



## Music Therapy Videos—What to Do

**Theme:** Ocean

**Music Therapist:** Ashley Warmbrodt, MA, MT-BC

### **Videos Included:**

1. **Art** – Make your own OCEAN DRUM with objects found at home! (*time: 5:22*)
2. **6 min** – ability-appropriate music therapy session
3. **10 min** – ability-appropriate music therapy session

### **Music Therapy Goals:**

- **Social**—improve greetings, practice taking turns
- **Emotional**—teach and practice healthy coping skills
- **Communication**—improve receptive and expressive communication (verbal words, ASL, AAC, pointing)
- **Physical**—relax muscles; improve gross motor coordination and fine motor control
- **Cognitive**—improve impulse control, attention span, and teach new information
- **Wellness**—reduce stress

### **Session Plan:**

- “Hello” (SKILLS: socialization, communication, movement)
- **(10 min version only)** “Deep Sea Fishing” (SKILLS: cognition/counting, fine motor movement, communication)
- “Ocean Water” (SKILLS: cognition/identification, sustained and focused attention, social play, communication)
- “Goodbye” (SKILLS: socialization, communication, session closure/transition)

### **What You Need/Equipment:**

Ocean drum craft this week

- ARTISTIC option: big sturdy cardboard; tape measure; tape; scissors; pencil; beans/beads/popcorn; art materials (optional)
- EASY option: big circular, enclosed container + beads/beans/popcorn