



Session Plan (10 min)

Theme: Movement (and counting)

Music Therapist: Ashley Warmbrodt, MA, MT-BC

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; practice deep breathing and relaxation

Suggestions for Parents/Guardians at Home:

- ♪ Session Plan
 - Hello Song (SKILLS: cognitive, communication, social)
 - “Where Has My Little Dog Gone” (SKILLS: fine and gross motor movement, sustained attention, cognitive/following directions, modeling/imitation)
 - “Three Little Kittens” (SKILLS: academic/counting, cognition, communication)
 - Goodbye Song (SKILLS: cognitive, communication, social)
- ♪ Beginning music therapy videos with the hello song and ending with the goodbye
 - Helps child’s brain recognize we are in music therapy and prepare for the tasks that will be asked of him/her in the session
 - Helps children transition more smoothly from one activity to another

What You Need/Equipment:

- DIY – Spoons and Washboard