐘本身的鮮明顏色及簡單設計，配合一目了然對比清晰的顏色樂譜，提升自閉症人士的專注力，有助他們跟隨曲調音符。在訓練過程中，參加者的情緒一直平穩，有時更會露出愉快的笑容。

「七彩部落」於2012年5月12日在中心的開放日作首次表演，獲得參觀人士一致好評。其後更獲外間機構邀請於社區活動表演，包括在2013年2月17日，聯同新生精神康復會及東華三院於元朗劇院合演「擁抱愛」的樂曲，是樂隊首次參與大型社區活動表演。

由2013年4月起，中心推行為期一季共12節的七色彩虹鐘課程初階班，並於2013年10月開設進階班，讓會員得以接受持續的訓練，同時亦發掘有音樂潛質的會員，邀請他們加入「七彩部落」盡展所長。我們已於2014年4月，再次開辦七色彩虹鐘課程初階班，招募新參加者。希望會員透過一起學習七色彩虹鐘，共同享有一個愉快的參與過程，藉著彼此合作，擴闊社交層面，增加會員對音樂的興趣，從而提升他們的專注力。



Rainbow bell is a musical instrument with seven colours, including red, orange, yellow, green, blue, indigo, and purple, representing do, re, me, fa, so, la, ti, with eight bells in total. Participants can play a beautiful song by simply recognizing the seven colours, and make sounds by “pressing” or “shaking” the instrument according to the tailor-made music score. Last year, Tin Shui Wai District Support Centre actively used this colourful and easy-to-operate musical instrument. We ran a mid-to-long-term training course for persons with autism and set up the Rainbow Band to let them bring their talents into full play.

The training course started since 2011 summer interest class. We found that seven to eight participants were really interested in Rainbow bell and have great music potential. To provide them with more opportunities to develop their talents, we formed the Rainbow Band and let more people realize that persons with disabilities have their own talents through regular exercise and performance. Most of the members are persons with autism, hence they became our main training target naturally.

The music score of Rainbow bell is clear and easy to read, the instrument also has less variations compared to its counterparts and requires little verbal communication, so it is exceptionally suitable for persons with autism. Since persons with autism always receive information and comprehend better by seeing than listening, the colourful Rainbow bell with a simple design, together with self-explanatory music scores of contrasting colours help them follow melody and notes, so players could be more attentive. Participants were mentally stable throughout the training, and they even smiled sometimes.

The Rainbow Band made their debut on the Centre Open Day on 12 May 2012 and it was highly-praised by all audience. After that, the Band was invited by external organizations to perform in some community activities, including co-playing the piece, “Embrace Love” with New Life Psychiatric Rehabilitation Association and Tung Wah Group of Hospitals in Yuen Long Theatre on 17 February 2013. That was the first time the Band performed in large-scale community activities.

Since April 2013, we have held a series of 12 sessions Rainbow bell elementary training class for a quarter. In October 2013, we have started the advanced training class so that members can have prolonged training. Also we can discover members with music potential to invite them to join the Rainbow Band. In April 2014, we started again the Rainbow bell elementary training class to recruit new members. By learning Rainbow bell, members can enjoy the learning process together and widen their social circle by cooperating with one another. We also wish to sharpen their interests in music and strengthen their attention.

