



Title of Session/Theme: COMMUNITY/HOPE

Time of Video: 37 minutes, 26 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)
 - Learn and practice new ASL signs
 - Nonverbal expression
- ♪ Emotional
 - Hopefully improve mood
- ♪ Physical
 - Stretch and relax muscles
 - Simple gross motor movements
 - Fine motor coordination
- ♪ Wellness
 - Practice deep breathing and relaxation
- ♪ Cognitive
 - Impulse control, memory, and decision making

Music Therapy Interventions Implemented:

1. Hello Song
2. Stretching/Breathing Song
3. Conversation Song: "Get To Know One Another"
4. "Hail, Hail, the Gang's All Here" – instrument improvisation
5. "This Little Light of Mine" – ASL signs
6. Goodbye Song

What You Need/Equipment:

- ♪ Instrument of choice!
 - Kitchen pot with wooden spoons
 - Spoons (metal spoons taped together)
 - "Shaker" (plastic container with beads, popcorn kernels, etc. inside)