



Music Therapy Videos—What to Do

Theme: Space

Music Therapist: Ashley Warmbrodt, MA, MT-BC

Videos Included:

1. **Art** – Make your own RAIN STICK with objects found at home!
2. **5 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, mindfulness, and relaxation

Session Plan:

- “Hello” (SKILLS: socialization, communication, movement)
- **(10 min version only)** “Here We Go ‘Round the Solar System” (SKILLS: cognition/one-step directions, motor movement)
- “The Planets Song” (SKILLS: cognition, motor movement, application)
- “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:

Previous instruments (egg maracas) AND this week’s rain stick

- **RAINSTICK:** Aluminum foil; paper towel holder; tape; scissors; pencil; beans/beads/rice/popcorn; small cardboard scraps; art materials (optional)