



## Music Therapy Videos—What to Do

**Theme:** Counting

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

### **Videos Included:**

1. **5 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, mindfulness, and relaxation

### **Session Plan:**

- “Hello” (SKILLS: socialization, communication, movement)
- “Twinkle Twinkle Little Star” (SKILLS: cognition/counting, fine motor movement, communication)
- **(10 min version only)** “5 Little Astronauts” (SKILLS: cognition/counting, communication)
- “Goodbye” (SKILLS: socialization, communication, session closure/transition)

Beginning music therapy videos with the hello song and ending with the goodbye...

- Helps your child’s brain recognize we are in music therapy and prepare for the demands that will be asked of him/her in the session.
- Helps kids transition more smoothly from one activity to another.

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

Just you!