



## **Music Therapy Videos—What to Do**

**Theme:** Traveling the World

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

### **Videos Included:**

1. **6 min** – ability-appropriate music therapy session
2. **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)
- “Little Things” with ASL (SKILLS: cognition, one-step direction, modeling, fine motor movement, communication)
- **(10 min version only)** “Row Your Boat” (SKILLS: cognition, one-step direction, modeling, motor movement, sustained and focused attention)
- “Goodbye” (SKILLS: socialization, communication, session closure/transition)

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

Just you!