



Title of Session/Theme: WAYS TO COPE DURING QUARANTINE

Time of Video: 35 minutes, 23 seconds

Music Therapist: Ashley Warmbrodt, MA, MT-BC

Music Therapy Goals/Objectives/Purpose:

- ♪ Social
 - Practice greetings
- ♪ Communication
 - Opportunities for expressive communication (verbal words, ASL, AAC, pointing)
 - Communicate preferred activities during quarantine
- ♪ Autonomy
 - Choose own words to write in song
- ♪ Physical
 - Stretch and relax muscles
 - Simple gross motor movements
 - Fine motor coordination (grasp writing utensil)
- ♪ Wellness
 - Practice deep breathing
 - Practice relaxation
 - Teach/remember healthy coping mechanisms
- ♪ Cognitive
 - Decision making and planning for songwriting

Music Therapy Interventions Implemented:

1. Hello Song
2. Stretching/Breathing Song
3. Conversation Song: "Get To Know One Another"
4. "12 Days of Quarantine" fill-in-the-blank songwriting
5. Goodbye Song

What You Need/Equipment:

- ♪ "12 Days of Quarantine" fill-in-the-blank songwriting sheets
- ♪ Pen or pencil – may need staff/family support to complete task